

# **Pre-Sanctified Liturgy**

<b>Liturgy</b>	<b>Page 1</b>
<b>Sticherá and Readings</b>	<b>Page 8</b>
<b>Menaíon Sticherá</b>	<b>Page 25</b>
<b>Martyrika for Fridays</b>	<b>Page 51</b>

**SS Demetrios & Nikitas**  
**Plymouth**

## LITURGY OF PRE-SANCTIFIED GIFTS

## NOTE

Before the service the priest (and deacon):

1 Make three bows with "Through the prayers.."

2 Venerate the two principal icons.

3 Bow to the people.

4 Bow at the Holy table three times without words.

5 Sign and kiss vestments with "At the prayers of our holy fathers, O Lord Jesus Christ, have mercy on us. Amen."

6 The pectoral cross and epigonation are not worn.

6 Open the curtain.

4 Make three bows with "O God be merciful..."

P: Blessed is the Kingdom of the Father, and of the Son, and of the Holy Spirit, now and always, and to ages of ages.

R: Come, let us worship

and bow down before God our King.

Come, let us worship

and bow down before Christ, our King and God.

Come let us worship

and bow down before Christ himself, our King and God.

## Psalm 103

R: Bless the Lord, O my soul! O Lord my God, you are highly exalted; you have clothed yourself in renown and splendour. <sup>2</sup> He wraps *himself* with light like a cloak; he stretches out the heavens like a curtain. <sup>3</sup> He covers his upper rooms with water, makes clouds for his step, and walks on wings of wind. <sup>4</sup> He makes his angels spirits, and his ministers tongues of fire. <sup>5</sup> He has set the earth on its foundations; it will never be moved. <sup>6</sup> The deep *is* its covering like a cloak; the waters will stand above the mountains. <sup>7</sup> They will flee at your rebuke, and be afraid at the sound of your thunder. <sup>8</sup> Mountains rise and plains sink, to the place which you have appointed for them. <sup>9</sup> You have set a boundary which they will not pass, neither return to cover the earth. <sup>10</sup> He sends springs into the valleys; the waters run between the mountains. <sup>11</sup> They will provide drink for every animal of the field; the wild asses will take for their thirst. <sup>12</sup> The birds of the air will settle on them, and give voice from among the rocks. <sup>13</sup> He waters the mountains from his lofty places; the earth will be filled with the fruit of *his* works. <sup>14</sup> He makes grass grow for the cattle, and green plants for the human use, so that he may produce bread from the earth. <sup>15</sup> Wine gladdens a human heart *and* oil cheers a face; bread strengthens a human heart. <sup>16</sup> The trees of the plain will be satisfied; the cedars of Lebanon which you planted. <sup>17</sup> The sparrows will nest there; the lodging of the heron is foremost. <sup>18</sup> The high mountains are for the deer; the cliff is a refuge for the hares. <sup>19</sup> He made the moon for the seasons; the sun knows its setting. <sup>20</sup> You appointed darkness and it became night; all the forest animals roam in it, <sup>21</sup> lion cubs roaring to seize, and seeking their food from God. <sup>22</sup> The sun rises, they gather together, and lie down in their dens. <sup>23</sup> Man will go out to his work, and to his labour until the evening. <sup>24</sup> O Lord, how splendid are your works; you have made them all in wisdom; the earth has been filled with your creation. <sup>25</sup> There *is* the great and wide sea, where there are gliding creatures beyond number, living beings both small and large. <sup>26</sup> There go the ships and *there is* the sea monster, which you have made to play in it. <sup>27</sup> All *creatures* wait for you, to give them their food in season. <sup>28</sup> When you give to them, they will gather; when you open your hand all will be filled with goodness. <sup>29</sup> When you turn away your face, they will be troubled; when you take away their breath they will fail, and return to their dust. <sup>30</sup> You will send out your Spirit and they will be created; you will renew the face of the earth. <sup>31</sup> May the Lord's glory be for ever; the Lord will rejoice in all his works. <sup>32</sup> He looks on the earth and makes it tremble; he touches the mountains and they smoke. <sup>33</sup> I will sing to the Lord throughout my life; I will make music to the Lord as long as I live. <sup>34</sup> May my speech be pleasing to him; I will rejoice in the

Lord. <sup>35</sup> May sinners cease on the earth, and the lawless be no more; bless the Lord, O my soul!

## Without ekphoneses in Simon Petras edition

O Lord, the holy Powers sing to you with perpetual hymns and ceaseless doxologies. Fill our mouths with your praise so that we may glorify your holy name. Grant us a place and inheritance with all those that fear you in truth and keep your commandments, through the intercessions of the Holy Theotokos and of all your Saints.

