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**DIGITAL CHANT STAND**  
OF THE GREEK ORTHODOX ARCHDIOCESE OF AMERICA

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**The Service of Matins**  
**for Sunday, March 19, 2023**

**Octoechos - Grave Mode**  
**on Sunday Morning**  
**Eothion 7**

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

**Menaion - March 19**  
**Katavasias of Third Sunday of Lent**

**Texts in Greek and English**

**Links to Matins Ordinary**

**Bilingual**

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## 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.  
[ **TC** ] Thomas Carroll. [ **VPA** ] Virgil Peter Andronache. [ **GOA** ] Greek Orthodox Archdiocese of America. [ **HC** ] Holy Cross Orthodox Press. [ **OCA** ] Orthodox Church in America.

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**Βιβλία - Πηγαί**

**Ὀκτώηχος - ᾠχος βαρύς.**

Τῆ Κυριακῆ Πρωΐ

**Τριώδιον**

Κυριακῆ Γ' τῶν Νηστειῶν τῆς  
Σταυροπροσκυνησεως

**ΟΡΘΟΣ**

**ΧΟΡΟΣ**

**ᾠχος βαρύς.**

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.**

**ᾠχος βαρύς.**

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

Τοῦ Τριωδίου - - -

Δόξα. **Τοῦ Σταυροῦ.**

**ᾠχος α'.**

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

**Books - Sources**

**Octoechos - Grave Mode.**

On Sunday Morning

**Triodion**

Third Sunday of Lent. Veneration of the Cross

**MATINS**

**CHOIR**

**Grave Mode.**

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

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

**Grave Mode.**

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

From Triodion - - -

Glory. **For the Cross.**

**Mode 1.**

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

καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου  
πολίτευμα.

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὀκτωήχου ---

**Ἦχος α΄.** *Τοῦ λίθου σφραγισθέντος.*

Τοῦ Γαβριὴλ φθεγξαμένου σοι Παρθένε  
τὸ Χαῖρε, σὺν τῇ φωνῇ ἐσαρκουτο ὁ τῶν ὄλων  
Δεσπότης, ἐν σοὶ τῇ ἀγία κιβωτῶ, ὡς ἔφη  
ὁ δίκαιος Δαυΐδ. Ἐδείχθης πλατυτέρα τῶν  
οὐρανῶν, βαστάσασα τὸν Κτίστην σου. Δόξα  
τῶ ἐνοικήσαντι ἐν σοί· δόξα τῶ προελθόντι  
ἐκ σοῦ· δόξα τῶ ἐλευθερώσαντι ἡμᾶς, διὰ τοῦ  
τόκου σου.

#### **ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

( *Κύριε, ἐλέησον.* )

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

( *Κύριε, ἐλέησον.* )

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

( *Σοί, Κύριε.* )

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

( *Ἀμήν.* )

over the enemy, and by Your Cross protecting  
Your commonwealth. <sup>[GOA]</sup>

Both now. **Theotokion.**

From Octoechos ---

**Mode 1.** *The stone had been secured.*

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

#### **PRIEST**

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

( *Lord, have mercy.* )

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

( *Lord, have mercy.* )

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

( *To You, O Lord.* )

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

( *Amen.* )

**ΧΟΡΟΣ**

Τῆς Ὀκτωήχου ---

**Κάθισμα Α΄.**  
**Ἦχος βαρύς.**

Ἡ Ζωὴ ἐν τῷ τάφῳ ἀνέκειτο, καὶ σφραγίς ἐν τῷ λίθῳ ἐπέκειτο, ὡς Βασιλέα ὑπνοῦντα, στρατιῶται ἐφύλαττον Χριστόν, καὶ Ἄγγελοι ἐδόξαζον, ὡς Θεὸν ἀθάνατον. Γυναῖκες δὲ ἐκραύγαζον· Ἀνέστη ὁ Κύριος, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα.

Τῇ τριημέρῳ ταφῆ σου σκυλεύσας τὸν θάνατον, καὶ φθαρέντα τὸν ἄνθρωπον, τῇ ζωηφόρῳ Ἐγέρσει σου, ἀναστήσας Χριστὲ ὁ Θεός, ὡς φιλόανθρωπος δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Ὡς τῆς ἡμῶν Ἀναστάσεως θησαύρισμα, τοὺς ἐπὶ σοὶ πεποιθότας Πανύμνητε, ἐκ λάκκου καὶ βυθοῦ πταισμάτων ἀνάγαγε· σὺ γὰρ τοὺς ὑπευθύνους τῇ ἁμαρτίᾳ, ἔσωσας τεκοῦσα τὴν σωτηρίαν, ἢ πρὸ τόκου Παρθένος, καὶ ἐν τόκῳ Παρθένος, καὶ μετὰ τόκον πάλιν οὖσα Παρθένος.

Τῆς Ὀκτωήχου ---

**Κάθισμα Β΄.**  
**Ἦχος βαρύς.**

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

**CHOIR**

From Octoechos ---

**Kathisma I.**  
**Grave Mode.**

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

Glory.

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

Both now. **Theotokion.**

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

From Octoechos ---

**Kathisma II.**  
**Grave Mode.**

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

Δόξα.

Ἐπὶ τὸ μνήμα ἔδραμον Γυναῖκες, μετὰ δακρῶν μύρα φέρουσαι, καὶ στρατιωτῶν φυλασσόντων σε, τὸν τῶν ὄλων Βασιλέα, ἔλεγον πρὸς ἑαυτάς· Τίς ἀποκυλίσει ἡμῖν τὸν λίθον; ἀνέστη ὁ μεγάλης Βουλῆς Ἄγγελος, πατήσας τὸν θάνατον· Παντοδύναμε Κύριε, δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Χαῖρε κεχαριτωμένη Θεοτόκε Παρθένε, λιμὴν καὶ προστασία τοῦ γένους τῶν ἀνθρώπων· ἐκ σοῦ γὰρ ἐσαρκώθη ὁ Λυτρωτὴς τοῦ κόσμου· μόνη γὰρ ὑπάρχεις Μήτηρ καὶ Παρθένος, αἰεὶ εὐλογημένη καὶ δεδοξασμένη, πρέσβευε Χριστῷ τῷ Θεῷ, εἰρήνην δωρήσασθαι, πάσῃ τῇ οἰκουμένῃ.

**Κάθισμα Γ'. Τοῦ Σταυροῦ.**

Τοῦ Τριωδίου - - -

**Ἦχος πλ. δ'. Τὸ προσταχθέν.**

Ἐν Παραδείσῳ μὲν τὸ πρὶν, ξύλῳ ἐγύμνωσεν, ἐπὶ τῇ γεύσει ὁ ἐχθρός, εἰσφέρων νέκρωσιν, τοῦ Σταυροῦ δὲ τὸ ξύλον, τῆς ζωῆς τὸ ἔνδυμα, ἀνθρώποις φέρον ἐπάγη ἐπὶ τῆς γῆς, καὶ Κόσμος ὅλος ἐπλήσθη πάσης χαρᾶς, ὃν ὀρῶντες προσκυνούμενον, Θεῷ ἐν πίστει λαοὶ συμφώνως ἀνακράζομεν, πλήρης δόξης ὁ οἶκος αὐτοῦ.

Δόξα· καὶ νῦν. **Τὸ αὐτό.**

Ἐν Παραδείσῳ μὲν τὸ πρὶν, ξύλῳ ἐγύμνωσεν, ἐπὶ τῇ γεύσει ὁ ἐχθρός, εἰσφέρων νέκρωσιν, τοῦ Σταυροῦ δὲ τὸ ξύλον, τῆς ζωῆς τὸ ἔνδυμα, ἀνθρώποις φέρον ἐπάγη ἐπὶ τῆς γῆς, καὶ Κόσμος ὅλος ἐπλήσθη πάσης χαρᾶς,

Glory.

