DIGITAL CHANT STAND
OF THE GREEK ORTHODOX ARCHDIOCESE OF AMERICA

The Service of Matins

for Sunday, March 12, 2023

Octoechos - Mode pl. 2
on Sunday Morning
Eothinon 6

Triodion - Second Sunday of Lent
Second Sunday of Lent - St. Gregory Palamas
on Sunday Morning at Matins

Menaion - March 12
Katavasias of Theotokos

Texts in Greek and English

Links to Matins Ordinary

Bilingual
dcs.goarch.org/goa/dcs/p/b/matinsordinary/normal/gr-en/bk.matinsordinary.normal.pdf

English
dcs.goarch.org/goa/dcs/p/b/matinsordinary/normal/en/bk.matinsordinary.normal.pdf

Sources

[GOASD] Greek Orthodox Archdiocese of America. Fr. Seraphim Dedes. [AC] Anthony Cook. [GKD] George K. Duvall. [KW] Kallistos Ware. [RB] Richard Barrett. [SD] Fr. Seraphim Dedes.
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Βιβλία - Πηγαί

Ὀκτώηχος - Ἦχος πλ. β΄.

Τῇ Κυριακῇ Πρωΐ

Τριώδιον

Κυριακὴ Β΄ τῶν Νηστειῶν τοῦ Ἁγίου Γρηγορίου Παλαμᾶ

Books - Sources

Octoechos - Mode pl. 2.

On Sunday Morning

Triodion

Second Sunday of Lent - St. Gregory Palamas

ΟΡΘΡΟΣ

ΧΟΡΟΣ

Ἦχος πλ. β΄.

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

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

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

Στίχ. γ΄. *Παρὰ Κυρίου ἐγένετο αὕτη καὶ ἔστι θαυμαστὴ ἐν ὀφθαλμοῖς ἡμῶν.*

Τῆς Ὀκτωήχου - - -

Ἀπολυτίκιον Ἀναστάσιμον.
Ἦχος πλ. β΄.

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνῆμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἵστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν ᾍδην, μὴ πειρασθεὶς ὑπ’ αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωήν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Τοῦ Ἁγίου.

Τοῦ Μηναίου - - -

MATINS

CHOIR

Mode pl. 2.

God is the Lord, and He revealed Himself to us. Blessed is he who comes in the name of the Lord. [SAAS]

Verse 1: *Give thanks to the Lord and call upon His holy name.*

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

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

From Octoechos - - -

Resurrectional Apolytikion.
Mode pl. 2.

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You. [SD]

For the Saint.

From Menaion - - -

Δόξα. **Τοῦ Ἱεράρχου.**

Τοῦ Τριωδίου - - -

Ἦχος πλ. δ΄.

Ὀρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἱκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Glory. **For the Hierarch.**

From Triodion - - -

Mode pl. 4.

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

[SD]

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὀκτωήχου - - -

Ἦχος πλ. δ΄.

Ὁ δι' ἡμᾶς γεννηθεὶς ἐκ Παρθένου, καὶ σταύρωσιν ὑπομείνας ἀγαθέ, ὁ θανάτῳ τὸν θάνατον σκυλεύσας, καὶ Ἔγερσιν δείξας ὡς Θεός, μὴ παρίδῃς οὓς ἔπλασας τῇ χειρί σου· δεῖξον τὴν φιλανθρωπίαν σου ἐλεῆμον, δέξαι τὴν τεκοῦσάν σε Θεοτόκον πρεσβεύουσαν ὑπὲρ ἡμῶν καὶ σῶσον Σωτὴρ ἡμῶν, λαὸν ἀπεγνωσμένον.

Both now. **Theotokion.**

From Octoechos - - -

Mode pl. 4.

Born of a Virgin, O Good One who also endured crucifixion for our sake, who by death took the spoils of death as plunder and showed resurrection, being God, O despise not the ones that You formed with Your own hand. Demonstrate Your love for man, O Lord of mercy, and accept Your Mother, the Theotokos, who intercedes on our behalf, O Savior, and save us a despairing people. [SD]

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Σοί, Κύριε.)

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

(Ἀμήν.)

ΧΟΡΟΣ

Κάθισμα Α΄.

Τῆς Ὀκτωήχου - - -

Ἦχος πλ. β΄.

Τοῦ τάφου ἀνεῳγμένου, τοῦ Ἅδου ὀδυρομένου, ἡ Μαρία ἐβόα πρὸς τοὺς κεκρυμμένους Ἀποστόλους· Ἐξέλθετε οἱ τοῦ ἀμπελῶνος ἐργάται, κηρύξατε τὸν τῆς Ἀναστάσεως λόγον. Ἀνέστη ὁ Κύριος, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα.

Κύριε, παρίστατο τῷ τάφῳ σου Μαρία ἡ Μαγδαληνή, καὶ ἔκλαιε βοῶσα· καὶ κηπουρόν σε νομίζουσα ἔλεγε· Ποῦ ἔκρυψας τὴν αἰώνιον Ζωήν; ποῦ ἔθηκας τὸν ἐπὶ θρόνου Χερουβίμ; οἱ γὰρ τοῦτον φυλάσσοντες, ἀπὸ τοῦ φόβου ἀπενεκρώθησαν, ἢ τὸν Κύριόν μου δότε μοι, ἢ σὺν ἐμοὶ κραυγάσατε· ὁ ἐν νεκροῖς καὶ τοὺς νεκροὺς ἀναστήσας δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Ὁ τὴν εὐλογημένην καλέσας σου Μητέρα ἦλθες ἐπὶ τὸ πάθος ἑκουσίᾳ βουλῇ, λάμψας ἐν τῷ Σταυρῷ, ἀναζητῆσαι θέλων τὸν Ἀδάμ, λέγων τοῖς Ἀγγέλοις· Συγχάρητέ μοι, ὅτι εὑρέθη ἡ ἀπολομένη δραχμή, ὁ πάντα σοφῶς οἰκονομήσας, δόξα σοι.

(To You, O Lord.)

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

(Amen.)

CHOIR

Kathisma I.

From Octoechos - - -

Mode pl. 2.

The sepulcher had been opened, and Hades was lamenting, and Mary cried out to the Apostles in hiding, "Come out, O laborers of the vineyard, and preach the message of the resurrection. The Lord has arisen and granted the world His great mercy." [SD]

Glory.

Standing by Your sepulcher was Mary Magdalene, O Lord, and she was weeping loudly, and mistaking You for the gardener said to You, "Where have you hidden everlasting life? Where have you laid Him who sits on a throne of Cherubim? Out of fear, those who guarded Him became like dead men. Either give my Lord to me or cry aloud along with me. You were among the dead and raised the dead. Glory to You." [SD]

Both now. **Theotokion.**

O Lord, who called the blessed Maid Your Mother, You came to the Passion of Your own will and intent. Adam You wished to seek; You therefore shone upon the Cross, saying to the Angels, "Rejoice with me together, for I have found the coin that was lost." O Lord,

Τῆς Ὀκτωήχου - - -

Κάθισμα Β´.
Ἦχος πλ. β´.

Ἡ Ζωὴ ἐν τῷ τάφῳ ἀνέκειτο, καὶ σφραγὶς ἐν τῷ λίθῳ ἐπέκειτο, ὡς Βασιλέα ὑπνοῦντα, στρατιῶται ἐφύλαττον Χριστόν, καὶ τοὺς ἐχθροὺς αὐτοῦ ἀορασίᾳ πατάξας, ἀνέστη ὁ Κύριος.

Δόξα.

Προϊστορεῖ ὁ Ἰωνᾶς τὸν τάφον σου, καὶ ἑρμηνεύει Συμεὼν τὴν Ἔγερσιν τὴν ἔνθεον, ἀθάνατε Κύριε· κατέβης γὰρ ὡσεὶ νεκρὸς ἐν τῷ τάφῳ, ὁ λύσας Ἅδου τὰς πύλας, ἀνέστης δὲ ἄνευ φθορᾶς ὡς Δεσπότης, τοῦ κόσμου εἰς σωτηρίαν, Χριστὲ ὁ Θεὸς ἡμῶν, φωτίσας τοὺς ἐν σκότει.