O Lord *our* Lord, you uphold everything in the most pure hollow of your hand, are patient towards us all and turn away from our evil. Remember your compassion and your mercy. Look on us with your goodness. Grant us also by your grace to avoid the many subtle snares of the Evil One during the remainder of the present day. Keep our lives without assault through the grace of your All-Holy Spirit.

O God, great and wonderful, you order everything with ineffable goodness and rich providence; you grant us earthly good things. You have given us a pledge of the promised Kingdom through the good things already given to us. You have made us shun all harm during that part of the present day which is past. Grant also that we may blamelessly complete the remainder of this day before your holy glory, and praise you, our God, for you alone are good and love the human race.

O great and most high God, you alone have immortality and live in unapproachable light. You have formed all creation in wisdom and divided the light from the darkness. You have set the sun to rule the day, the moon and stars to rule the night. You have also allowed us sinners at this present hour to come before your presence with confession and offer you our evening praise. O Lord, Lover of the human race, guide our prayer like incense before you; accept it as a perfume of sweet fragrance. Allow our present evening and the coming night to be peaceful. Clothe us with the armour of light. Save us from the fear of night and from everything that walks in darkness. Grant that the sleep, which you have given for the repose of our infirmity, may be free from every fantasy of the Devil. O Master of all, Leader of the good, may we be moved to contrition on our beds and remember your name in the night. Let us be enlightened by keeping your commandments. Let us rise in joyfulness of soul to glorify your goodness and offer pleas and prayers to your tenderness of heart, both for our own sins and those of all your people. Regard them in mercy through the intercessions of the holy Theotokos.

## Eirnika

D: In peace, let us pray to the Lord, *Lord, have mercy.*

<sup>2</sup> For the peace from above and for the salvation of our souls, let us pray to the Lord

<sup>3</sup> For the peace of the whole world, for the welfare of the Holy Churches of God and for the union of all, let us pray to the Lord

<sup>4</sup> For this holy house and for those who enter it with faith, reverence and the fear of God, let us pray to the Lord

<sup>5</sup> For all faithful and Orthodox Christians, let us pray to the Lord

<sup>6</sup> For our Archbishop N, for the honourable order of presbyters, for the diaconate in Christ, for all the clergy and people, let us pray to the Lord

<sup>7</sup> For (our countries) and for every power and authority in them, let us pray to the Lord

<sup>8</sup> For this *city*, for every city, monastery, island and village and for the faithful who live in them, let us pray to the Lord

<sup>9</sup> For favourable weather, an abundance of the earth's fruits and temperate seasons, let us pray to the Lord

<sup>10</sup> For those who travel by land, air or water, for the sick and suffering, for those in captivity and for their safety and salvation, let

us pray to the Lord

<sup>11</sup> For our release from every affliction, fury, danger and anguish, let us pray to the Lord

<sup>12</sup> O God, help us, save us, have mercy on us and keep us by your grace

<sup>13</sup> As we remember our all-holy, pure, most blessed and glorious Lady Theotokos and Ever-Virgin Mary, with all the saints, let us entrust ourselves and one another and our whole life to Christ our God. *To you, O Lord.*

O Lord, compassionate and merciful, long-suffering and of great mercy, listen to our prayer and attend to the voice of our plea. Bring about a sign for good on us. Guide us in your way so that we may walk in your truth. Make our hearts glad so that we may fear your holy name, for you are great and accomplish wonders. O Lord, you alone are God and there is no one like you among the gods. You are powerful in mercy and gracious in might in order to help, comfort and save all those who hope in your holy name.

P: For to you belong all glory, honour and worship, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *Amen*

#### NOTE

*During the Kathisma the priest (and deacon) at various stages:*  
1 Wash hands.

2 Close the curtain.

3 Unfold the antimimension.

4 Put the Diskarion, Asterisk and Kalyma on the Holy Table.

5 Place the Pre-sanctified Gifts on the Diskarion with reverence.

6 Place the asterisk over them and say "Through the prayers..."

7 Cover with the Kalyma and say, "Through the prayers..."

8 Cense three times.

9 Make three prostrations.

10 The Kandilanaptos takes the censer and a candle.

11 Put the Diskarion on head and go to the Table of the Prothesis.

12 Put wine and water into the Poterion  
and say "Through the prayers..."

13 Place the veils and say "Through the prayers..."

14 Cense the Holy Table, Sanctuary and Prothesis.

#### Kathisma 18

*Use Kathisma 7 on Wednesday of Lent 5.*

*Use Kathisma 11 on Thursday of Week 5.*

#### Stasis 1

#### Psalm 119

R: I have cried to the Lord in my distress, and he listened to me. <sup>2</sup> O Lord, rescue my soul from unjust lips and from a deceitful tongue. <sup>3</sup> What will be given you, or placed before you for your deceitful tongue? <sup>4</sup> The sharpened arrows of the champion with glowing embers of the desert. <sup>5</sup> Woe is me, for my dwelling has been prolonged; I have camped among the tents of Kedar. <sup>6</sup> My soul has been a lodger for too long; I was peaceful with those hating peace. <sup>7b</sup> When I spoke to them, they fought me without a cause.