In tears, the women bearing sweet spices went in haste to Your sepulcher. And they were saying to each other, "Who will roll away the stone for us?" For You, the King of all, were guarded by soldiers. The Angel of great Counsel has risen, after trampling on death. O Lord almighty, glory to You. [SD]

Both now. **Theotokion.**

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

**Kathisma III. For the Cross.**

From Triodion - - -

**Mode pl. 4. When he perceived.**

Of old the tree in the garden stripped us naked, \* and by its taste did the enemy bring in death. \* Now the tree of the Cross, which for all mankind is bearing \* the garment of life, was planted upon the earth, \* and therefore is all the world filled with every joy. \* As we see it revered today, let us, O peoples, cry aloud \* together unto God in faith: \* Full of glory is Your house, O Lord. [SD]

Glory. Both now. **Repeat.**

Of old the tree in the garden stripped us naked, \* and by its taste did the enemy bring in death. \* Now the tree of the Cross, which for all mankind is bearing \* the garment of life, was planted upon the earth, \* and therefore is

ὄν ὀρῶντες προσκυνούμενον, Θεῷ ἐν πίστει  
λαοὶ συμφώνως ἀνακράζωμεν, πλήρης δόξης ὁ  
οἶκος αὐτοῦ.

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

( Κύριε, ἐλέησον. )

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

( Κύριε, ἐλέησον. )

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

( Σοί, Κύριε. )

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

( Ἀμήν. )

**ΑΝΑΓΝΩΣΤΗΣ**

Τῆς Ὀκτωήχου ---

**Ὑπακοή. Ἦχος βαρύς.**

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

all the world filled with every joy. \* As we see  
it revered today, let us, O peoples, cry aloud  
\* together unto God in faith: \* Full of glory is  
Your house, O Lord. [SD]

**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. )

**READER**

From Octoechos ---

**Hypakoe. Grave Mode.**

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

**ΧΟΡΟΣ**

**Οἱ Ἀναβαθμοί.**

**Ἀντίφωνον Α΄. ᾠχος βαρύς.**

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

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

Δόξα· καὶ νῦν.

Ἁγίῳ Πνεύματι, πηγὴ τῶν θείων θησαυρισμάτων, ἐξ οὗ σοφία, σύνεσις, φόβος, αὐτῷ αἴνεσις, δόξα, τιμὴ καὶ κράτος.

**Ἀντίφωνον Β΄.**

Ἐὰν μὴ Κύριος οἰκοδομήσῃ οἶκον τὸν τῆς ψυχῆς, μάτην κοπιῶμεν· πλὴν γὰρ αὐτοῦ, οὐ πρᾶξις, οὐ λόγος τελεῖται.

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

Δόξα· καὶ νῦν.

Ἁγίῳ Πνεύματι, τὰ σύμπαντα τὸ εἶναι ἔχει· πρὸ πάντων γὰρ Θεός, τῶν ὅλων κυριότης, φῶς ἀπρόσιτον, ζωὴ τῶν πάντων.

**Ἀντίφωνον Γ΄.**

Οἱ φοβούμενοι τὸν Κύριον, ὁδοὺς ζωῆς εὐρόντες, νῦν καὶ ἀεὶ μακαριοῦνται, δόξη ἀκηράτῳ.

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

**CHOIR**

**Anavathmoi.**

**Antiphon I. Grave Mode.**

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

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

Glory. Both now.

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

**Antiphon II.**

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

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

Glory. Both now.

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

**Antiphon III.**

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

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

Δόξα· καὶ νῦν.

Ἄγιῳ Πνεύματι, βυθὸς χαρισμάτων,  
πλοῦτος δόξης, κριμάτων βάθος μέγα,  
ὁμόδοξον Πατρὶ καὶ Υἱῷ· λατρευτὸν γάρ.

**Προκείμενον.**

Ἀνάστηθι, Κύριε ὁ Θεός μου, ὑψωθήτω  
ἡ χεὶρ σου, μὴ ἐπιλάβῃ τῶν πενήτων σου εἰς  
τέλος. (δίς)

**Στίχ.** Ἐξομολογήσομαί σοι, Κύριε, ἐν ὅλη  
καρδίᾳ μου.

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

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
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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  
ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ  
Ἄγιῳ Πνεύματι, νῦν καὶ αἰεὶ, καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων.

( Ἀμήν. )

Glory. Both now.

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

**Prokeimenon.**

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

**Verse:** *I will give thanks to You, O Lord,  
with my whole heart.*

Arise, O Lord my God, let Your hand be  
lifted high, and do not forget Your poor to the  
end. [SAAS]

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

( Amen. )

## ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου ---

### Κοντάκιον Ἀναστάσιμον.

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

### Ὁ Οἶκος.

Ἔτρεμε κάτωθεν τὰ καταχθόνια σήμερον  
ὁ Ἄδης καὶ ὁ θάνατος τὸν ἕνα τῆς Τριάδος,  
ἡ γῆ ἐκλονεῖτο, πυλωροὶ δὲ Ἄδου ἰδόντες σε  
ἔπτηξαν, ἡ κτίσις δὲ πᾶσα σὺν τοῖς Προφήταις  
χαίρουσα ψάλλει σοι, ἐπινίκιον ᾠδὴν τῷ  
λυτρωτῇ ἡμῶν Θεῷ τῷ καταλύσαντι νῦν  
θανάτου τὴν δύναμιν. Ἀλαλάξωμεν καὶ  
βοήσωμεν τῷ Ἀδάμ, καὶ τοῖς ἐξ Ἀδάμ. Ξύλον  
τοῦτον εἰσήγαγεν· ἐξέρχεσθε οἱ πιστοὶ εἰς τὴν  
ἀνάστασιν.

### Κοντάκιον τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

### Ἦχος βαρὺς. Αὐτόμελον.

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

### Ὁ Οἶκος.

Τρεῖς σταυροὺς ἐπήξατο ἐν Γολγοθᾷ ὁ  
Πιλάτος, δύο τοῖς ληστεύσασιν, καὶ ἕνα τοῦ  
Ζωοδότου, ὃν εἶδεν ὁ Ἄδης, καὶ εἶπε τοῖς

## READER

From Octoechos ---

### Resurrectional Kontakion.

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

### Oikos.

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

### Kontakion from Triodion.

From Triodion ---

### Grave Mode. Automelon.

The fiery sword is not guarding the  
entrance to Eden anymore. For it was  
extinguished in paradoxical manner by the tree  
of the Cross. The sting of death and the victory  
of Hades have been stricken. And You, my  
Savior, came and cried out to those in Hades:  
Enter again into Paradise. <sup>[SD]</sup>

### Oikos.

On Golgotha did Pilate lift up crosses  
three: two for those guilty of larceny, and one  
for Him who gives us life, whom Hades spied

κάτω· Ὡ λειτουργοί μου καὶ δυνάμεις μου  
τίς ὁ ἐμπήξας ἦλον τῆ καρδία μου; ξυλίνη με  
λόγχῃ ἐκέντησεν ἄφνω καὶ διαρρήσομαι, τὰ  
ἔνδον μου πονῶ, τὴν κοιλίαν μου ἀλγῶ, τὰ  
αἰσθητήριά μου, μαϊμάσσει τὸ πνεῦμά μου,  
καὶ ἀναγκάζομαι ἐξερεύξασθαι τὸν Ἀδάμ καὶ  
τοὺς ἐξ Ἀδάμ, ξύλω δοθέντας μοι· ξύλον γὰρ  
τούτους εἰσάγει πάλιν εἰς τὸν Παράδεισον.

*Ὁ λαὸς ἴσταται διὰ τὴν ἀνάγνωσιν τοῦ Συναξαρίου.*

### **Συναξάριον**

*Τοῦ Μηναίου.*

Τῆ ΙΘ' τοῦ αὐτοῦ μηνός, μνήμη τῶν  
Ἁγίων Μαρτύρων Χρυσάνθου καὶ Δαρείας.

Τῆ αὐτῆ ἡμέρα, ὁ Ἅγιος Κλαύδιος ὁ  
Τριβοῦνος, ἐν θαλάσῃ βληθείς, τελειοῦται.

Τῆ αὐτῆ ἡμέρα, ἡ Ἁγία Μάρτυς Ἰλαρία, ἡ  
τούτου σύζυγος, ξίφει τελειοῦται.

Τῆ αὐτῆ ἡμέρα, οἱ Ἅγιοι Μάρτυρες Ἰάσων  
καὶ Μαῦρος, οἱ υἱοὶ αὐτῶν, ξίφει τελειοῦνται.

Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Ἁγίου  
Μάρτυρος Παγχαρίου.