Καὶ νῦν. **Θεοτοκίον.**

Θεοτόκε Παρθένε, ἱκέτευε τὸν Υἱόν σου, τὸν ἑκουσίως προσπαγέντα ἐν σταυρῷ, καὶ ἀναστάντα ἐκ νεκρῶν, Χριστὸν τὸν Θεὸν ἡμῶν, σωθῆναι τὰς ψυχὰς ἡμῶν.

Κάθισμα Γ´. Τοῦ Ἁγίου.

Τοῦ Μηναίου - - -

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Εὐλογητάρια Ἀναστάσιμα.
Ἦχος πλ. α´.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Τῶν Ἀγγέλων ὁ δῆμος, κατεπλάγη ὁρῶν σε, ἐν νεκροῖς λογισθέντα, τοῦ θανάτου δὲ Σωτήρ, τὴν ἰσχὺν καθελόντα, καὶ σὺν ἑαυτῷ

You have disposed all things wisely. Glory to You. [SD]

From Octoechos - - -

Kathisma II.
Mode pl. 2.

Life was laid in a tomb, and a seal was laid on the stone. Soldiers were guarding Christ like a king in his sleep. And stunning His enemies, the Lord arose. [SD]

Glory.

Jonah foretokens Your sepulcher, and Symeon elucidates Your divine resurrection, immortal Lord. You went down into the tomb as a dead man, destroying the gates of Hades. And You rose without corruption, as Master, for the salvation of the world, O Christ our God, giving light to those in darkness. [SD]

Both now. **Theotokion.**

O Virgin Theotokos, beseech Your Son, Christ our God, who voluntarily was nailed to the Cross and resurrected from the dead, entreating Him to save our souls. [SD]

Kathisma III. For the Saint.

From Menaion - - -

Glory. Both now. **Theotokion.**

Resurrectional Evlogetaria.
Mode pl. 1.

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

When the hosts of the Angels saw how You were accounted among the dead, they all marveled. You, O Savior, are the One who

τὸν Ἀδὰμ ἐγείραντα, καὶ ἐξ ᾍδου πάντας ἐλευθερώσαντα.

destroyed the might of death; and when You arose You raised Adam with yourself and from Hades liberated everyone. [SD]

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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

Τί τὰ μύρα, συμπαθῶς τοῖς δάκρυσιν, ὦ Μαθήτριαι κιρνᾶτε; ὁ ἀστράπτων ἐν τῷ τάφῳ Ἄγγελος, προσεφθέγγετο ταῖς Μυροφόροις· Ἴδετε ὑμεῖς τὸν τάφον καὶ ᾖσθητε· ὁ Σωτὴρ γὰρ ἐξανέστη τοῦ μνήματος.

"Why do you mingle the ointments with your tears full of pity, O women disciples?" Thus the Angel who was shining in the tomb cried to the myrrh-bearing women. "See for yourselves the empty tomb and understand, that the Savior has risen from the sepulcher." [SD]

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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

Λίαν πρωΐ, Μυροφόροι ἔδραμον, πρὸς τὸ μνῆμά σου θρηνολογοῦσαι· ἀλλ’ ἐπέστη, πρὸς αὐτὰς ὁ Ἄγγελος, καὶ εἶπε· θρήνου ὁ καιρὸς πέπαυται, μὴ κλαίετε, τὴν Ἀνάστασιν δέ, Ἀποστόλοις εἴπατε.

Very early in the morning, the myrrh-bearing women were hastening to Your tomb lamenting. But the Angel appeared to them and uttered, "The time for lamentation has ended; weep no more. Go announce the Resurrection to the Apostles." [SD]

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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

Μυροφόροι γυναῖκες, μετὰ μύρων ἐλθοῦσαι, πρὸς τὸ μνῆμά σου, Σῶτερ ἐνηχοῦντο. Ἀγγέλου τρανῶς, πρὸς αὐτὰς φθεγγομένου· Τί μετὰ νεκρῶν, τὸν ζῶντα λογίζεσθε; ὡς Θεὸς γάρ, ἐξανέστη τοῦ μνήματος.

When the myrrh-bearing women had come with their spices to Your sepulcher, O Savior, they heard the voice of an Angel clearly speaking to them, "Why do you account among the dead the One who lives? For as God, He has risen from the sepulcher." [SD]

Δόξα.

Glory.

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

We bow down in worship to the Father and His Son and the Holy Spirit, the Holy Trinity, one in essence; and we cry aloud with

the Seraphim: Holy, Holy, Holy are You, O Lord. [SD]

Καὶ νῦν.

Ζωοδότην τεκοῦσα, ἐλυτρώσω Παρθένε, τὸν Ἀδὰμ ἁμαρτίας, χαρμονὴν δὲ τῇ Εὔᾳ, ἀντὶ λύπης παρέσχες, ῥεύσαντα ζωῆς, ἴθυνε πρὸς ταύτην δέ, ὁ ἐκ σοῦ σαρκωθείς Θεὸς καὶ ἄνθρωπος.

Both now.

Giving birth to the Giver of life, O Virgin, you delivered Adam from sin, and to Eve you have rendered joy in place of sorrow. He who from you became incarnate, God and man, has directed to life him who fell from it. [SD]

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

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3)

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

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

(Ἀμήν.)

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου - - -

Ὑπακοή. Ἦχος πλ. β΄.

Τῷ ἑκουσίῳ καὶ ζωοποιῷ σου θανάτῳ Χριστέ, πύλας τοῦ Ἅδου συντρίψας ὡς Θεός, ἤνοιξας ἡμῖν τὸν πάλαι Παράδεισον, καὶ

READER

From Octoechos - - -

Hypakoe. Mode pl. 2.

By your voluntary, life-giving death, O Christ, You smashed the gates of Hades as God, and opened to us the ancient Garden

ἀναστὰς ἐκ τῶν νεκρῶν, ἐῤῥύσω ἐκ φθορᾶς τὴν ζωὴν ἡμῶν.

of Paradise. And rising from the dead, You delivered our life from corruption. [SD]

ΧΟΡΟΣ

CHOIR

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α΄. Ἦχος πλ. β΄.

Anavathmoi.

Antiphon I. Mode pl. 2.

Ἐν τῷ οὐρανῷ τοὺς ὀφθαλμούς μου αἴρω, πρὸς σὲ Λόγε, οἴκτειρόν με, ἵνα ζῶ σοι.

I direct my eyes to You in heaven, O Logos. Show me mercy, so that I may live in You. [SD]

Ἐλέησον ἡμᾶς τοὺς ἐξουθενουμένους, καταρτίζων εὔχρηστα, σκεύη σου Λόγε.

Have mercy on us who sustain derision; and make us Your useful vessels, O Logos. [SD]

Δόξα· καὶ νῦν.

Glory. Both now.

Ἁγίῳ Πνεύματι, πανσωστικὴ αἰτία, εἴ τινι τούτων κατ' ἀξίαν πνεύσει, τάχει ἐξαίρει τῶν τῆς γῆς, πτεροῖ, αὔξει, τάττει ἄνω.

In the Holy Spirit is the cause of universal salvation. When He blows on someone as befits His nature, He quickly uplifts him from the mundane, gives him wings, augments him, ranges him on high. [SD]

Ἀντίφωνον Β΄.

Antiphon II.

Εἰ μὴ ὅτι Κύριος ἦν ἐν ἡμῖν, οὐδεὶς ἡμῶν ἀντισχεῖν ἠδύνατο, ἐχθροῦ πάλαισμα· οἱ νικῶντες γὰρ ἔνθεν ὑψοῦνται.

If the Lord were not among us, none of us could have withstood a single battle with the foe. They who are victorious are herefrom exalted. [SD]

Τοῖς ὀδοῦσιν αὐτῶν, μή μου ληφθήτω ἡ ψυχή, ὡς στρουθίον Λόγε, οἴμοι! πῶς μέλλω τῶν ἐχθρῶν ῥυσθῆναι, φιλαμαρτήμων ὑπάρχων.

Let not my soul be caught like a sparrow in their teeth, O Logos. Woe is me! How shall I be delivered from the enemy, enamored with sin as I am? [SD]

Δόξα· καὶ νῦν.