#### Psalm 120

I have raised my eyes to the mountains; from where can my help come? <sup>2</sup> My help is from the Lord, who has made heaven and earth. <sup>3</sup> Do not let your foot be moved, or your watchman slumber. <sup>4</sup> See, the one who guards Israel will neither slumber nor sleep. <sup>5</sup> The Lord will guard you; the Lord is your shelter on your right hand. <sup>6</sup> The sun will not burn you by day, or the moon by night. <sup>7</sup> The Lord will keep you from all evil; the Lord will watch over your soul. <sup>8</sup> The Lord will guard your home-coming and leaving, both now and for ever.

#### Psalm 121

I was glad with those who said to me: Let us go to the Lord's house. <sup>2</sup> Our feet were standing in your courts, O Jerusalem. <sup>3</sup> Jerusalem is built as a city, whose fellowship is together. <sup>4</sup> For there

the tribes went up, the tribes of the Lord, as a witness for Israel, to acknowledge the Lord's name. <sup>5</sup> For there thrones are placed for judgement, thrones over the House of David. <sup>6</sup> Make request now for the peace of Jerusalem and prosperity for those who love you. <sup>7</sup> Let peace now be in your strength, and plenty within your strongholds. <sup>8</sup> Because of my brothers and companions, I have now talked about peace for you. <sup>9</sup> Because of the House of the Lord our God, I have sought good for you.

#### Psalm 122

I have raised my eyes towards you, who live in heaven. <sup>2</sup> See, as servants' eyes are on their masters' hands, and as a maid's eyes are on her mistress' hands, so our eyes are on the Lord our God until he pities us. <sup>3</sup> Have mercy on us, O Lord, have mercy on us, for we are greatly filled with scorn; our soul has been filled to overflowing. <sup>4b</sup> Rebuke is for the prosperous, and contempt for the proud.

#### Psalm 123

If the Lord had not been with us, now let Israel say, <sup>2</sup> if the Lord had not been with us, when people rose against us, <sup>3</sup> then they would have swallowed us alive, when they raged with anger against us. <sup>4</sup> Then the water would have drowned us, and our soul would have passed through a torrent; then our soul would have passed through overwhelming water. <sup>6</sup> Blessed is the Lord, who has not given us as a prey for their teeth. <sup>7</sup> Our soul was freed like a sparrow from the hunters' snare; the trap was broken and we have been freed. <sup>8</sup> Our help is in the name of the Lord, who has made heaven and earth.

Glory to the Father, and to the Son, and to the Holy Spirit,  
Both now, and for ever, and to the ages of ages. Amen.  
Alleluia, Alleluia, Alleluia, Glory to you, O Lord! X3  
Lord have mercy, Lord have mercy, Lord have mercy.  
Glory to the Father, and to the Son, and to the Holy Spirit,

#### Little Litany

O Lord, O Physician and Healer of our souls do not rebuke us in your displeasure or discipline us in your anger, but deal with us according to your tenderness. Guide us to the haven of your will and enlighten the eyes of our hearts with the knowledge of your truth. Grant that the rest of the present day and the whole of our life may be peaceful and sinless for us, through the intercessions of the holy Theotokos and of all the Saints.

P: For yours is the might, the Kingdom, the power and the glory, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *Amen.*

R: Both now, and for ever, and to the ages of ages. Amen.

#### Stasis 2

#### Psalm 124

R: Those who trust in the Lord are like Mount Zion; whoever lives in Jerusalem will never be moved. <sup>2</sup> Mountains encircle her, and the Lord will surround his people both now and for ever. <sup>3</sup> For the Lord will not let the rod of the sinners be against the inheritance of the just in case the just stretch out their hands to lawlessness. <sup>4</sup> O Lord, do good to those who are good and to those who are upright in heart. <sup>5</sup> But the Lord will banish those who stoop to crooked ways, together with the lawless. May peace be on Israel!

#### Psalm 125

When the Lord turned the captivity of Zion, we became like people who are consoled. <sup>2</sup> Then our mouth was filled with joy and our tongue with rejoicing. <sup>2c</sup> Then they will say among the nations: The Lord has done great things for them. <sup>3</sup> The Lord has done great things for us, and we have become joyful. <sup>4</sup> O Lord, turn our captivity like watercourses in the South. <sup>5</sup> Those who sow in tears will reap with joy. <sup>6</sup> They truly went out with tears, as they scattered

their seed. <sup>6c</sup> They truly returned with joy, as they carried their sheaves.