Τῆ αὐτῆ ἡμέρα, οἱ Ἅγιοι Διόδωρος  
Πρεσβύτερος, καὶ Μαριανὸς Διάκονος,  
σπηλαίῳ ἐγκλεισθέντες, τελειοῦνται.

Μνήμη τοῦ Ἁγίου Νεομάρτυρος  
Δημητρίου τοῦ Τορναῶ, ξίφει τελειωθέντος  
ἐν ἔτει ρψξδ' (1564).

*Τοῦ Τριωδίου.*

Τῆ αὐτῆ ἡμέρα, Κυριακῆ τρίτη τῶν  
Νηστειῶν, τὴν Προσκύνησιν ἐορτάζομεν τοῦ  
τιμίου καὶ ζωοποιοῦ Σταυροῦ.

and voiced to those below, "My ministers and  
governors: my heart! - who has affixed it with  
a nail? A lance of wood abruptly pierced me  
through, and I am rent in twain. My inner parts  
distressingly are pained, my belly aches, the  
organs of my senses. My breathing pants and  
am compelled Adam and those of Adam to  
expel, who by a tree were given me. For it is a  
tree that leads them back again into Paradise."

[GKD]

*Stand for the reading of the Synaxarion.*

### **Synaxarion**

*From the Menaion.*

On March 19 we commemorate the holy  
martyrs Chrysanthos and Daria.

On this day St. Claudius the tribune died  
after being cast into the sea.

On this day the holy martyr Hilary, the  
wife of St. Claudius, died by the sword.

On this day the holy martyrs Jason and  
Maurus, their sons, died by the sword.

On this day we also commemorate the  
holy martyr Pancharios.

On this day the Sts. Diodore the priest and  
Marian the deacon reposed after being closed  
up in a cave.

We also commemorate the holy new  
martyr Demetrius the joiner who died by the  
sword in the year 1564.

*From the Triodion.*

On this day, the third Sunday of Lent, we  
celebrate the veneration of the precious and  
life-giving Cross.

Στίχοι

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

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

**ΧΟΡΟΣ**

**Καταβασία τῆς Γ' Κυριακῆς τῶν Νηστειῶν  
Ὡδὴ α'. Ἦχος α'.**

Ὁ θεϊότατος προετύπωσε πάλαι Μωσῆς,  
ἐν Ἐρυθρᾷ θαλάσσει, διαβιβάσας Ἰσραήλ, τῷ  
Σταυρῷ σου τὴν ὑγρὰν, τῆ ῥάβδῳ τεμών, ὧδήν  
σοι ἐξόδιον, ἀναμέλπων Χριστέ ὁ Θεός.

**Ὡδὴ γ'.**

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

**Ὡδὴ δ'.**

Ἐπὶ Σταυροῦ σε Δυνατὲ φωστῆρ ὁ  
μέγας κατιδὼν τρόμῳ ἐπαρθεὶς τὰς ἀκτῖνας  
συνέστειλεν ἔκρυσσε, πᾶσα δὲ Κτίσις ὑμνησεν,  
ἐν φόβῳ τὴν σὴν μακροθυμίαν· καὶ γὰρ  
ἐπλήσθη ἡ γῆ, τῆς σῆς αἰνέσεως.

**Ὡδὴ ε'.**

Ὁρθρίζοντές σε ἀνυμνοῦμεν, Σωτῆρ τοῦ  
Κόσμου εἰρήνην, εὐράμενοι τῷ Σταυρῷ σου,

Let all the earth adore the Cross,

Through which it learned to adore You, the Word.

By the power of Your Cross, O Christ  
our God, guard us against the wanton assaults  
of the evil one, and make us worthy to  
worship Your divine Passion and life-bringing  
Resurrection, to finish the course of the forty-  
day fast with ease, and have mercy on us, as  
You alone are good and love humanity.

**CHOIR**

**Katavasias of Third Sunday of Lent  
Ode i. Mode 1.**

That most godly prophet Moses prefigured  
Your Cross \* in the Red Sea of old, O Savior.  
\* For he divided the water with the rod in his  
hand, \* and led Israel across, \* and sang You a  
sacred ode of exodus, O Christ our God. [SD]

**Ode iii.**

O Christ, set me firmly on the rock of the  
Faith, by the power of Your all-holy Cross, \*  
so that my mind will not move when tempted  
by the enemy's assaults. \* Only You are holy,  
O Lord. [SD]

**Ode iv.**

O mighty Lord, when the sun beheld You  
hanging on the Cross, \* that great luminary  
shuddered, \* retracted and hid its rays; and  
all creation fearfully \* sang a hymn extolling  
Your forbearance. \* Indeed the earth has been  
filled with Your praise, O God. [SD]

**Ode v.**

We rise early and we extol You, \* for  
through Your Cross we found peace that  
passes all understanding. \* Through it You, the

δι οὗ ἀνεκαίνισας, τὸ γένος τὸ ἀνθρώπινον,  
φῶς πρὸς, ἀνέσπερον ἄγων ἡμᾶς.

**Ὦδὴ Ϛ´.**

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

**Ὦδὴ ϛ´.**

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

**Ὦδὴ η´.**

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν  
τὸν Κύριον.*

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

*Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Εὐαγγελίου.*

**ΔΙΑΚΟΝΟΣ**

Τοῦ Κυρίου δεηθῶμεν.

( Κύριε, ἐλέησον. )

**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.

Savior of the world, renewed the human race, \*  
leading us to the unsetting light. [SD]

**Ode vi.**

When Jonah was in the belly of the whale,  
\* he extended his arms and thus foreshadowed  
the figure of Your holy Cross, O Lord. \* Then  
he bounded forth \* from the monster, being  
saved by Your power, O Logos. [SD]

**Ode vii.**

The same One who saved those Servants  
from the furnace fire \* has become incarnate  
now. \* He has come to earth. \* He was nailed  
upon the Cross. \* He has granted salvation  
to us. \* He alone is the God of our fathers,  
blessed and exceedingly glorious. [SD]

**Ode viii.**

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

Daniel, who is known as one great among  
the Prophets, \* was cast into the lions' den  
and was preserved from being eaten; \* for he  
stretched out his hands in the form of a cross  
and was kept unharmed, \* as he was blessing  
Christ our God unto the ages. [SD]

*Stand for the Gospel reading.*

**DEACON**

Let us pray to the Lord.

( Lord, have mercy. )

**PRIEST**

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

**ΧΟΡΟΣ**

Ἀμήν.

**Ἦχος β΄.**

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

**ΔΙΑΚΟΝΟΣ**

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

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

**ΔΙΑΚΟΝΟΣ**

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου  
Εὐαγγελίου.

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

( Καὶ τῷ πνεύματί σου. )

**ΙΕΡΕΥΣ**

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου  
τὸ ἀνάγνωσμα.

Πρόσχωμεν.

( Δόξα σοι, Κύριε, δόξα σοι. )

**ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)**

Ἐωθινὸν Ζ΄  
Ἰωάννην Κ΄ 1-10

Τῇ μιᾷ τῶν Σαββάτων Μαρία ἡ  
Μαγδαληνὴ ἔρχεται πρωτὶ σκοτίας ἔτι οὔσης,  
εἰς τὸ μνημεῖον· καὶ βλέπει τὸν λίθον ἠρμένον  
ἐκ τοῦ μνημείου. Τρέχει οὖν, καὶ ἔρχεται πρὸς  
Σίμωνα Πέτρον, καὶ πρὸς τὸν ἄλλον μαθητὴν,  
ὃν ἐφίλει ὁ Ἰησοῦς, καὶ λέγει αὐτοῖς· Ἦραν  
τὸν Κύριον ἐκ τοῦ μνημείου, καὶ οὐκ οἶδαμεν  
ποῦ ἔθηκαν αὐτόν. Ἐξῆλθεν οὖν ὁ Πέτρος καὶ  
ὁ ἄλλος μαθητής, καὶ ἤρχοντο εἰς τὸ μνημεῖον.

**CHOIR**

Amen.

**Mode 2.**

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

**DEACON**

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

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

**DEACON**

Wisdom. Arise. Let us hear the holy  
Gospel.

**PRIEST**

Peace be with all.

( And with your spirit. )

**PRIEST**

The reading is from the holy Gospel  
according to John.