Glory. Both now.

Ἁγίῳ Πνεύματι, ἐνθέωσις τοῖς πᾶσιν, εὐδοκία, σύνεσις, εἰρήνη καὶ ἡ εὐλογία· ἰσουργὸν γὰρ τῷ Πατρί ἐστι καὶ Λόγῳ.

In the Holy Spirit is theosis, good pleasure, understanding, peace and blessing for all men. He has the same energies as the Father and the Logos. [SD]

Ἀντίφωνον Γ´.

Οἱ πεποιθότες ἐπὶ Κύριον ἐχθροῖς φοβεροί, καὶ πᾶσι θαυμαστικοί· ἄνω γὰρ ὁρῶσιν.

Ἐν ἀνομίαις χεῖρας αὐτῶν, ὁ τῶν δικαίων κλῆρος, ἐπίκουρόν σε ἔχων, Σῶτερ οὐκ ἐκτείνει.

Δόξα· καὶ νῦν.

Ἁγίῳ Πνεύματι, τὸ κράτος ἐπὶ πάντων, ὅπερ αἱ ἄνω στρατηγίαι προσκυνοῦσι, σὺν πάσῃ πνοῇ τῶν κάτω.

Προκείμενον.

Κύριε, ἐξέγειρον τὴν δυναστείαν σου, καὶ ἐλθὲ εἰς τὸ σῶσαι ἡμᾶς. (δίς)

Στίχ. *Ὁ ποιμαίνων τὸν Ἰσραήλ, πρόσχες.*

Κύριε, ἐξέγειρον τὴν δυναστείαν σου, καὶ ἐλθὲ εἰς τὸ σῶσαι ἡμᾶς.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

Σὺ γὰρ εἶ ὁ Βασιλεὺς τῆς εἰρήνης καὶ σωτὴρ τῶν ψυχῶν ἡμῶν, καὶ σοὶ τὴν δόξαν

Antiphon III.

They whose confidence is in the Lord are fearsome to foes and marveled by all, for they look up to heaven. [SD]

Having You as helper, the portion of the righteous does not stretch forth its hands in unlawful acts, O Savior. [SD]

Glory. Both now.

In the Holy Spirit is universal dominion, which the armies above worship, as does everything that has breath below. [SD]

Prokeimenon.

O Lord, raise up Your power, and come for our salvation. (2)

Verse: *Give heed, O You who shepherd Israel.*

O Lord, raise up Your power, and come for our salvation. [SAAS]

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

For You are the King of peace and the savior of our souls, and to You we give glory,

ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου - - -

Κοντάκιον Ἀναστάσιμον.

Τῇ ζωαρχικῇ παλάμῃ τοὺς τεθνεῶτας, ἐκ τῶν ζοφερῶν κευθμώνων ὁ Ζωοδότης, ἀναστήσας ἅπαντας Χριστὸς ὁ Θεός, τὴν ἀνάστασιν ἐβράβευσε, τῷ βροτείῳ φυράματι· ὑπάρχει γὰρ πάντων Σωτήρ, ἀνάστασις καὶ ζωή, καὶ Θεὸς τοῦ παντός.

Ὁ Οἶκος.

Τὸν Σταυρὸν καὶ τὴν Ταφήν σου Ζωοδότα, ἀνυμνοῦμεν οἱ πιστοὶ καὶ προσκυνοῦμεν, ὅτι τὸν Ἅδην ἔδησας Ἀθάνατε, ὡς Θεὸς παντοδύναμος, καὶ νεκροὺς συνανέστησας, καὶ πύλας τοῦ Ἅδου συνέτριψας, καὶ κράτος τοῦ θανάτου καθεῖλες ὡς Θεός. Διὸ οἱ γηγενεῖς δοξολογοῦμέν σε πόθῳ τὸν ἀναστάντα, καὶ καθελόντα ἐχθροῦ τὸ κράτος τοῦ πανώλους, καὶ πάντας ἀναστήσαντα τοὺς ἐπὶ σοὶ πιστεύσαντας, καὶ κόσμον λυτρωσάμενον ἐκ τῶν βελῶν τοῦ ὄφεως, καὶ ὡς μόνον δυνατόν, ἐκ τῆς πλάνης τοῦ ἐχθροῦ λυτρωσάμενον ἡμᾶς· ὅθεν ἀνυμνοῦμεν εὐσεβῶς τὴν Ἀνάστασίν σου, δι' ἧς ἔσωσας ἡμᾶς, ὡς Θεὸς τοῦ παντός.

Κοντάκιον.

Τοῦ Τριῳδίου - - -

Ἦχος πλ. δ΄. *Τῇ ὑπερμάχῳ.*

Τὸ τῆς σοφίας ἱερὸν καὶ θεῖον ὄργανον, θεολογίας τὴν λαμπρὰν συμφώνως σάλπιγγα ἀνυμνοῦμέν σε Γρηγόριε θεοῤῥῆμον. Ἀλλ'

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

(Amen.)

READER

From Octoechos - - -

Resurrectional Kontakion.

When the Life-bestower Christ God had resurrected with His vivifying hand, from the dismal caverns, all the dead from eternity, He freely bestowed resurrection on the substance of our mortal humanity. For He is the Savior of all, resurrection and life, and the God of all things. [SD]

Oikos.

Your cross and tomb, O Life-giver, we believers worship and sing praise; * for Hell, O You who live forever, as almighty God You have belayed. * The gates of Hell You tore to shreds, and as God, the might of death have razed. * So, avidly we earthborn praise * in doxology the One now raised, * who destroyed the deadly power of our foe. * You have resurrected everyone -- all those who believe in You; * You have rescued the world from the serpent's fangs, and have snatched us from allure to the hostile one -- as alone You had ability to do. * Hence we piously sing the praises of Your rising, by which You saved us, * as the God of all things. [GKD]

Kontakion.

From Triodion - - -

Mode pl. 4. *O Champion General.*

With one accord, we sing your praises, Father Gregory * who speaks from God, sonorous trumpet of theology, * and divine and

ὡς νοῦς Νοῒ τῷ πρώτῳ παριστάμενος, πρὸς αὐτὸν τὸν νοῦν ἡμῶν Πάτερ ὁδήγησον, ἵνα κράζωμεν· Χαῖρε Κήρυξ τῆς χάριτος.

Ὁ Οἶκος.

Ἄγγελος ἀνεφάνης ἐπὶ γῆς τῶν ἀῤῥήτων, τὰ θεῖα τοῖς βροτοῖς ἐξαγγέλλων· ταῖς γὰρ τῶν Ἀσωμάτων φωναῖς ἀνθρωπίνῳ νοΐ τε καὶ σαρκὶ χρώμενος, ἐξέστησας ἡμᾶς, καὶ βοᾶν σοι Θεοῤῥῆμον, ἔπεισας ταῦτα·

Χαῖρε δι’ οὗ τὸ σκότος ἠλάθη, χαῖρε, δι’ οὗ τὸ φῶς ἀντεισῆλθε.

Χαῖρε τῆς ἀκτίστου Θεότητος Ἄγγελε, χαῖρε τῆς κτιστῆς καὶ μωρᾶς ὄντως ἔλεγχε.

Χαῖρε, ὕψος ἀνεπίβατον, τὴν Θεοῦ φύσιν εἰπών, χαῖρε, βάθος δυσθεώρητον, τὴν ἐνέργειαν εἰπών.

Χαῖρε ὅτι τὴν δόξαν τοῦ Θεοῦ καλῶς εἶπας, χαῖρε, ὅτι τὰς δόξας τῶν κακούργων ἐξεῖπας.

Χαῖρε, φωστὴρ ὁ δείξας τὸν Ἥλιον, χαῖρε κρατὴρ τοῦ νέκταρος πάροχε.

Χαῖρε, δι’ οὗ ἡ ἀλήθεια λάμπει, χαῖρε, δι οὗ ἐσκοτίσθη τὸ ψεῦδος.

Χαῖρε Κήρυξ τῆς χάριτος.

Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Συναξαρίου.

sacred organ of holy wisdom. * But as intellect that stands before the Intellect, * unto Him direct our intellect, so unto you * we may cry aloud: Rejoice, O herald of grace. [SD]

Oikos.

As a herald of mysteries, you appeared on earth plainly, proclaiming things divine unto mortals. Endowed with a human mind and flesh, and yet speaking in the tongue of the bodiless, you amazed us and convinced us to cry out to you, O godly rhetor: [SD]

Rejoice, through whom the darkness was banished; Rejoice, through whom the light did supplant it.

Rejoice, uncreated Divinity's messenger; Rejoice, the confuter of one created and nonsensical.

Rejoice, you who called God's nature an inaccessible height; Rejoice, you who called His energy a depth difficult to sight.

Rejoice, for you correctly have discoursed on God's glory; Rejoice, for you have spoken against the views of the wicked.

Rejoice, O star that made the Sun evident; Rejoice, the bowl imparting the sweet nectar.

Rejoice, through whom the truth shines refulgent; Rejoice, through whom was falsehood extinguished.

Rejoice, O herald of grace.

Stand for the reading of the Synaxarion.

Συναξάριον

Τοῦ Μηναίου.

Τῇ ΙΒ´ τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν καὶ Ὁμολογητοῦ Θεοφάνους τῆς Σιγριανῆς, τοῦ ἐν τῷ μεγάλῳ ἀγρῷ κειμένου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Γρηγορίου Πάπα Ῥώμης τοῦ Διαλόγου.

Τῇ αὐτῇ ἡμέρᾳ, ὁ δίκαιος Φινεὲς ἐν εἰρήνη τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, Ὁ Ὅσιος καὶ Θεοφόρος Πατὴρ ἡμῶν Συμεών, ὁ Νέος Θεολόγος, ἐν εἰρήνῃ τελειοῦται.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, Κυριακὴ δευτέρα τῶν Νηστειῶν, μνήμην ἐπιτελοῦμεν τοῦ ἐν Ἁγίοις Πατρὸς ἡμῶν Γρηγορίου Ἀρχιεπισκόπου Θεσσαλονίκης τοῦ Παλαμᾶ.

Στίχοι

Φωτὸς λαμπρὸν κήρυκα νῦν ὄντως μέγαν,
Πηγὴ φάους ἄδυτον ἄγει πρὸς φέγγος.

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

ΧΟΡΟΣ

Καταβασίαι τῆς Θεοτόκου

Ὠδὴ α´. Ἦχος δ´.

Ἀνοίξω τὸ στόμα μου, καὶ πληρωθήσεται Πνεύματος, καὶ λόγον ἐρεύξομαι, τῇ Βασιλίδι Μητρί, καὶ ὀφθήσομαι, φαιδρῶς πανηγυρίζων, καὶ ᾄσω γηθόμενος, ταύτης τὰ θαύματα.

Ὠδὴ γ´.

Τοὺς σοὺς ὑμνολόγους Θεοτόκε, ὡς ζῶσα καὶ ἄφθονος πηγή, θίασον συγκροτήσαντας

Synaxarion

From the Menaion.

On March 12 we commemorate our devout father Theophanes of Sigriane the Confessor, who lies in the Monastery of the Great Field.

On this day we commemorate our devout father Gregory the Dialogist, Pope of Rome.

On this day the righteous Phineas reposed in peace.

On this day our devout and God-bearing father Symeon the New Theologian reposed in peace.

From the Triodion.

On this day, the second Sunday of Lent, we observe the memory of our Father among the Saints Gregory Palamas, Archbishop of Thessalonica.

Verses

The mind truly great and the Light's bright herald
Is led by light's Source to radiance never-setting.

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

CHOIR

Katavasias of Theotokos

Ode i. Mode 4.

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

[SD]

Ode iii.

Establish your servants who extol you, * O Mother of God, for they have formed

πνευματικόν, στερέωσον· καὶ ἐν τῇ θείᾳ δόξῃ σου, στεφάνων δόξης ἀξίωσον.

* a spiritual choir for you * the living and abundant fount; * and graciously in your divine glory give glorious crowns to them. [SD]

ᾨδὴ δ΄.

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

Ode iv.

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

ᾨδὴ ε΄.

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

Ode v.

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

ᾨδὴ ϛ΄.

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

Ode vi.

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

ᾨδὴ ζ΄.

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

Ode vii.

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

ᾨδὴ η΄.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

Παῖδας εὐαγεῖς ἐν τῇ καμίνῳ, ὁ τόκος τῆς Θεοτόκου διεσώσατο, τότε μὲν τυπούμενος,

Ode viii.

We praise and we bless and we worship the Lord.

Guiltless were those Servants in the furnace. * The Son of the Theotokos went and

νῦν δὲ ἐνεργούμενος, τὴν οἰκουμένην ἅπασαν, ἀγείρει ψάλλουσαν. Τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

rescued them. * He who was prefigured then, * having been incarnate now, * is gathering the whole wide world into His Church to sing: * "O all you works of the Lord, to all ages * sing praises to the Lord and exalt Him beyond measure." [SD]

Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Εὐαγγελίου.

Stand for the Gospel reading.

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

ΙΕΡΕΥΣ

Ὅτι ἅγιος εἶ, ὁ Θεὸς ἡμῶν, καὶ ἐν ἁγίοις ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

PRIEST

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

ΧΟΡΟΣ

Ἀμήν.

CHOIR

Amen.

Ἦχος β΄.

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

Mode 2.

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

ΔΙΑΚΟΝΟΣ

Καὶ ὑπέρ τοῦ καταξιωθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

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

DEACON

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

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

ΔΙΑΚΟΝΟΣ

Σοφία. Ὀρθοί. Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

DEACON

Wisdom. Arise. Let us hear the holy Gospel.

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

PRIEST

Peace be with all.

(And with your spirit.)

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

Πρόσχωμεν.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΙΕΡΕΥΣ *(ἀπὸ τῆς ἁγίας τραπέζης)*

Ἑωθινὸν Ϛ´
Λουκᾶν ΚΔ´ 36-53

Τῷ καιρῷ ἐκείνῳ, ἀναστὰς ὁ Ἰησοῦς ἐκ νεκρῶν ἔστη ἐν μέσῳ τῶν Μαθητῶν, καὶ λέγει αὐτοῖς· Εἰρήνη ὑμῖν. Πτοηθέντες δὲ καὶ ἔμφοβοι γενόμενοι, ἐδόκουν πνεῦμα θεωρεῖν. Καὶ εἶπεν αὐτοῖς· Τί τεταραγμένοι ἐστέ, καὶ διατὶ διαλογισμοὶ ἀναβαίνουσιν ἐν ταῖς καρδίαις ὑμῶν; ἴδετε τὰς χεῖράς μου καὶ τοὺς πόδας μου, ὅτι αὐτὸς ἐγώ εἰμι, ψηλαφήσατέ με καὶ ἴδετε, ὅτι πνεῦμα σάρκα καὶ ὀστέα οὐκ ἔχει, καθὼς ἐμὲ θεωρεῖτε ἔχοντα. Καὶ τοῦτο εἰπών, ἐπέδειξεν αὐτοῖς τὰς χεῖρας καὶ τοὺς πόδας. Ἔτι δὲ ἀπιστούντων αὐτῶν ἀπὸ τῆς χαρᾶς, καὶ θαυμαζόντων, εἶπεν αὐτοῖς· Ἔχετέ τι βρώσιμον ἐνθάδε; Οἱ δὲ ἐπέδωκαν αὐτῷ ἰχθύος ὀπτοῦ μέρος, καὶ ἀπὸ μελισσίου κηρίου. Καὶ λαβών, ἐνώπιον αὐτῶν ἔφαγεν. Εἶπε δὲ αὐτοῖς· Οὗτοι οἱ λόγοι, οὓς ἐλάλησα πρὸς ὑμᾶς ἔτι ὢν σὺν ὑμῖν, ὅτι δεῖ πληρωθῆναι πάντα τὰ γεγραμμένα ἐν τῷ νόμῳ Μωσέως καὶ Προφήταις καὶ Ψαλμοῖς περὶ ἐμοῦ. Τότε διήνοιξεν αὐτῶν τὸν νοῦν, τοῦ συνιέναι τὰς Γραφάς· καὶ εἶπεν αὐτοῖς· Ὅτι οὕτω γέγραπται, καὶ οὕτως ἔδει παθεῖν τὸν Χριστόν, καὶ ἀναστῆναι ἐκ νεκρῶν τῇ τρίτῃ ἡμέρᾳ, καὶ κηρυχθῆναι ἐπὶ τῷ ὀνόματι αὐτοῦ μετάνοιαν καὶ ἄφεσιν ἁμαρτιῶν εἰς πάντα τὰ ἔθνη, ἀρξάμενον ἀπὸ Ἰερουσαλήμ.