### Psalm 126

Unless the Lord builds a house, the builders toil in vain. <sup>1b</sup> Unless the Lord protects the city, the guards keep watch in vain. <sup>2</sup> It is pointless to wake at dawn and rouse yourself after rest, O you who eat the bread of sorrow, while he gives his loved *ones* sleep. <sup>3</sup> See, sons *are* an inheritance from the Lord, the reward of the fruit of the womb. <sup>4</sup> The sons of those who were outcasts *are* like arrows in the hand of a champion. <sup>5</sup> Blessed is *the one* who satisfies his desire with them; they will not be shamed, when they speak with their enemies in *the* gates.

### Psalm 127

Blessed are all who fear the Lord, *and* walk in his ways. <sup>2</sup> You will eat the fruit of your labours; you are blessed and *life* will go well for you. <sup>3</sup> Your wife *will be* like a fruitful vine on the walls of your house; your sons *will be* like freshly planted olives around your table. <sup>4</sup> See someone who fears the Lord will be blessed in this way. <sup>5</sup> May the Lord bless you from Zion; may you see the prosperity of Jerusalem all the days of your life. <sup>6</sup> May you see the sons of your sons! May peace be on Israel!

### Psalm 128

They have often made war against me from my youth, now let Israel say. <sup>2</sup> They have often made war against me from my youth, yet have not prevailed against me. <sup>3</sup> The sinners have schemed behind my back, and prolonged their lawlessness. <sup>4</sup> The just Lord has cut the sinners' necks; let all who hate Zion be shamed and turned back. <sup>6</sup> Let them become like grass on housetops, which withered before it was pulled out. <sup>7</sup> Whoever reaps does not fill his hand with it, nor the one who gathers sheaves to his bosom. <sup>8</sup> Those who have passed by have not said: May the Lord's blessing be on you; we have blessed you in the Lord's name.

Glory to the Father, and to the Son, and to the Holy Spirit,  
Both now, and for ever, and to the ages of ages. Amen.  
Alleluia, Alleluia, Alleluia, Glory to you, O Lord! X3  
Lord have mercy, Lord have mercy, Lord have mercy.  
Glory to the Father, and to the Son, and to the Holy Spirit,

### Little Litany

O Lord our God, remember us your sinful and unprofitable servants when we call on your holy and venerable name. O Lord, do not put us not to shame in our expectation of your mercy, but grant us all our petitions which are for salvation. Make us worthy to love and fear you with all our hearts and to do your will in everything.

P: For you are a good God who loves the human race and we send up glory to you, to the Father, the Son and the Holy Spirit, now and ever, and to the ages of ages. *Amen.*

R: Both now, and for ever, and to the ages of ages. *Amen.*

### Stasis 3

### Psalm 129

R: O Lord, have cried to you from *the* depths; O Lord listen to my voice; Let your ears note the voice of my plea. <sup>3</sup> O Lord, if you mark offences, O Lord, who can stand? *But* there is forgiveness with you. <sup>5</sup> O Lord, I have waited for you for your name's sake; my soul has waited for your word; my soul has hoped in the Lord. <sup>6</sup> From morning watch until night, from morning watch, let Israel hope in the Lord. <sup>7</sup> For there is mercy with the Lord and abundant redemption with him, and he will redeem Israel from all his offences.

### Psalm 130

O Lord, my heart is not exalted, nor are my eyes raised high. <sup>1c</sup> I have not walked in great places, or along wonderful ways beyond

me. <sup>2</sup> If I were not humble in mind, but raised my soul like a *child* weaned from his mother, you would repay my soul. <sup>3</sup> Let Israel hope in the Lord, both now and for ever.

### Psalm 131

O Lord, remember David, and all his lowliness. <sup>2</sup> How he swore to the Lord, and made a vow to the God of Jacob: <sup>3</sup> I will not enter the shelter of my house, *or* climb into the covering of my bed. <sup>4</sup> I will *not* give sleep to my eyes, slumber to my eyelids or rest to my forehead, <sup>5</sup> until I find a place for the Lord, a tabernacle for the God of Jacob. <sup>6</sup> See, we heard about it in Ephratha; we found it in the plains of the forest. <sup>7</sup> Let us enter his tabernacle, and worship at the place where his feet have stood. <sup>8</sup> O Lord, rise into your resting-place, you and the ark of your holiness. <sup>9</sup> Your priests will clothe themselves with justice; your holy ones will rejoice. <sup>10</sup> Because of your servant David, do not turn away the face of your anointed. <sup>11</sup> The Lord has sworn in truth to David, and will not set it aside: I will place *a king* on your throne from the fruit of your loins. <sup>12</sup> If your sons keep my covenant, and my testimonies which I will teach them, their sons will also sit on your throne for ever. <sup>13</sup> For the Lord has chosen Zion; he has selected her as his home. <sup>14</sup> This is my resting-place to the ages of ages; I will settle here for I have chosen her. <sup>15</sup> I will surely bless her gate, and fill her needy with bread. <sup>16</sup> I will clothe her priests with salvation, and her holy ones will rejoice with gladness. <sup>17</sup> I will make a horn grow there for David, and have prepared a lamp for my anointed. <sup>18</sup> I will clothe his enemies with shame, but my holiness will bloom on him.