Let us be attentive.

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

**PRIEST (from the altar table)**

Eothinon 7  
John. 20:1-10

On the first day of the week, Mary  
Magdalene came to the tomb early, while it  
was still dark, and saw that the stone had been  
taken away from the tomb. So she ran, and  
went to Simon Peter and the other disciple,  
the one whom Jesus loved, and said to them,  
"They have taken the Lord out of the tomb,  
and we do not know where they have laid  
Him." Peter then came out with the other

Ἔτρεχον δὲ οἱ δύο ὁμοῦ· καὶ ὁ ἄλλος μαθητὴς προέδραμε τάχιον τοῦ Πέτρου, καὶ ἦλθε πρῶτος εἰς τὸ μνημεῖον, καὶ παρακύψας, βλέπει κείμενα τὰ ὀθόνια· οὐ μέντοι εἰσῆλθεν. Ἐρχεται οὖν Σίμων Πέτρος ἀκολουθῶν αὐτῷ, καὶ εἰσῆλθεν εἰς τὸ μνημεῖον, καὶ θεωρεῖ τὰ ὀθόνια κείμενα· καὶ τὸ σουδάριον, ὃ ἦν ἐπὶ τῆς κεφαλῆς αὐτοῦ, οὐ μετὰ τῶν ὀθονίων κείμενον, ἀλλὰ χωρὶς ἐντετυλιγμένον εἰς ἓνα τόπον. Τότε οὖν εἰσῆλθε καὶ ὁ ἄλλος μαθητὴς ὁ ἐλθὼν πρῶτος εἰς τὸ μνημεῖον, καὶ εἶδε, καὶ ἐπίστευσεν. Οὐδέπω γὰρ ᾔδεισαν τὴν Γραφήν, ὅτι δεῖ αὐτὸν ἐκ νεκρῶν ἀναστῆναι. Ἀπῆλθον οὖν πάλιν πρὸς ἑαυτοὺς οἱ μαθηταί.

( Δόξα σοι, Κύριε, δόξα σοι. )

#### ΑΝΑΓΝΩΣΤΗΣ

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

disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying and the napkin, which had been on His head, not lying with the linen cloths, but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that He must rise from the dead. Then the disciples went back to their homes. [RSV]

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

#### READER

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

**ΧΟΡΟΣ**

**Ψαλμὸς Ν' (50).**

**Ἦχος β'.** (ἡ τῆς ἐβδομάδος.)

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

Ἐπὶ πλεῖον πλυνόν με ἀπὸ τῆς ἀνομίας μου καὶ ἀπὸ τῆς ἀμαρτίας μου καθάρισόν με.

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

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

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

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

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

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιάσονται ὅστέα τεταπεινωμένα.

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

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

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

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

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

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

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

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

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

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

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

Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου  
καὶ τὸ πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ’  
ἐμοῦ.

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

Διδάξω ἀνόμους τὰς ὁδοὺς 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 χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα  
μου ἀναγγελεῖ τὴν αἴνεσίν σου.

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

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

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. Καὶ ἐλέησόν με, ὁ Θεός.

**Ἰδιόμελα τοῦ Τριωδίου.**

Δόξα. ᾠχος πλ. δ’.

Τῆς μετανοίας ἀνοιζόν μοι πύλας  
Ζωοδότα· ὀρθρίζει γὰρ τὸ πνεῦμά μου, πρὸς  
ναὸν τὸν ἅγιόν σου, ναὸν φέρον τοῦ σώματος,  
ὄλον ἐσπλωμένον· ἀλλ’ ὡς οἰκτίρμων  
κάθαρον, εὐσπλάγχνω σου ἐλέει.

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

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

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

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

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

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

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

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

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

Then shall they offer young bulls on Your  
altar. 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

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὐθυνόν μοι τρίβους,  
Θεοτόκε· αἰσχροῖς γὰρ κατεβύπωσα, τὴν  
ψυχὴν ἀμαρτίαις, ὡς ῥαθύμως τὸν βίον μου,  
ὄλον ἐκδαπανήσας, ταῖς σαῖς πρεσβείαις ρῦσαι  
με, πάσης ἀκαθαρσίας.

**Ἰδιόμελον. ᾠχος πλ. β'.**

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

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

### **ΙΕΡΕΥΣ**

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι  
τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·  
ὑψωσον 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

compassionate, cleanse me, I pray, by Your  
loving-kindness and mercy. <sup>[SD]</sup>

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. <sup>[SD]</sup>

**Idiomelon. Mode pl. 2.**

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

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

### **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,

τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, 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 Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν Ἁγίων. Ἰκετεύομέν σε, μόνε πολυέλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

#### **ΧΟΡΟΣ**

Κύριε, ἐλέησον. (ιβ')

#### **ΙΕΡΕΥΣ**

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

( Ἀμήν. )

*Ὁ λαὸς ἵσταται διὰ τὴν Θ' Ὠδὴν.*

#### **ΔΙΑΚΟΝΟΣ**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (**local patron saint**); the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

#### **CHOIR**

Lord, have mercy. (12)

#### **PRIEST**

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

( Amen. )

*Stand for the singing of Ode ix.*

#### **DEACON**

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

**ΧΟΡΟΣ**

**Ὦδὴ θ´.**

**Μεγαλυνάριον. ᾠχος α´.**

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

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

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

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

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

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

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

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

**CHOIR**

**Ode ix.**

**The Magnificat. Mode 1.**

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

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

**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.

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

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

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

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

**Ὡδὴ θ'. Καταβασία. Ἦχος α'.**

Ὡ Μῆτερ Παρθένε, καὶ Θεοτόκε ἀψευδής, ἡ τεκοῦσα ἀσπόρως, Χριστὸν τὸν Θεὸν ἡμῶν, τὸν ἐν Σταυρῷ ὑψωθέντα σαρκί, σὲ οἱ πιστοί, ἅπαντες ἀξίως, σὺν τούτῳ νῦν μεγαλύνομεν.

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

( Κύριε, ἐλέησον. )

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

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

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

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

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

**Ode ix. Katavasia. Mode 1.**

O true Theotokos and virgin Mother, you conceived \* without seed, and you gave birth to the Savior, Christ our God, \* who in the flesh was lifted on the Cross. \* All we, the faithful, worthily now praise you \* and magnify you along with Him. [SD]

**PRIEST**

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

( Lord, have mercy. )

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

( Κύριε, ἐλέησον. )

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

( Σοί, Κύριε. )

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.

( Ἀμήν. )

**ΧΟΡΟΣ**

**Ἦχος β΄.**

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

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

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου ---

**Ἐξαποστειλάριον.**

**Τὸ Ζ΄ Ἐωθινόν.**

**Ἦχος β΄.** *Τοῖς Μαθηταῖς συνέλθωμεν.*

Ὅτι ἦραν τὸν Κύριον, τῆς Μαρίας  
εἰπούσης, ἐπὶ τὸν τάφον ἔδραμον, Σίμων  
Πέτρος, καὶ ἄλλος, Μύστης Χριστοῦ, ὃν  
ἠγάπα, ἔτρεχον δὲ οἱ δύο, καὶ εὔρον τὰ ὀθόνια,  
ἔνδον κείμενα μόνα, καὶ κεφαλῆς, ἣν δὲ τὸ  
σουδάριον χωρὶς τούτων· διὸ πάλιν ἠσύχασαν,  
τὸν Χριστὸν ἕως εἶδον.

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 7.**

**Mode 2.** *On the mountain.*

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

**Ἐξαποστειλάριον. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἦχος β΄.** *Τοῖς Μαθηταῖς συνέλθωμεν.*

Σταυρὸν Χριστοῦ τὸν τίμιον, σήμερον προτεθέντα ἰδόντες προσκυνήσωμεν, καὶ πιστῶς εὐφρανθῶμεν, κατασπαζόμενοι πόθῳ, τὸν ἐν τούτῳ θελήσει, σταυρωθέντα αἰτούμενοι, Κύριον ἀξιῶσαι, πάντας ἡμᾶς, τὸν Σταυρὸν τὸν τίμιον προσκυνῆσαι, καὶ φθάσαι τὴν Ἀνάστασιν, πάντας ἀκατακρίτως.