PRIEST

The reading is from the holy Gospel according to Luke.

Let us be attentive.

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

PRIEST *(from the altar table)*

Eothinon 6
Luke. 24:36-53

At that time, having risen from the dead, Jesus stood among His disciples and said to them, "Peace be with you." But they were startled and frightened, and supposed that they saw a spirit. And He said to them, "Why are you troubled, and why do questionings rise in your hearts? See My hands and My feet, that it is I Myself; handle Me, and see; for a spirit has not flesh and bones as you see that I have." And when He had said this, He showed them His hands and His feet. And while they still disbelieved for joy, and wondered, He said to them, "Have you anything here to eat?" They gave Him a piece of broiled fish [and some honeycomb], and He took it and ate before them. Then He said to them, "These are My words which I spoke to you, while I was still with you, that everything written about Me in the law of Moses and the prophets and the psalms must be fulfilled." Then He opened their minds to understand the scriptures, and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in His name in all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send

Ὑμεῖς δέ ἐστε μάρτυρες τούτων. Καὶ ἰδοὺ ἐγὼ ἀποστέλλω τὴν ἐπαγγελίαν τοῦ πατρός μου ἐφ᾽ ὑμᾶς· ὑμεῖς δὲ καθίσατε ἐν τῇ πόλει Ἱερουσαλήμ, ἕως οὗ ἐνδύσησθε δύναμιν ἐξ ὕψους. Ἐξήγαγε δὲ αὐτοὺς ἔξω εἰς Βηθανίαν, καὶ ἐπάρας τὰς χεῖρας αὐτοῦ, εὐλόγησεν αὐτούς. Καὶ ἐγένετο ἐν τῷ εὐλογεῖν αὐτόν αὐτούς, διέστη ἀπ᾽ αὐτῶν, καὶ ἀνεφέρετο εἰς τὸν οὐρανόν. Καὶ αὐτοὶ, προσκυνήσαντες αὐτόν, ὑπέστρεψαν εἰς Ἱερουσαλὴμ μετὰ χαρᾶς μεγάλης. Καὶ ἦσαν διαπαντός ἐν τῷ Ἱερῷ, αἰνοῦντες καὶ εὐλογοῦντες τὸν Θεόν. Ἀμήν.

the promise of My Father upon you; but stay in the city until you are clothed with power from on high." Then He led them out as far as Bethany, and lifting up His hands, He blessed them. While He blessed them, He parted from them, and was carried up into heaven. And they worshiped Him, and returned to Jerusalem with great joy, and were continually in the Temple blessing God. [RSV]

(Δόξα σοι, Κύριε, δόξα σοι.)

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

ΑΝΑΓΝΩΣΤΗΣ

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

READER

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

ΧΟΡΟΣ

Ψαλμὸς Ν΄ (50).

Ἦχος β΄. *(ἢ τῆς ἑβδομάδος.)*

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

CHOIR

Psalm 50 (51).

Mode 2. *(or the Mode of the week)*

Have mercy on me, O God, according to Your great mercy; and according to the

abundance of Your compassion, blot out my transgression.

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 μού ἐστι διαπαντός.

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

Σοὶ μόνῳ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῇς 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.

Ἰδοὺ 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.

Ἰδοὺ 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.

Ῥαντιεῖς 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.

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιάσονται ὀστέα 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 ἀποῤῥίψῃς με ἀπὸ τοῦ προσώπου σου καὶ τὸ πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς 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 ἡγεμονικῷ στήριξόν με.

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

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

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

Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν· ὁλοκαυτώματα οὐκ εὐδοκήσεις.

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

Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τείχη Ἰερουσαλήμ.

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα.

Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους. Καὶ ἐλέησόν με, ὁ Θεός.

Ἰδιόμελα τοῦ Τριωδίου.

Δόξα. **Ἦχος πλ. δ´.**

Τῆς μετανοίας ἄνοιξόν μοι πύλας Ζωοδότα· ὀρθρίζει γὰρ τὸ πνεῦμά μου, πρὸς ναὸν τὸν ἅγιόν σου, ναὸν φέρον τοῦ σώματος, ὅλον ἐσπιλωμένον· ἀλλ’ ὡς οἰκτίρμων κάθαρον, εὐσπλάγχνῳ σου ἐλέει.

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

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

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

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

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

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

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

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

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

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

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

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὔθυνόν μοι τρίβους, Θεοτόκε· αἰσχραῖς γὰρ κατεῤῥύπωσα, τὴν ψυχὴν ἁμαρτίαις, ὡς ῥαθύμως τὸν βίον μου, ὅλον ἐκδαπανήσας, ταῖς σαῖς πρεσβείαις ῥῦσαί με, πάσης ἀκαθαρσίας.

Both now. **Same Mode.**

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

Ἰδιόμελον. Ἦχος πλ. β΄.

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

Idiomelon. Mode pl. 2.

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

Τὰ πλήθη τῶν πεπραγμένων μοι δεινῶν, ἐννοῶν ὁ τάλας, τρέμω τὴν φοβερὰν ἡμέραν τῆς κρίσεως· ἀλλὰ θαῤῥῶν εἰς τὸ ἔλεος τῆς εὐσπλαγχνίας σου, ὡς ὁ Δαυῒδ βοῶ σοι· Ἐλέησόν με ὁ Θεός, κατὰ τὸ μέγα σου ἔλεος.

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

ΙΕΡΕΥΣ

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

PRIEST

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

Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων Χαραλάμπους καὶ Ἐλευθερίου, τῆς ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων Ἰωακεὶμ καὶ Ἄννης, τοῦ ἐν ἁγίοις Πατρὸς ἡμῶν Γρηγορίου Ἀρχιεπισκόπου Θεσσαλονίκνς τοῦ Παλαμᾶ, οὗ καὶ τὴν μνήμην ἐπιτελοῦμεν· καὶ πάντων σου τῶν Ἁγίων. Ἱκετεύομέν σε, μόνε πολυέλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (local patron saint); the holy and righteous ancestors of God Joachim and Anna, our father among the saints Gregory Palamas, Archbishop of Thessaloniki, whose memory we celebrate, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ΄)

CHOIR

Lord, have mercy. (12)

ΙΕΡΕΥΣ

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπίᾳ τοῦ μονογενοῦς σου Υἱοῦ, μεθ’ οὗ εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Ὁ λαὸς ἵσταται διὰ τὴν Θ΄ Ὠδήν.

PRIEST

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

(Amen.)

Stand for the singing of Ode ix.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

DEACON

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

ΧΟΡΟΣ

ᾨδὴ θ΄.

Μεγαλυνάριον. Ἦχος δ΄.

Στίχ. *Μεγαλύνει ἡ ψυχή μου τὸν Κύριον, καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτῆρί μου.*

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

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

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

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

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

Στίχ. *Ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, διεσκόρπισεν ὑπερηφάνους διανοίᾳ καρδίας αὐτῶν.*

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν

CHOIR

Ode ix.

The Magnificat. Mode 4.

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

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

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

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

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

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

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the

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

Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

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

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

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

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

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

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

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

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]

ᾨδὴ θ΄. Καταβασία. Ἦχος δ΄.

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

Ode ix. Katavasia. Mode 4.

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

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

PRIEST

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

(Lord, have mercy.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

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 αἰωνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἦχος β΄.

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου - - -

Ἐξαποστειλάριον.

Τὸ Ϛ΄ Ἑωθινόν.