### Psalm 132

See now, what is so good or delightful, but for brothers to live together in unity. <sup>2</sup> *It is* like myrrh on the head, which runs down the beard, the beard of Aaron, and flows to the collar of his robe. <sup>3</sup> *It is* like the dew of Hermon, which falls on the hills of Zion, for there the Lord ordered the blessing, life for evermore.

### Psalm 133

See, now bless the Lord, all you servants of the Lord, *for you* stand in the Lord's House, in the courts of the House of our God. <sup>2</sup> Raise your hands at night towards the holy *place*, and bless the Lord. <sup>3</sup> The Lord, who made heaven and earth will bless you from Zion.

Glory to the Father, and to the Son, and to the Holy Spirit,  
Both now, and for ever, and to the ages of ages. Amen.  
Alleluia, Alleluia, Alleluia, Glory to you, O Lord! X3  
O Lord, *you are* our hope; glory to you!

### Little Litany

O Lord, you are praised by the holy Powers with never silent hymns and unceasing doxologies. Fill our mouth with your praise so that we may glorify your holy Name. Give us a share and inheritance with all those who truthfully fear you and keep your commandments through the prayers of the holy Theotokos and of all your Saints.

P: For you are our God, a God of mercy and salvation, and we give glory to you, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *Amen.*

### NOTE

*Open curtain and perform the great censuring at "Let my prayer..." . The 10 sticherá are in the Sticherá and Readings Section (Pages 8-24 and the Menaion Section (Pages 25-50). Friday martyrika begin at page 51.*

### Lord I have cried (Lamp-lighting Psalms)

### Psalm 140

*Sung introduction*

<sup>1</sup> O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;

be attentive to the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

*Continuation:*

<sup>3</sup> O Lord, place a guard on my mouth, and a door of restraint around my lips. <sup>4</sup> Do not incline my heart to evil words, to justify *myself* with excuses for sins with the lawless; I will not join their chosen *people*. <sup>5</sup> Someone just will train me in mercy and rebuke me, but do not let a sinner anoint my head, for my prayer is still *against* their favour. <sup>6</sup> Their judges have been engulfed beside rocks, they will listen to my words for they are sweet. <sup>7</sup> As a clod of earth is shattered on the ground, our bones have been scattered beside Hades. <sup>8</sup> O Lord *our* Lord, because my eyes *look* towards you; I have hoped in you; do not take my soul away. <sup>9</sup> Guard me from a snare which they have set for me, and from the traps of the lawless. <sup>10</sup> Sinners will fall into their own net; *but I am* alone until I escape.

**Psalms 141, 129 and 116**

<sup>2</sup> I have cried to the Lord with my voice; I have pleaded to the Lord with my speech. <sup>3</sup> I will pour out my prayer before him; I will state my distress in his presence. <sup>4</sup> When my spirit was faint within me, you knew my paths; they hid a snare for me on the very way that I walked. <sup>5</sup> I looked to my right and gazed, but no one knew me; escape is lost for me, and no one sought my soul. <sup>6</sup> O Lord, I have cried to you; I said: You are my hope, my share in the land of the living. <sup>7</sup> Note my plea, for I have been greatly humbled; free me from my pursuers, for they are too strong for me.

S10: Bring my soul out of prison  
that I may acknowledge your name.

S9: The just will wait,  
until you reward me.

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

S7: Let your ears be attentive  
to the voice of my plea.

S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.

S4: Let Israel hope in the Lord  
from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.

S2: Every nation, praise the Lord;  
every people, acclaim him!

S1: For he has strengthened his mercy over us  
and the truth of the Lord remains for ever.  
Glory: Both now:

*Theotokion*

**NOTE**

*Open the doors and make the entrance with the censer.  
If there is a Gospel reading, enter with the Gospel Book instead.*

O Master of all and Lord, you love the human race, so we praise, thank, bless and pray to you in the evening, morning and at noon. Direct our prayer like incense in your sight and do not incline our hearts to words or thoughts of evil. O Lord, rescue us from all those who seek our souls, for we have set our eyes on you and have hoped in you. O our God, do not shame us. For to you is due all glory, honour and worship, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. Amen

P: Wisdom. Stand upright.

**Phos Ilarón**

*Without note*

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God *and* Giver of life.  
Therefore the world glorifies you.