**Θεοτοκίον.**

**Ἦχος β΄.** *Τοῖς Μαθηταῖς συνέλθωμεν.*

Τὸ ξύλον ἐν ᾧ Πάνσεμνε τὰς ἀχράντους παλάμας, ὑπὲρ ἡμῶν ἐξέτεινε, προσπαγεῖς ὁ Υἱός σου, νῦν εὐσεβῶς προσκυνούμεν, δὸς ἡμῖν τὴν εἰρήνην, καὶ τὰ κοσμοσωτήρια, φθάσαι πάνσεπτα Πάθη, καὶ τὴν λαμπράν, καὶ κοσμοχαρμόσουνον προσκυνῆσαι, τοῦ Πάσχα κυριώνυμον καὶ φωσφόρον ἡμέραν.

**Οἱ Αἶνοι. Ἦχος βαρύς.**

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

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

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

**Exaposteilarion. From the Triodion.**

From Triodion - - -

**Mode 2.** *On the mountain.*

*Τοῖς Μαθηταῖς συνέλθωμεν.*

Today the precious Cross of Christ \* is to be set before us. \* Seeing it let us faithfully \* venerate it with gladness, \* thereby with longing saluting \* the Lord who by His own will \* was thereon crucified for us, \* and let us pray Him that He account us all \* worthy of revering His Cross most precious, \* and of arriving uncondemned \* at the bright Resurrection. [SD]

**Theotokion.**

**Mode 2.** *On the mountain.*

*Τοῖς Μαθηταῖς συνέλθωμεν.*

Your Son stretched out immaculate \* hands and was nailed for our sake \* onto the Cross, the wood of which \* we are now venerating with faith, all-decorous Maiden. \* Grant to us peace, we pray you, \* and the world-saving, all-divine \* Passion may we attain; and may we adore \* the resplendent day when the world rejoices, \* the shining day that bears the name \* of the Lord, namely Pascha.

[SD]

**Lauds. Grave Mode.**

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

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

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

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

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

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

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

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

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

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

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

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

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

Ἦμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῶ ἐγγίζοντι αὐτῷ.

Ἄσατε τῷ Κυρίῳ ᾠσμα καινόν, ἢ ἀνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιᾶσθωσαν 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 πρᾶεῖς ἐν σωτηρίᾳ.

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιᾶσονται 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, ἐλεγμούς ἐν τοῖς λαοῖς.

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

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

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

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

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

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

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

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

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

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

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

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.

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

Τῆς Ὀκτωήχου - - -

**Στιχηρὰ Ἀναστάσιμα.**

**ᾠχος βαρὺς.**

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

Ἀνέστη Χριστὸς ἐκ νεκρῶν, λύσας  
θανάτου τὰ δεσμά, εὐαγγελίζου γῆ χαρὰν  
μεγάλην, αἰνεῖτε οὐρανοὶ Θεοῦ τὴν δόξαν.

**ᾠχος βαρὺς.**

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

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

**ᾠχος βαρὺς.**

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

Χριστοῦ τὴν Ἀνάστασιν, προσκυνοῦντες  
οὐ παύομεθα· αὐτὸς γὰρ ἡμᾶς ἔσωσεν, ἐκ τῶν  
ἀνομιῶν ἡμῶν, ἅγιος Κύριος Ἰησοῦς, ὁ δείξας  
τὴν Ἀνάστασιν.

**ᾠχος βαρὺς.**

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

Τί ἀνταποδώσωμεν τῷ Κυρίῳ, περὶ  
πάντων ὧν ἀνταπέδωκεν ἡμῖν, δι' ἡμᾶς Θεὸς  
ἐν ἀνθρώποις, διὰ τὴν καταφθαρεῖσαν φύσιν,  
ὁ Λόγος σὰρξ ἐγένετο, καὶ ἐσκήνωσεν ἐν ἡμῖν,

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

From Octoechos - - -

**Resurrectional Stichera.**

**Grave Mode.**

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

[SAAS]

Christ has risen from the dead, having  
loosed the bonds of death; O earth, proclaim  
the good tidings of great joy; O heavens, praise  
the glory of God. [SD]

**Grave Mode.**

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

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

**Grave Mode.**

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

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

**Grave Mode.**

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

What shall we give to the Lord in return  
for all that He has rendered to us? For us did  
God come among men. For our corrupted  
nature did the Logos become flesh and

πρὸς τοὺς ἀχαρίστους ὁ Εὐεργέτης, πρὸς τοὺς αἰχμαλώτους ὁ Ἐλευθερωτής, πρὸς τοὺς ἐν σκότει καθημένους, ὁ Ἥλιος τῆς δικαιοσύνης ἐπὶ τὸν Σταυρὸν ὁ ἀπαθής, ἐπὶ τὸν Ἄδην τὸ φῶς, ἐπὶ τὸν θάνατον ἢ ζωὴ, ἢ Ἀνάστασις διὰ τοὺς πεσόντας, πρὸς ὃν βοήσωμεν, ὁ Θεὸς ἡμῶν δόξα σοι.

### Τοῦ Σταυροῦ.

Τοῦ Τριωδίου - - -

**Ἦχος δ'.** Ως γενναῖον ἐν Μάρτυσι.

*Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῶ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.*

Ἐν φωναῖς ἀλαλάξωμεν, ἐν ᾠδαῖς μεγαλύνωμεν, τὸν Σταυρὸν τὸν τίμιον, ἀσπαζόμενοι, καὶ πρὸς αὐτὸν ἐκβοήσωμεν· Σταυρὲ πανσεβάσμιε, καθαγίασον ἡμῶν τὰς ψυχὰς καὶ τὰ σώματα, τῇ δυνάμει σου, καὶ παντοίας ἐκ βλάβης ἐναντίων, διατήρησον ἀτρότους τοὺς εὐσεβῶς προσκυνοῦντάς σε.

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

Ἐν φωναῖς ἀλαλάξωμεν, ἐν ᾠδαῖς μεγαλύνωμεν, τὸν Σταυρὸν τὸν τίμιον, ἀσπαζόμενοι, καὶ πρὸς αὐτὸν ἐκβοήσωμεν· Σταυρὲ πανσεβάσμιε, καθαγίασον ἡμῶν τὰς ψυχὰς καὶ τὰ σώματα, τῇ δυνάμει σου, καὶ παντοίας ἐκ βλάβης ἐναντίων, διατήρησον ἀτρότους τοὺς εὐσεβῶς προσκυνοῦντάς σε.

dwell among us. The Benefactor came to the ungrateful; the Liberator to the captives; the Sun of Righteousness to those who sit in darkness. He who is dispassionate suffered on the cross; the Light shone in Hell. He who is Life has trampled on death. For the fallen He is the resurrection. Let us cry out to Him, Glory to You our God. [SD]

### For the Cross.

From Triodion - - -

**Mode 4.** To a brave one.

*Ως γενναῖον ἐν Μάρτυσι.*

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

Let us joyfully cry aloud, and in odes let us magnify \* the all-precious Cross and salute it with a kiss. \* And let us cry out to it and say, \* O Cross ever-ven'erable, by the power you possess, \* sanctify us in every way, soul and body too. \* From all manner of injury arising from our enemies preserve us \* who venerate in piety. [SD]

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

Let us joyfully cry aloud, and in odes let us magnify \* the all-precious Cross and salute it with a kiss. \* And let us cry out to it and say, \* O Cross ever-ven'erable, by the power you possess, \* sanctify us in every way, soul and body too. \* From all manner of injury arising from our enemies preserve us \* who venerate in piety. [SD]

**Στίχ.** Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ, ὅτι ἅγιός ἐστι.

Προσελθόντες ἀρύσατε, μὴ κενούμενα νάματα, τοῦ Σταυροῦ τῆ χάριτι, προερχόμενα, ἰδοὺ προκείμενον βλέποντες τὸ Ξύλον τὸ ἅγιον, χαρισμάτων τὴν πηγὴν ἀρδομένην τῷ Αἵματι καὶ τῷ ὕδατι τοῦ Δεσπότη τῶν ὅλων, τοῦ ἐν τούτῳ, ἐκουσίως ὑψωθέντος καὶ τοὺς βροτοὺς ἀνυψώσαντος.

**Στίχ.** Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ αἰώνων, εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς.