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Δεικνύων ὅτι ἄνθρωπος, Σῶτερ εἶ κατ' οὐσίαν, ἀναστὰς ἐκ τοῦ μνήματος, βρώσεως συμμετέσχες, καὶ μέσον στὰς ἐδίδασκες, μετάνοιαν κηρύσσειν· εὐθὺς δὲ πρὸς οὐράνιον, ἀνελήφθης Πατέρα, καὶ Μαθηταῖς, πέμπειν τὸν Παράκλητον ἐπηγγείλω. Ὑπέρθεε Θεάνθρωπε, δόξα τῇ σῇ ἐγέρσει.

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

(Lord, have mercy.)

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

(To You, O Lord.)

For 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.

(Amen.)

CHOIR

Mode 2.

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

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

For He is holy.

From Octoechos - - -

Exaposteilarion.

Eothinon 6.

Mode 2. *On the mountain.*

Demonstrating that You are man * essentially, O Savior, * after Your rising from the grave, * You came and stood among them, and ate the food; and You taught them * that they should preach repentance. * You, being forthwith taken up * to the heavenly Father, promised to send * the Paraclete Spirit to Your disciples. * O God, beyond divine, and man, * glory to Your arising. [SD]

Τοῦ Ἱεράρχου.

Τοῦ Τριωδίου - - -

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Χαῖρε Πατέρων καύχημα θεολόγων τὸ στόμα, τῆς ἡσυχίας σκήνωμα, τῆς σοφίας ὁ οἶκος, τῶν Διδασκάλων ἀκρότης πέλαγος τὸ τοῦ λόγου, πράξεως χαῖρε ὄργανον θεωρίας ἀκρότης θεραπευτά, καὶ τῶν νόσων τῶν ἀνθρωπίνων, Πνεύματος χαῖρε τέμενος καὶ θανὼν καὶ ζῶν Πάτερ.

For the Hierarch.

From Triodion - - -

Mode 2. *On the mountain.*

Τοῖς Μαθηταῖς συνέλθωμεν.

Rejoice, the holy fathers' boast, * mouth of the theologians! * Rejoice, O wisdom's dwelling place, * tabernacle of stillness! * Rejoice, O greatest of teachers! * Rejoice, O sea of discourse, * instrument of the active life, * summit of contemplation, and one who heals,* illnesses and passions besetting mankind! * Rejoice, the Holy Spirit's shrine, * dead and alive, O Father! [SD]

Θεοτοκίον.

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Δέσποινα πάντων Ἄνασσα, πρόφθασον ἐν κινδύνοις πρόφθασον ἐν ταῖς θλίψεσι πάρεσο ἐν ἀνάγκαις τῆς τελευταίας ἡμέρας μὴ Σατὰν ἡμᾶς λάβῃ, μὴ ᾅδης μὴ ἀπώλεια, Βήματι τοῦ Υἱοῦ σου τῷ φοβερῷ, ἀνευθύνους ἅπαντας παραστῆναι, ὦ Θεομῆτορ Δέσποινα ποίησον σαῖς πρεσβείαις.

Theotokion.

Mode 2. *On the mountain.*

Τοῖς Μαθηταῖς συνέλθωμεν.

All-holy Lady Queen of all, * come to our aid in dangers. * Anticipate adversities. * Be with us in our hour * of need, indeed at the Last Day. * Let not Satan or Hades, * nor yet perdition capture us. * But through your intercession, enable all * to appear not guilty before the fearful * judgment-seat of your Son and God, * O Lady Theotokos. [SD]

Οἱ Αἶνοι. Ἦχος πλ. β΄.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρέπει ὕμνος τῷ Θεῷ.

Lauds. Mode pl. 2.

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ πρέπει ὕμνος τῷ Θεῷ.

Praise Him, all you His angels; praise Him, all you His hosts. It is fitting to sing a hymn to You, O God. [SAAS]

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.

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

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

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

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

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

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

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

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

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

Ὕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραήλ, λαῷ ἐγγίζοντι αὐτῷ.

Ἄσατε τῷ Κυρίῳ ᾆσμα καινόν, ἡ αἴνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιὼν ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν.

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

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

Καυχήσονται ὅσιοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς.

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

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

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

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

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

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

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

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

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

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

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

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

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

Let them praise His name with dance; with tambourine and harp let them sing to Him.

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

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproving among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

Τῆς Ὀκτωήχου - - -

Στιχηρὰ Ἀναστάσιμα.

Ἦχος πλ. β΄.

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

Ὁ Σταυρός σου Κύριε, ζωὴ καὶ ἀνάστασις ὑπάρχει τῷ λαῷ σου· καὶ ἐπ’ αὐτῷ πεποιθότες, σὲ τὸν ἀναστάντα, Θεὸν ἡμῶν ὑμνοῦμεν· ἐλέησον ἡμᾶς.

Ἦχος πλ. β΄.

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

Ἡ ταφή σου, Δέσποτα, Παράδεισον ἤνοιξε τῷ γένει τῶν ἀνθρώπων· καὶ ἐκ φθορᾶς λυτρωθέντες, σὲ τὸν ἀναστάντα, Θεὸν ἡμῶν ὑμνοῦμεν· ἐλέησον ἡμᾶς.

Ἦχος πλ. β΄.

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

Σὺν Πατρὶ καὶ Πνεύματι, Χριστὸν ἀνυμνήσωμεν, τὸν ἀναστάντα ἐκ νεκρῶν, καὶ πρὸς αὐτὸν ἐκβοῶμεν· Σὺ ζωὴ ὑπάρχεις, ἡμῶν καὶ ἀνάστασις, ἐλέησον ἡμᾶς.

Ἦχος πλ. β΄.

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

Τριήμερος ἀνέστης Χριστέ, ἐκ τάφου, καθὼς γέγραπται, συνεγείρας τὸν Προπάτορα ἡμῶν· διό σε καὶ δοξάζει, τὸ γένος τῶν ἀνθρώπων, καὶ ἀνυμνεῖ σου τὴν Ἀνάστασιν.

From Octoechos - - -

Resurrectional Stichera.

Mode pl. 2.

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

Lord, Your Cross is life and resurrection for us Your people; and trusting in it we extol You, our God, who has risen. Have mercy on us. [SD]

Mode pl. 2.

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

Sovereign Lord, Your burial has opened Paradise to the human race; and now, redeemed from corruption, we extol You, our God, who has risen. Have mercy on us. [SD]

Mode pl. 2.

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

As to the Father and the Spirit, so to Christ who rose from the dead let us sing our hymns of praise; and to Him let us cry out, "You are our life and resurrection. Have mercy on us." [SD]

Mode pl. 2.

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

You rose within three days from the tomb, * O Christ, as holy Scripture says, * also raising our progenitor with You. * Now all

mankind together * forever glorifies You, and we extol Your resurrection, O Lord. [SD]

Προσόμοια. Τοῦ Ἱεράρχου.

Τοῦ Τριωδίου - - -

Ἦχος α΄. *Τῶν οὐρανίων ταγμάτων.*

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

Τὴν μακαρίαν ἐν κόσμῳ ζωὴν διήνυσας, καὶ νῦν τῶν μακαρίων συνευφραίνῃ τοῖς δήμοις, καὶ γῆν τὴν τῶν πραέων, ὡς πρᾶος οἰκεῖς Ἱεράρχα Γρηγόριε, χάριν θαυμάτων πλουτεῖς δὲ παρὰ Θεοῦ ἣν παρέχεις τοῖς τιμῶσί σε.

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

Τὴν μακαρίαν ἐν κόσμῳ ζωὴν διήνυσας, καὶ νῦν τῶν μακαρίων συνευφραίνῃ τοῖς δήμοις, καὶ γῆν τὴν τῶν πραέων, ὡς πρᾶος οἰκεῖς Ἱεράρχα Γρηγόριε, χάριν θαυμάτων πλουτεῖς δὲ παρὰ Θεοῦ ἣν παρέχεις τοῖς τιμῶσί σε.