P/D: The Evening Prokeimenon

**The Old Testament Readings**

*See Sticherá and Readings Section, pages 8-24*

**Psalm 140 Dialogue**

P: Wisdom!

P: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.  
*Cense from the west.*

P: O Lord, I have cried to you, listen to me;  
be attentive to the voice of my plea when I cry to you.  
*Cense from the south.*

R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.

P: O Lord, place a guard on my mouth  
and a door of enclosure around my lips.  
*Cense from the east.*

R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.

P: Do not incline my heart to evil words,  
to justify *myself* with excuses for sins with lawless men;  
*Cense from the north.*

R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.

P: Glory be:

*Cense the Prothesis.*

R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.

P: Both now:

*Cense from the west.*

R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.

P: Let my prayer arise

*Cense the holy table.*

P: in your sight

*Cense the icon of the Saviour.*

R: the raising of my hands be an evening sacrifice.  
*Cense the other icons and people.*

*Make three prostrations and close the doors.*

**New Testament Readings**

*If appointed*

D: Let us attend!

R: *First verse of the Prokeimenon*

D: Wisdom!

R: The reading from..

D: Let us attend!

R: *Apostolos*

P: Peace be to you.

R: Alleluia, Alleluia, Alleluia.

O Master, Lover of the human race, make the pure light of your divine knowledge shine in our hearts. Open the eyes of our mind to understand the proclamation of your Gospel. Instill in us also the fear of your blessed commandments, so that after we have trampled down every carnal desire, we may pursue a spiritual way of life, and consider and do everything which is well-pleasing to you. For you are the sanctification and the enlightenment of our souls and

bodies, and we send up glory to you, to the Father, the Son and the Holy Spirit, now and ever, and to the ages of ages. Amen.

P: Wisdom! Stand up; let us listen to the Holy Gospel.  
Peace be with you all.

D: And with your spirit.

D: The reading from the Holy Gospel according to N.

P: Let us attend!

R: Glory to you, O Lord, glory to you!

D: *Gospel*

P: Peace to you who proclaim the good news.

R: Glory to you, O Lord, glory to you!

### Ektenia

D: Let all of us say with all our soul with all our mind, *Lord, have mercy.*

<sup>2</sup> O almighty Lord, O God of our fathers, we plead with you, "Listen and have mercy."

<sup>3</sup> O God, have mercy on us in your great compassion. We plead with you, "Listen and have mercy." *Lord have mercy X3*

<sup>4</sup> Again we pray for our father and Archbishop N.

<sup>5</sup> Again we pray for our brothers: the priests, hieromonks, hierodeacons, monastics and all our brotherhood in Christ.

<sup>6</sup> Again we pray for mercy, life, peace, health, salvation, visitation, pardon and forgiveness of sins for the servants of God, for all faithful and Orthodox Christians, for those who live in and visit this (city); for the parishioners, councillors and members of this holy church.

<sup>7</sup> Again we pray for the blessed founders of this holy church who are continually-remembered, and for our fathers and brothers who have gone to their rest before us. The Orthodox who lie asleep here and elsewhere in the true faith.

<sup>8</sup> Again we pray for those who bring offerings and do good works in this holy and venerable church, for those who serve and sing and for all the people who are present who wait for your great and rich mercy.

O Lord, our God, receive this fervent plea from your servants and have mercy on us according to the abundance of your mercy. Send down your pity on us and on all your people, for we wait for your rich mercy.

P: For you, O God, are merciful and love mankind, and to you we give glory, to the Father and to the Son and to the Holy Spirit, now and for ever, and to the ages of ages. Amen.

### Litany of Catechumens

P: Catechumens, pray to the Lord. *Lord have mercy.*

Believers, let us pray for the catechumens:

That the Lord will have mercy on them,

Instruct them in the word of truth,

Reveal the Gospel of justice to them,

Unite them to his Holy, Catholic and Apostolic Church.

O God, save them, have mercy on them, help them and keep them God, by your grace.

Catechumens, bow your heads to the Lord.

R: To you, O Lord.

O God our God, Creator and Maker of everything, you want everyone to be saved and come to the knowledge of the truth, so observe your servants the catechumens. Rescue them from the ancient delusion and cunning of the enemy. Summon them to eternal life. Enlighten their souls and bodies. Number them with your rational flock which is called by your holy name.

P: So that they also, together with us, may glorify your all-honourable and majestic name, of the Father, the Son and the Holy Spirit, now and always, and to ages of ages. Amen.

P: As many as are Catechumens, depart. Catechumens, depart.

### NOTE

*From the Wednesday of the fourth week of the Fast, after Catechumens have departed, the Litany for those who are Preparing for Enlightenment is added.*

D: All of you who prepare for enlightenment, approach.