Ἐκκλησίας ἐδραῖωμα, βασιλέων κραταίωμα μοναζόντων καύχημα καὶ διάσωσμα, σὺ εἶ Σταυρὲ πανσεβάσμιε, διὸ προσκυνοῦντές σε, καὶ καρδίας καὶ ψυχάς, φωτιζόμεθα σήμερον, θείᾳ χάριτι, τοῦ ἐν σοὶ προσπαγέντος, καὶ τὸ κράτος, τοῦ δολίου καθελόντος καὶ τὴν ἀρὰν ἀφανίσαντος.

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**ᾠχος πλ. δ΄.**

Τὴν ὑψηλόφρονα γνώμην τῶν κακίστων Φαρισαίων ὁ πάντων Κύριος παραβολικῶς ἐκφεύγειν ταύτην ἐδίδαξε καὶ μὴ ὑψηλοφρονεῖν, παρ' ὃ δεῖ φρονεῖν, πάντας ἐπαίδευσεν ὑπογραμμὸς καὶ τύπος ὁ αὐτὸς γενόμενος, μέχρι Σταυροῦ καὶ θανάτου, ἑαυτὸν ἐκένωσεν. Εὐχαριστοῦντες οὖν σὺν τῷ Τελῶνῃ εἴπωμεν, ὁ παθὼν ὑπὲρ ἡμῶν

**Verse:** Exalt the Lord our God, and worship at the footstool of His feet; for He is holy. [SAAS]

Come, believers, and faithfully \* draw the waters that never fail, \* issuing abundantly by the Cross's grace, \* as we behold set before us now \* the wood of the holy tree, \* yes, the wellspring of the gifts \* of the Spirit, which is itself \* watered by the blood \* and the water that issued from the Master who was willingly exalted \* thereon, exalting humanity. [SD]

**Verse:** God is our King before the ages; He worked salvation in the midst of the earth.

[SAAS]

The support of the Church are you, \* and the strength of the emperors; \* boast of the monastics and their deliverance \* are you, all-ven'erable Cross of Christ. \* And now as we venerate \* you today, our hearts and souls \* are illumined ineffably by the grace divine \* of the Lord who was nailed to you and brought down \* the dominion of the sly one, \* and who abolished the ancient curse. [SD]

Glory. **From the Triodion.**

From Triodion - - -

**Mode pl. 4.**

To flee the high-minded opinion of the Pharisees most wicked, the Lord of all things taught us by way of parable, and instructed us all not to think of ourselves more highly than we ought. He Himself became our model and example, having emptied Himself even unto the Cross and death. In thanksgiving, then, with the Publican let us say, "You endured the Passion for us and yet remained dispassionate

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

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἐπευλογημένη ὑπάρχεις, Θεοτόκε  
Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος,  
ὁ ἄδης ἠχμαλώτισται, ὁ Ἄδὰμ ἀνακέκληται,  
ἡ κατάρα νενέκρωται, ἡ Εὐὰ ἠλευθέρωται,  
ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς  
ἐζωοποιήθημεν· διὸ ἀνυμνοῦντες βοῶμεν·  
Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως  
εὐδοκήσας δόξα σοι.

*Ὁ λαὸς ἴσταται διὰ τὴν Μ. Δοξολογίαν.*

### **Ἡ Μεγάλη Δοξολογία**

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

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

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

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.

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

God, from our sinful passions free us, and  
grant salvation to our souls." [GKD]

From Octoechos ---

Both now. **Theotokion.**

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

[SD]

*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]

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

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

Lord God, Lamb of God, Son of the  
Father, who take away the sin of the world,  
have mercy on us, You who take away the sins  
of the world.

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

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

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

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

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

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

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με, ἵασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

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

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

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

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

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages.

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

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name to the ages. Amen.

Let Your mercy be on us, O Lord, as we have set our hope on You.

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

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

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

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

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

For with You is the fountain of life; in Your light we shall see light.

Continue Your mercy to those who know You.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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

*As the choirs sing the Holy God for the Great Doxology, the priest processes to the solea or around the nave of the church holding the tray with the cross. On the solea he circles the table three times before placing it on the table. When the Doxology is finished, he says:*

**ΙΕΡΕΥΣ**

Σοφία. Ὅρθοί.

**Ἦχος α΄.**

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

**ΧΟΡΟΣ**

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

**ΙΕΡΕΥΣ**

Τὸν Σταυρόν σου προσκυνοῦμεν, Δέσποτα, καὶ τὴν ἀγίαν σου ἀνάστασιν δοξάζομεν.

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

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

Holy Immortal, have mercy on us.

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

*As the choirs sing the Holy God for the Great Doxology, the priest processes to the solea or around the nave of the church holding the tray with the cross. On the solea he circles the table three times before placing it on the table. When the Doxology is finished, he says:*

**PRIEST**

Wisdom. Arise.

**Mode 1.**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

**CHOIR**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. (2)

**PRIEST**

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

**ΧΟΡΟΣ**

Τὸν Σταυρὸν σου προσκυνοῦμεν,  
Δέσποτα, καὶ τὴν ἁγίαν σου ἀνάστασιν  
δοξάζομεν. (δίς)

*The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.*

**ΧΟΡΟΣ**

**ᾠχος β΄.**

Δεῦτε πιστοὶ τὸ ζωοποιὸν Ξύλον  
προσκυνήσωμεν, ἐν ᾧ Χριστὸς ὁ Βασιλεὺς  
τῆς δόξης ἐκουσίως χεῖρας ἐκτείνας ὑψωσεν  
ἡμᾶς εἰς τὴν ἀρχαίαν μακαριότητα, οὓς πρὶν  
ὁ ἐχθρὸς, δι' ἠδονῆς συλήσας, ἐξορίστους  
Θεοῦ πεποίηκε. Δεῦτε πιστοὶ Ξύλον  
προσκυνήσωμεν, δι' οὗ ἠξιώθημεν, τῶν  
ἀοράτων ἐχθρῶν συντρίβειν τὰς κάρας. Δεῦτε  
πᾶσαι αἱ πατριαὶ τῶν ἐθνῶν τὸν Σταυρὸν τοῦ  
Κυρίου ὕμνοις τιμήσωμεν. Χαίροις Σταυρὲ  
τοῦ πεσόντος Ἀδὰμ ἡ τελεία λύτρωσις, ἐν σοὶ  
οἱ πιστότατοι Βασιλεῖς ἡμῶν καυχῶνται ὡς  
τῆ σῆ δυνάμει, Ἰσραηλίτην λαόν, κραταιῶς  
ὑποτάττοντες. Σὲ νῦν μετὰ φόβου, Χριστιανοὶ  
ἀσπαζόμεθα, καὶ τὸν ἐν σοὶ προσπαγέοντα  
Θεὸν δοξάζομεν λέγοντες· Κύριε ὁ ἐν αὐτῷ  
προσπαγεῖς, ἐλέησον ἡμᾶς ὡς ἀγαθὸς καὶ  
φιλόανθρωπος.

**ᾠχος πλ. δ΄.**

Σήμερον ὁ Δεσπότης τῆς Κτίσεως, καὶ  
Κύριος τῆς δόξης, τῷ Σταυρῷ προσπήγνυται,  
καὶ τὴν πλευρὰν κεντᾶται· χολῆς καὶ ὄξους  
γεύεται, ὁ γλυκασμὸς τῆς Ἐκκλησίας·  
στέφανον ἐξ ἀκανθῶν περιβάλλεται, ὁ

**CHOIR**

We venerate Your Cross, O Master, and  
we glorify Your Holy Resurrection. (2)

*The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.*

**CHOIR**

**Mode 2.**

Come, O believers, let us venerate the life-  
giving Cross. For Christ, the King of glory,  
voluntarily extended His hands on it and raised  
us up to the original blessedness, after the  
enemy long ago had captured us with the bait  
of pleasure, and caused us to be exiled from  
God. Come, O believers, let us venerate the  
Cross, by which we have been granted to crush  
the skulls of our invisible enemies. Come,  
all you families of the Gentiles, let us sing  
hymns to honor the Cross of the Lord. "We  
salute you, O Cross, for you are the complete  
redemption of Adam who had fallen. In you  
our most faithful leaders boast, for by your  
power they have mightily subdued the foreign  
enemy. Now we Christians with fear and awe  
salute you with a kiss, and we glorify God who  
was nailed to you, and we say, 'O Lord, who  
were nailed to the Cross, have mercy on us, for  
You are good and You love humanity.'" [SD]