Στίχ. *Στόμα δικαίου ἀποστάζει σοφίαν, χείλη δὲ ἀνδρῶν ἐπίστανται χάριτας.*

Ὀρθοδοξίας τὰ δόγματα κατεφύτευσας, κακοδοξίας μάκαρ ἐκτεμῶν τὰς ἀκάνθας, καὶ Πίστεως τὸν σπόρον πληθύνας καλῶς, τῇ ἐπομβρίᾳ τῶν λόγων σου, ἑκατοστεύοντα στάχυν ὡς πρακτικὸς γεωργὸς Θεῷ προσήνεγκας.

Prosomia. For the Hierarch.

From Triodion - - -

Mode 1. *For the celestial orders.*

Τῶν οὐρανίων ταγμάτων.

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

While in the world, you attained to a life of blessedness. * And now you are exulting with the ranks of the blessed * and dwell, O Bishop Gregory, in the land of the meek, being meek yourself. * And you are rich in God's miracle-working grace, * which you grant to those who honor you. [SD]

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

While in the world, you attained to a life of blessedness. * And now you are exulting with the ranks of the blessed * and dwell, O Bishop Gregory, in the land of the meek, being meek yourself. * And you are rich in God's miracle-working grace, * which you grant to those who honor you. [SD]

Verse: *The mouth of a righteous man distills wisdom; the lips of righteous men distill grace.* [SAAS]

O blessed father, you cut down the thorns of heresy, * and in their place you planted sacred Orthodox dogmas. * And with your words you watered the seed of the Faith, thus increasing it splendidly. * And as a practical farmer you brought to God * ears of wheat increased a hundredfold. [SD]

Στίχ. *Οἱ ἱερεῖς σου, Κύριε, ἐνδύσονται δικαιοσύνην, καὶ οἱ ὅσιοί σου ἀγαλλιάσει ἀγαλλιάσονται.*

Τὴν τοῦ ἀμέμπτου σου βίου μάκαρ λαμπρότητα, ἐθαύμασαν, Ἀγγέλων, καὶ ἀνθρώπων οἱ δῆμοι, καὶ γὰρ τῇ προαιρέσει, στεῤῥὸς ἀθλητής, καὶ ἀσκητὴς ἀναδέδειξαι, καὶ Ἱεράρχης καὶ ἄξιος λειτουργός, τοῦ Θεοῦ καὶ φίλος γνήσιος.

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

Ἦχος πλ. β΄.

Τοῖς ἐν σκότει ἁμαρτημάτων πορευομένοις φῶς ἀνέτειλας Χριστέ, τῷ καιρῷ τῆς ἐγκρατείας, καὶ τὴν εὔσημον ἡμέραν τοῦ Πάθους σου δεῖξον ἡμῖν, ἵνα βοῶμέν σοι· Ἀνάστα ὁ Θεὸς ἐλέησον ἡμᾶς.

Τῆς Ὀκτωήχου - - -

Καὶ νῦν. **Θεοτοκίον.**

Ὑπερευλογημένη ὑπάρχεις, Θεοτόκε Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος, ὁ ᾅδης ἠχμαλώτισται, ὁ Ἀδὰμ ἀνακέκληται, ἡ κατάρα νενέκρωται, ἡ Εὕα ἠλευθέρωται, ὁ θάνατος τεθανάτωται, καὶ ἡμεις ἐζωοποιήθημεν· διὸ ἀνυμνοῦντες βοῶμεν· Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως εὐδοκήσας δόξα σοι.

Ὁ λαὸς ἵσταται διὰ τὴν Μ. Δοξολογίαν.

Ἡ Μεγάλη Δοξολογία

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

Verse: *O Lord, Your priests shall clothe themselves in righteousness; Your saints shall greatly rejoice.* [SAAS]

The ranks of angels and mankind marveled, O blessed one, * at the illustrious glory of your life which was blameless. * For as a steadfast athlete by your resolve you distinguished yourself indeed * as an ascetic and hierarch, and of God * a worthy minister and genuine friend. [SD]

Glory. **From the Triodion.**

From Triodion - - -

Mode pl. 2.

To those walking in the darkness of their sins You have shone as light, O Christ, during the season of self-control. And reveal to us the auspicious day of Your Passion, so that we may cry to You, "Arise, O God, have mercy on us." [SD]

From Octoechos - - -

Both now. **Theotokion.**

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

Stand for the Great Doxology.

Great Doxology

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

Ὑμνοῦμέν 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 Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον 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 αἴρων 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 τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρός, καὶ ἐλέησον ἡμᾶς.

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

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

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 ἡμέρᾳ ταύτῃ, ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

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

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

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 εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με, ἴασαι τὴν ψυχήν μου, ὅτι ἥμαρτόν 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.

Ὅτι 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 γινώσκουσί σε.

Continue Your mercy to those who know You.

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

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

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

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Holy Immortal, have mercy on us.

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

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

Μετὰ τὸ τέλος τῆς Δοξολογίας λέγομεν Τροπάριον Ἀναστάσιμον.

After the Doxology, sing the following Resurrectional Troparion.

Ἦχος δ΄. *(ἢ τῆς ἑβδομάδος.)*

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

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

Today has salvation come to pass in the world. Let us sing to Him who resurrected from the tomb and is the Author of our life. For, destroying death by death, He gave us the victory and the great mercy. [SD]

ἢ κατὰ τὴν παλαιοτέραν τάξιν·

Or, according to the older practice:

Ἦχος πλ. δ΄. *(ἢ τῆς ἑβδομάδος.)*

Ἀναστὰς ἐκ τοῦ μνήματος, καὶ τὰ δεσμὰ διαῤῥήξας τοῦ ᾍδου, ἔλυσας τὸ κατάκριμα, τοῦ θανάτου Κύριε, πάντας ἐκ τῶν παγίδων τοῦ ἐχθροῦ ῥυσάμενος, ἐμφανίσας σεαυτὸν τοῖς, Ἀποστόλοις σου, ἐξαπέστειλας αὐτοὺς ἐπὶ τὸ κήρυγμα, καὶ δι' αὐτῶν τὴν εἰρήνην παρέσχες τῇ οἰκουμένῃ, μόνε πολυέλεε.

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

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

Βιβλία - Πηγαί

Ἱερατικόν

Λειτουργία Ἁγίου Βασιλείου

Ὀκτώηχος - Ἦχος πλ. β΄.

Τῇ Κυριακῇ Πρωΐ

Τριώδιον

Κυριακὴ Β΄ τῶν Νηστειῶν τοῦ Ἁγίου Γρηγορίου Παλαμᾶ

Books - Sources

Hieratikon

Liturgy of St. Basil

Octoechos - Mode pl. 2.

On Sunday Morning

Triodion

Second Sunday of Lent - St. Gregory Palamas

ΛΕΙΤΟΥΡΓΙΑ ΑΓΙΟΥ ΒΑΣΙΛΕΙΟΥ

LITURGY OF ST. BASIL

Unless otherwise indicated, the texts of the prayers and hymns of the Divine Liturgy are from:

Ἀντίφωνον Α΄. Ἦχος β΄.

Στίχ. α΄. *Εὐλόγει, ἡ ψυχή μου, τὸν Κύριον, καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ ἅγιον αὐτοῦ.*

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Στίχ. β΄. *Εὐλόγει, ἡ ψυχή μου, τὸν Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ.*

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Στίχ. γ΄. *Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ πάντων δεσπόζει.*

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Antiphon I. Mode 2.

Verse 1: *Bless the Lord, O my soul, and everything within me, bless His holy name.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Verse 2: *Bless the Lord, O my soul, and forget not all His rewards.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

Verse 3: *The Lord prepared His throne in heaven, and His Kingdom rules over all.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

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

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

Through the intercessions of the Theotokos, Savior, save us.

Ἀντίφωνον Β΄. Ἦχος β΄.

Στίχ. α΄. *Αἴνει, ἡ ψυχή μου, τὸν Κύριον· αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ Θεῷ μου ἕως ὑπάρχω.*

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β΄. *Μακάριος οὗ ὁ Θεὸς Ἰακὼβ βοηθὸς αὐτοῦ, ἡ ἐλπὶς αὐτοῦ ἐπὶ Κύριον τὸν Θεὸν αὐτοῦ.*

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ΄. *Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ Θεός σου, Σιών, εἰς γενεὰν καὶ γενεάν.*

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ, ἀθάνατος ὑπάρχων καὶ καταδεξάμενος διὰ τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς ἁγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας, ἀτρέπτως ἐνανθρωπήσας, σταυρωθείς τε, Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας, εἷς ὢν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον ἡμᾶς.