<sup>2</sup> Pray for those who are for enlightenment. Let us pray to the Lord. *Lord have mercy.*

<sup>3</sup> Believers, let us pray to the Lord for our brothers who prepare for holy enlightenment,

<sup>4</sup> That the Lord our God will give them strength and power, let us pray to the Lord.

<sup>5</sup> That he will enlighten them with the light of knowledge and true religion, let us pray to the Lord.

<sup>6</sup> That he will count them worthy at the right time of the washing of rebirth, the forgiveness of sins and the garment of incorruption, let us pray to the Lord.

<sup>7</sup> That he will grant them rebirth through water and Spirit, let us pray to the Lord.

<sup>8</sup> That he will grant them the perfection of the faith, let us pray to the Lord.

<sup>9</sup> That he will number them with his holy and chosen flock, let us pray to the Lord.

<sup>10</sup> O God, save them, have mercy on them, help them and keep them by your grace.

<sup>11</sup> All of you who prepare for enlightenment, bow your heads to the Lord. *To you, O Lord.*

O Master, reveal your face to those who prepare for holy enlightenment and long to shake off the defilement of sin. Illuminate their understanding, confirm them in the faith, establish them in hope, perfect them in love and reveal them as honourable members of your Christ, who gave himself as a ransom for our souls.

P: For you are our enlightenment, and we give glory to you, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen.

D: All of you who prepare for enlightenment, depart.  
Those who are for enlightenment, depart.

D: All of you who are Catechumens, depart.

None of the Catechumens.

All of you who are believers. Again and again, in peace, let us pray to the Lord. *Lord have mercy*

O God, help us, save us, have mercy on us and keep us by your grace. Wisdom.

O God, you are great and praiseworthy, for you have brought us from corruption to incorruption through the life-giving death of your Christ. Free all our senses from the death caused by the passions. Put the thought which comes from within over them as a good guide. Let the eye refrain from every evil sight, the hearing be inaccessible to idle words and the tongue be cleansed from unsuitable speech. O Lord, purify our lips which praise you. Make our hands abstain from evil deeds and perform only whatever is well-pleasing to you. Make all our members and thinking secure through your grace.

P: For to you are due all glory, honour and worship, Father, Son and Holy Spirit, now and always, and to ages of ages. Amen.

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

*Lord have mercy*

O God, help us, save us, have mercy on us and keep us by your grace. Wisdom.

O Holy Master, supreme in goodness, we plead with you, for you are rich in mercy, to have mercy on us sinners and make us worthy of the reception of your only-begotten Son and our God, the King

of glory. For see, his most pure Body and life-giving Blood which enter at this present hour, are about to be placed on this mystical table invisibly escorted by a throng of the heavenly host. Grant us communion in them which is without condemnation, so that, because the eye of our mind is illuminated through them, we may become sons of the light.

P: Through the gift of your Christ, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

#### NOTE

1 *Psalm 50 is used during the censuring.*

2 *A short entrance is made in silence with the faithful kneeling. The aer is placed on the head and the diskos held by the right hand above the chalice.*

#### Cherubikon

R: Now the hosts of heaven invisibly worship with us,  
for see, the King of Glory enters.  
See, the completed mystical sacrifice is being carried in.

*At the entrance all prostrate to the ground.*

R: Let us approach with faith and love,  
so that we may become partakers of eternal life.  
Alleluia, Alleluia, Alleluia.

*We make three Prostrations*

#### Aitesis

D: Let us complete our evening prayer to the Lord.

*Lord have mercy*

<sup>2</sup> For the precious pre-sanctified gifts placed here, let us pray to the Lord.

<sup>3</sup> That our God, who loves the human race, because he has received them on his holy, heavenly and spiritual altar as a sweet-smelling taste of spiritual fragrance, will send down on us his divine grace and the gift of the Holy Spirit, let us pray.

<sup>4</sup> For our rescue from all tribulation, fury, danger and anguish, let us pray to the Lord.

<sup>5</sup> O God, help us, save, have mercy on us and keep us by your grace.

<sup>8</sup> That the whole evening may be perfect, holy, peaceful and sinless, let us ask the Lord. *Grant this, O Lord.*

<sup>9</sup> An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

<sup>10</sup> Pardon and forgiveness of sins and offences, let us ask the Lord.

<sup>11</sup> Things good and profitable for our souls, and peace for the world, let us ask the Lord.

<sup>12</sup> That we may complete the rest of our life in peace and repentance, let us ask the Lord.

<sup>13</sup> A Christian ending to our life, painless, unashamed and peaceful, and a good defence before the fearful judgement seat of Christ, let us ask.