**Mode pl. 4.**

Today the Master of creation and Lord of  
glory is nailed to the Cross and He is pierced  
in the side. He tastes gall and vinegar, He who  
is the sweetness of the Church. He is crowned  
with a crown of thorns, He who covers the

καλύπτων Οὐρανὸν τοῖς νέφεσι· χλαῖναν ἐνδύεται χλεῦης, καὶ ῥαπίζεται πηλίνῃ χειρὶ, ὁ τῆ χειρὶ πλάσας τὸν ἄνθρωπον· τὸν νῶτον φραγγελοῦται, ὁ περιβάλλων τὸν Οὐρανὸν ἐν νεφέλαις· ἐμπτυσμοὺς καὶ μάστιγας δέχεται, ὄνειδισμοὺς καὶ κολαφισμοὺς, καὶ πάντα ὑπομένει, δι' ἐμὲ τὸν κατάκριτον, ὁ Λυτρωτῆς μου καὶ Θεός, ἵνα σῶσῃ Κόσμον ἐκ πλάνης ὡς, εὐσπλαγχνος.

Δόξα. **Ἦχος πλ. δ'.**

Σήμερον ὁ ἀπρόσιτος τῆ οὐσίας προσιτός μοι γίνεται, καὶ πάσχει πάθη, ἐλευθερῶν με τῶν παθῶν, ὁ φῶς παρέχων τυφλοῖς ὑπὸ ἀνόμων χειλέων ἐμπύεται, καὶ δίδωσι τὸν νῶτον ὑπὲρ αἰχμαλώτων εἰς μάστιγας. Τοῦτον ἡ Ἀγνή καὶ Μήτηρ, ἐπὶ Σταυροῦ θεωροῦσα, ὀδυνηρῶς ἐφθέγγετο· οἴμοι Τέκνον ἐμόν! τί τοῦτο πεποίηκας; ὁ ὠραῖος κάλλει παρὰ πάντας βροτούς, ἄπνους ἄμορφος φαίνῃ, οὐκ ἔχων εἶδος οὐδὲ κάλλος· οἴμοι τὸ ἐμόν φῶς! οὐ δύναμαι ὑπνοῦντα καθορᾶν σε· τὰ σπλάγχνα τιτρώσκομαι καὶ δεινὴ μοι ῥομφαία τὴν καρδίαν διέρχεται. Ἄνυμνῶ σου τὰ Πάθη, προσκυνῶ σου τὸ εὐσπλαγχνον, μακρόθυμε Κύριε δόξα σοι.

Καὶ νῦν. **Ἦχος πλ. β'.** *Εἰρμολογικόν.*

Σήμερον τὸ προφητικὸν πεπλήρωται λόγιον· ἰδοὺ γὰρ προσκυνοῦμεν εἰς τὸν τόπον, οὗ ἔστησαν οἱ πόδες σου Κύριε, καὶ ξύλου σωτηρίας γευσάμενοι, τῶν ἐξ ἁμαρτίας παθῶν ἐλευθερίας ἐτύχομεν, πρεσβείαις τῆς Θεοτόκου, μόνε φιλόανθρωπε.

sky with clouds. He is dressed in a robe to be ridiculed, and He is smitten by a hand formed of clay, He who formed humanity with His own hand. He takes a flogging on the back, He who circles the sky with clouds. He takes the spitting and the whips, the beatings and the taunts; and He endures it all for me, who am condemned, in order so save the world from delusion, for He is compassionate, my Redeemer and my God. <sup>[SD]</sup>

Glory. **Mode pl. 4.**

Today, He who is unapproachable in His essence becomes approachable to me; and He is suffering the Passion, thus freeing me from the passions. He who gives sight to the blind is spit on by lawless lips, and He takes a whipping on the back for the sake of us captives. When His pure Mother saw Him on the Cross, in pain she uttered, "Woe is me, my Child! Why have You done this! You who are more beautiful than all men, I see You not breathing, unsightly, without form or beauty. Woe is me, my Light! I cannot bear to see You sleeping. I am wounded to the core, and an awful sword is piercing my heart. I extol Your Passion, I worship Your compassion. O longsuffering Lord, glory to You!" <sup>[SD]</sup>

Both now. **Mode pl. 2.** *Heirmologic.*

Today the prophetic saying has been fulfilled. For, behold, we are worshipping in the place where Your feet stood, O Lord. And now that we have eaten from the tree of salvation, we have obtained the freedom from the passions that come from sin, by the

*When the veneration is finished, the priest returns the cross to the holy altar.*

### ΧΟΡΟΣ

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

ἤ·

**ᾠχος δ'.** (ἡ τῆς ἐβδομάδος.)

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

*ἢ κατὰ τὴν παλαιωτέραν τάξιν·*

**ᾠχος πλ. δ'.** (ἡ τῆς ἐβδομάδος.)

Ἀναστὰς ἐκ τοῦ μνήματος, καὶ τὰ δεσμὰ διαρρήξας τοῦ Ἄδου, 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.

intercessions of the Theotokos, O only Lord who loves humanity. [SD]

*When the veneration is finished, the priest returns the cross to the holy altar.*

### CHOIR

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

*or:*

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

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

*Or, according to the older practice:*

**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 Αγίου Βασιλείου

### Ὀκτώηχος - ᾠχος βαρύς.

Τῇ Κυριακῇ Πρωΐ

### Τριώδιον

Κυριακή Γ' τῶν Νηστειῶν τῆς  
Σταυροπροσκυνησεως

## ΛΕΙΤΟΥΡΓΙΑ ΑΓΙΟΥ ΒΑΣΙΛΕΙΟΥ

### Ἀντίφωνον Α'. ᾠχος β'.

**Στίχ. α'.** Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ  
προσώπου σου, Κύριε.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

**Στίχ. β'.** Ἐδωκας τοῖς φοβουμένοις σε  
σημείωσιν τοῦ φυγεῖν ἀπὸ προσώπου τόξου.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

**Στίχ. γ'.** Ἀνέβης εἰς ὕψος, ἠχμαλώτευσας  
αἰχμαλωσίαν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

**Στίχ. δ'.** Ἐδωκας κληρονομίαν τοῖς  
φοβουμένοις τὸ ὄνομά σου, Κύριε.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

Δόξα· καὶ νῦν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

## Books - Sources

### Hieratikon

Liturgy of St. Basil

### Octoechos - Grave Mode.

On Sunday Morning

### Triodion

Third Sunday of Lent. Veneration of the Cross

## LITURGY OF ST. BASIL

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

### Antiphon I. Mode 2.

**Verse 1:** *O Lord, the light of Your face  
was stamped upon us.* [SAAS]

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

**Verse 2:** *You gave a sign to those who  
fear You, so they may flee from the face of the  
bow.* [SAAS]

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

**Verse 3:** *You ascended on high, You led  
captivity captive.* [SAAS]

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

**Verse 4:** *You give an inheritance to those  
who fear Your name, O Lord.* [SAAS]

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

Glory. Both now.

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

**Ἀντίφωνον Β΄. ᾠχος β΄.**

**Στίχ. α΄.** *Εἶδσαν πάντα τὰ πέρατα τῆς γῆς  
τὸ σωτήριον τοῦ Θεοῦ ἡμῶν.*

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

**Στίχ. β΄.** *Προσκυνήσομεν εἰς τὸν τόπον, οὗ  
ἔστησαν οἱ πόδες αὐτοῦ.*

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

**Στίχ. γ΄.** *Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν, πρὸ  
αἰώνων εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς.*

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

**Στίχ. δ΄.** *Ὑψωθήσομαι ἐν τοῖς ἔθνεσιν·  
ὕψωθήσομαι ἐν τῇ γῇ.*

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

*Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.*

*Καὶ νῦν καὶ ἀεὶ, 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, σταυρωθεὶς 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:** *All the ends of the earth saw the  
salvation of our God. [SAAS]*

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

**Verse 2:** *Let us worship at the place  
where His feet stood. [SAAS]*

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

**Verse 3:** *God is our King before the ages;  
He worked salvation in the midst of the earth.  
[SAAS]*

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

**Verse 4:** *I will be exalted among the  
nations; I will be exalted in the earth. [SAAS]*

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

*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΄. ᾠχος α΄.**

**Στίχ. α΄.** Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν  
καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν  
αὐτοῦ, ὅτι ἅγιός ἐστι.