Antiphon II. Mode 2.

Verse 1: *Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Verse 2: *Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

Verse 3: *The Lord shall reign forever; your God, O Zion, to all generations.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

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

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

Only-begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

Ἀντίφωνον Γ΄.

Ἦχος πλ. β΄.

Στίχ. α΄. *Αὕτη ἡ ἡμέρα, ἣν ἐποίησεν ὁ Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν ἐν αὐτῇ.*

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος πλ. β΄.

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνῆμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἵστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἅδην, μὴ πειρασθεὶς ὑπ’ αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωήν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Στίχ. β΄. *Αἰνεσάτωσαν αὐτὸν οἱ οὐρανοὶ καὶ ἡ γῆ.*

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνῆμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἵστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἅδην, μὴ πειρασθεὶς ὑπ’ αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωήν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Antiphon III.

Mode pl. 2.

Verse 1: *This is the day the Lord made; let us greatly rejoice and be glad therein.* [SAAS]

Resurrectional Apolytikion.

Mode pl. 2.

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You. [SD]

Verse 2: *Let heaven and earth praise Him.* [SAAS]

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You. [SD]

Εἰσοδικόν. Ἦχος β΄.

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Entrance Hymn. Mode 2.

Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Ὕμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου - - -

Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος πλ. β΄.

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνῆμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἵστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἅδην, μὴ πειρασθεὶς ὑπ᾽ αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωήν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Hymns After the Small Entrance.

From Octoechos - - -

Resurrectional Apolytikion. Mode pl. 2.

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You. [SD]

Τοῦ Ἱεράρχου.

Τοῦ Τριῳδίου - - -

Ἦχος πλ. δ΄.

Ὀρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κῆρυξ τῆς χάριτος· ἱκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

For the Hierarch.

From Triodion - - -

Mode pl. 4.

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls. [SD]

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Apolytikion of the Parish Church

(Apolytikion of the Parish Church.) [GOA]

Κοντάκιον.

Ἦχος πλ. δ΄. *Αὐτόμελον.*

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,

Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,

Kontakion.

Mode pl. 4. *Automelon.*

O Champion General, I your City now inscribe to you

Triumphant anthems as the tokens of my gratitude,

Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε.
Ἀλλ’ ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον,
Ἐκ παντοίων με κινδύνων ἐλευθέρωσον,

Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

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

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ὁ Ἀπόστολος

Κυριακὴ Β´ τῶν Νηστειῶν

Προκείμενον. Ἦχος πλ. β´. Ψαλμὸς 27.

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. *Πρὸς σέ, Κύριε, κεκράξομαι, ὁ Θεός μου.*

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα.

Εβρ 1:10-14, 2:1-3

Κατ’ ἀρχάς σὺ, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σού εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἑλίξεις αὐτούς, καὶ ἀλλαγήσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. Πρὸς τίνα δὲ τῶν ἀγγέλων εἴρηκέ ποτε· κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχ θρούς σου ὑποπόδιον τῶν ποδῶν σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ

Being rescued from the terrors, O Theotokos.
Inasmuch as you have power unassailable,
From all kinds of perils free me, so that unto you
I may cry aloud: Rejoice, O unwedded Bride.

[SD]

THE TRISAGION HYMN

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

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

Holy Immortal, have mercy on us.

The Epistle

2nd Sunday of Lent

Prokeimenon. Mode pl. 2. Psalm 27.

O Lord, save Your people, and bless Your inheritance. [SAAS]

Verse: *To You, O Lord, I cry; O my God.* [SAAS]

The reading is from Paul's Letter to the Hebrews.

Heb. 1:10-14; 2:1-3

"In the beginning, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent

πνεύματα εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσι, μή ποτε παραῤῥυῶμεν. Εἰ γὰρ ὁ δι᾽ Ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him. [RSV]

Ἀλληλούϊα. Ἦχος πλ. β´. Ψαλμὸς 90.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α´. *Ὁ κατοικῶν ἐν βοηθείᾳ τοῦ Ὑψίστου, ἐν σκέπῃ τοῦ Θεοῦ τοῦ οὐρανοῦ αὐλισθήσεται.*

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β´. *Ἐρεῖ τῷ Κυρίῳ· Ἀντιλήπτωρ μου εἶ.*

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Alleluia. Mode pl. 2. Psalm 90.

Alleluia. Alleluia. Alleluia.

Verse 1: *He who dwells in the help of the Most High shall lodge in the shelter of the God of heaven.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *He shall say to the Lord, "You are my protector."* [SAAS]

Alleluia. Alleluia. Alleluia.

Τὸ Εὐαγγέλιον

Κυριακὴ Β´ τῶν Νηστειῶν

Ἐκ τοῦ κατὰ Μᾶρκον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

Μαρ β´ 1 - 12

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοὺμ δι᾽ ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων. καὶ μὴ δυνάμενοι προσεγγίσαι αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν

The Gospel

2nd Sunday in Lent

The reading is from the holy Gospel according to Mark.

Mk. 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the

τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον ἐφ’ ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· Τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δέ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· Τί οὗτος οὕτως λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς εἶπεν αὐτοῖς· Τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἆρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· Σοὶ λέγω, ἔγειρε καὶ ἆρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἴδομεν.

roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"—he said to the paralytic—"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!" [RSV]

Ὕμνος εἰς τὴν Θεοτόκον.

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα, καὶ ἀνθρώπων τὸ γένος, ἡγιασμένε ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι.

Hymn to the Theotokos.

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you. [SD]

Κοινωνικόν. Ψαλμὸς 148.

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν. Ἀλληλούϊα.

Communion Hymn. Psalm 148.

Praise the Lord from the heavens. Alleluia. [SAAS]

Ὕμνος μετὰ τὴν Θ. Κοινωνίαν. Ἦχος β΄.

Εἴδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν Πνεῦμα ἐπουράνιον, εὕρομεν πίστιν ἀληθῆ, ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη γὰρ ἡμᾶς ἔσωσεν.

Hymn after Holy Communion. Mode 2.

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us. [GOA]

ΑΠΟΛΥΣΙΣ

Δόξα σοι, Χριστὲ ὁ Θεὸς ἡμῶν, δόξα σοι.

Ὁ ἀναστὰς ἐκ νεκρῶν, Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις τῆς παναχράντου καὶ παναμώμου ἁγίας αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων δυνάμεων ἀσωμάτων, ἱκεσίαις τοῦ τιμίου, ἐνδόξου, προφήτου, προδρόμου καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων ἀποστόλων, τῶν ἁγίων ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν ὁσίων καὶ θεοφόρων πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων θεοπατόρων Ἰωακεὶμ καὶ Ἄννης, τοῦ ἐν ἁγίοις Πατρὸς ἡμῶν Γρηγορίου Ἀρχιεπισκόπου Θεσσαλονίκνς τοῦ Παλαμᾶ, οὗ καὶ τὴν μνήμην ἐπιτελοῦμεν· καὶ πάντων τῶν ἁγίων, ἐλεήσαι καὶ σώσαι ἡμᾶς, ὡς ἀγαθὸς καὶ φιλάνθρωπος καὶ ἐλεήμων Θεός.

THE DISMISSAL

Glory to You, O Christ our God. Glory to You.

May He who rose from the dead, Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, (local patron saint); of the holy and righteous ancestors of God Joachim and Anna, our father among the saints Gregory Palamas, Archbishop of Thessaloniki, whose memory we celebrate, and of all the saints, have mercy on us and save us, for He is good and merciful and loves mankind.

Κανόνας Νηστείας

Κατάλυσις οἴνου καὶ ἐλαίου.

Εἶναι Σαββατοκύριακο τῆς Μ. Τεσσαρακοστῆς.

Fasting Rule

Wine: Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.

It is Saturday or Sunday in Lent.