**Στίχ. β΄.** Σῶσον, ὁ Θεός, τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου.

**Στίχ. γ΄.** Καὶ ποιμανὸν αὐτοὺς καὶ ἔπαρον  
αὐτοὺς ἕως τοῦ αἰῶνος.

**Ἀπολυτίκιον τῆς Ἑορτῆς.  
ᾠχος α΄.**

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

**Antiphon III. Mode 1.**

**Verse 1:** *Exalt the Lord our God, and  
worship at the footstool of His feet; for He is  
holy.* [SAAS]

**Verse 2:** *O Lord, save Your people, and  
bless Your inheritance.* [SAAS]

**Verse 3:** *And shepherd them, and raise  
them up forever.* [SAAS]

**Apolytikion of the Feast.  
Mode 1.**

Save, O Lord, Your people and bless Your  
inheritance, granting victory to the faithful  
over the enemy, and by Your Cross protecting  
Your commonwealth. [GOA]

**Εἰσοδικόν. Ἦχος β΄.**

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

**Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον**

Τῆς Ὀκτωήχου ---

**Ἀπολυτίκιον Ἀναστάσιμον.**

**Ἦχος βαρύς.**

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

**Τῆς Ἑορτῆς.**

Τοῦ Τριωδίου ---

**Ἦχος α΄.**

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

**Τοῦ Ναοῦ.**

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

**Κοντάκιον.**

**Ἦχος πλ. δ΄. Αὐτόμελον.**

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,

Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,

Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε.

Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον,

Ἐκ παντοίων με κινδύνων ἐλευθέρωσον,

**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]

**Hymns After the Small Entrance.**

From Octoechos ---

**Resurrectional Apolytikion.**

**Grave Mode.**

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

**For the Feast.**

From Triodion ---

**Mode 1.**

Save, O Lord, Your people and bless Your  
inheritance, granting victory to the faithful  
over the enemy, and by Your Cross protecting  
Your commonwealth. [GOA]

**Apolytikion of the Parish Church**

(Apolytikion of the Parish Church.) [GOA]

**Kontakion.**

**Mode pl. 4. Automelon.**

O Champion General, I your City now  
inscribe to you

Triumphant anthems as the tokens of my  
gratitude,

Being rescued from the terrors, O Theotokos.

Inasmuch as you have power unassailable,

From all kinds of perils free me, so that unto  
you

Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

### ANTI TOY TRISAGIOY

Τὸν Σταυρόν σου προσκυνοῦμεν,  
Δέσποτα, καὶ τὴν ἁγίαν σου ἀνάστασιν  
δοξάζομεν. (ἐκ γ')

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

καὶ τὴν ἁγίαν σου ἀνάστασιν δοξάζομεν.

### Ὁ Ἀπόστολος

Κυριακὴ Γ' τῶν Νηστειῶν

Προκείμενον. ᾠχος πλ. β'. Ψαλμὸς 27.

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

**Στίχ.** Πρὸς σέ, Κύριε, κεκράζομαι, ὁ Θεός  
μου, μὴ παρασιωπήσης ἀπ' ἐμοῦ.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ  
ἀνάγνωσμα.

Εβρ 4:14-16, 5:1-6

Ἀδελφοί, ἔχοντες Ἀρχιερέα μέγαν  
διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν Υἱὸν  
τοῦ Θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ  
ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθεῖσαι  
ταῖς ἀσθενείαις ἡμῶν, πεπειρασμένον δὲ  
κατὰ πάντα καθ' ὁμοιότητα χωρὶς ἁμαρτίας.  
Προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ  
τῆς χάριτος, ἵνα λάβωμεν ἔλεον καὶ χάριν  
εὐρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ  
Ἀρχιερεὺς ἐξ ἀνθρώπων λαμβανόμενος ὑπὲρ  
ἀνθρώπων καθίσταται τὰ πρὸς τὸν Θεόν, ἵνα  
προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν·  
μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσι καὶ

I may cry aloud: Rejoice, O unwedded Bride.

[SD]

### INSTEAD OF HOLY GOD

We venerate Your Cross, O Master, and  
we glorify Your Holy Resurrection. (3) [GOA]

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

And we glorify. Your Holy Resurrection.

### The Epistle

3rd 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,  
may You not pass over me in silence.* [SAAS]

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

Heb. 4:14-16; 5:1-6

Brethren, since we have a high priest who  
has passed through the heavens, Jesus, the  
Son of God, let us hold fast our confession.  
For we have not a high priest who is unable to  
sympathize with our weaknesses, but one who  
in every respect has been tempted as we are,  
yet without sin. Let us then with confidence  
draw near to the throne of grace, that we may  
receive mercy and find grace to help in time of  
need. For every high priest chosen from among  
men is appointed to act on behalf of men in  
relation to God, to offer gifts and sacrifices  
for sins. He can deal gently with the ignorant

πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικείται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ περὶ ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ, καθάπερ καὶ ὁ Ἄαρών. Οὕτω καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασε γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν· Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε· καθὼς καὶ ἐν ἐτέρῳ λέγει· σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

**Ἀλληλούϊα.** ᾠχος πλ. β'. Ψαλμὸς 73.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. α'.** Μνήσθητι τῆς συναγωγῆς σου, ἧς ἐκτήσω ἀπ' ἀρχῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. β'.** Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ αἰώνων, εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

### **Τὸ Εὐαγγέλιον**

Κυριακὴ Γ' τῶν Νηστειῶν

Ἐκ τοῦ κατὰ Μάρκον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

Μαρκ. 8:34 – 9:1

Εἶπεν ὁ Κύριος· Ὅστις θέλει ὀπίσω μου ἀκολουθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. Ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· Ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἂν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ

and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek." [RSV]

**Alleluia. Mode pl. 2. Psalm 73.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *Remember Your congregation You acquired from the beginning.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *God is our King before the ages; He worked salvation in the midst of the earth.*

[SAAS]

Alleluia. Alleluia. Alleluia.

### **The Gospel**

3rd Sunday in Lent

The reading is from the holy Gospel according to Mark.

Mk. 8:34-38; 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For

τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνθῆ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῶ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· Ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες ὧδε τῶν ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

### **Ὑμνος 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.

### **Κοινωνικόν. Ψαλμὸς 4.**

Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ προσώπου σου, Κύριε. Ἀλληλούϊα.

### **Ὑμνος μετὰ τὴν Θ. Κοινωνίαν.**

**Ἀντὶ τό· Εἶδομεν τὸ φῶς.**

**Ἦχος α'.**

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

whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power." <sup>[RSV]</sup>

### **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. <sup>[SDI]</sup>

### **Communion Hymn. Psalm 4.**

O Lord, the light of Your face was stamped upon us. Alleluia. <sup>[SAAS]</sup>

### **Hymn after Holy Communion.**

**Instead of "We have seen."**

**Mode 1.**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. <sup>[GOA]</sup>

καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου  
πολίτευμα.

### ΑΠΟΛΥΣΙΣ

Δόξα σοι, Χριστέ 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, προστασίας  
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 Ἰωακείμ καὶ Ἄννης, καὶ τῶν  
Ἁγίων Μαρτύρων Χρυσάνθου καὶ Δαρείας, ὧν  
καὶ τὴν μνήμην ἐπιτελοῦμεν· καὶ πάντων τῶν  
ἁγίων, ἐλεήσει καὶ σώσει ἡμᾶς, ὡς ἀγαθὸς καὶ  
φιλόανθρωπος καὶ ἐλεήμων Θεός.

#### Κανόνας Νηστείας

*Κατάλυσις οἴνου καὶ ἐλαίου.*

*Εἶναι Σαββατοκύριακο τῆς Μ. Τεσσαρακοστῆς.*

### 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, and of all the saints, have  
mercy on us and save us, for He is good and  
merciful and loves mankind.

#### Fasting Rule

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

*It is Saturday or Sunday in Lent.*