<sup>14</sup> As we remember our all-holy, pure, most blessed and glorious Lady Theotokos and Ever-Virgin Mary, with all the saints, let us entrust ourselves and one another, and our whole life to Christ our God. *To you, O Lord.*

O God of ineffable and unseen mysteries, the hidden treasures of wisdom and knowledge are with you. You have revealed to us the service of this ministry and, through your great love for the human race, have appointed us sinners to offer you gifts and sacrifices for our own sins, and for those committed in ignorance by the people. O invisible King, you accomplish great and unfathomable things, things glorious and extraordinary which are without number. Observe us, your unworthy servants, who stand before this your holy altar, as though before the throne of the Cherubim, for through the dread mysteries presented here, your Son and our God rests on it. After you have freed us and your faithful people from every impurity, sanctify the souls and bodies of us all with a sanctification

which cannot be taken away. In this way, as we receive communion in these divine and holy things with a pure conscience, a face without shame, an enlightened heart and, being given life through them, we may be united to your Christ, our true God. For he said, "Whoever eats my flesh and drinks my blood lives in me and I in them." Therefore, O Lord, because your Word dwells in us and lives among us, we may become a temple of your holy and adorable Spirit, after we have been rescued from every deceit of the devil caused by word, deed or thought. May we obtain the good things promised to us, together with all your Saints who have been well-pleasing to you since the beginning of time.

And count us worthy, O Master, God of heaven, to dare address you as Father with boldness and without condemnation, and to say:

R: Our Father...

P: For yours is the kingdom, the power and the glory, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen.

P: Peace be with you all. *And with your spirit.*

P: Let us bow our heads to the Lord. *To you, O Lord.*

O God, you are alone good and compassionate. You live on high and watch over lowly things. Observe all your people with a compassionate eye, guard them and make us all worthy to partake without condemnation in these, your life-giving mysteries. For we have bowed our heads to you and expect rich mercy from you.

P: Through the grace, mercy and love for the human race of your uniquely-fathered Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and always and to ages of ages. Amen.

O Lord Jesus Christ our God, be attentive from your holy dwelling-place and from the glorious throne of your kingdom. You are enthroned on high with the Father and invisibly present here with us, so come to sanctify us. With your mighty hand grant communion in your most pure Body and precious Blood to us, and through us, to all the people.

D: Let us attend.

P: The Pre-Sanctified Holy Things are for the holy.

R: One is Holy, one is Lord, Jesus Christ,  
to the glory of God the Father. Amen.

R: O taste and see that the Lord is good.  
Alleluia, Alleluia, Alleluia.

1 The Lamb of God is broken and distributed. It is broken, yet not divided. It is always eaten, yet never consumed, but sanctifies those who partake.

2 The fullness of the Holy Spirit.

3 Blessed is the warmth of your holy things,  
always, now and for ever and to the ages of ages. Amen.

4 The warmth of the Holy Spirit. Amen.

*The Communion prayers are used.*

See, I approach Christ, our immortal King and our God. The unworthy priest, N, receives the precious and all-holy Body of our Lord and God and Saviour Jesus Christ, for the forgiveness of sins and for eternal life.

The unworthy priest, N, receives the precious and all-holy Blood of our Lord and God and Saviour Jesus Christ, for the forgiveness of sins and for eternal life.

See, this has touched my lips. It will take away my lawless deeds and cleanse my sins

P: With the fear of God, with faith and with love, draw near.

R: Blessed is he who comes in the name of the Lord.  
The Lord is God and has appeared to us.

*Communion of the people*

P: O God, save your people and bless your inheritance.  
R: I will bless the Lord at all times. His praise will always be in my mouth. Taste the heavenly Bread and the Cup of life and see that the Lord is good. Alleluia, Alleluia, Alleluia.

O God, be exalted above the heavens  
and your glory over all the earth.

P: [Blessed is our God]  
always, now and for ever and to ages of ages.

R: O Lord, let our mouth be filled with your praise, so that we may sing about your glory, for you have allowed us to share in your holy, divine, immortal and life-giving mysteries. Keep us in your holiness, so that we may meditate on your justice all through the day. Alleluia. Alleluia. Alleluia.

D: Stand upright.

<sup>1</sup> Now that we have received the divine, holy, pure, immortal, heavenly, life-giving and fearful mysteries of Christ, let us give worthy thanks to the Lord. *Lord have mercy*  
<sup>2</sup> O God, help us, save us, have mercy on us and keep us by your grace.  
<sup>3</sup> Having asked that the whole evening may be perfect, holy, peaceful and sinless, let us entrust ourselves, one another and our whole life to Christ our God. *To you O Lord.*

O God the Saviour of all things, we thank you for all the good things which you have granted us and for the communion of the holy Body and Blood of your Christ. O Master, you love the human race, so guard us under the shadow of your wings and grant us, until our last breath, to partake worthily of your holy gifts, for enlightenment of soul and body and for inheritance of the kingdom of heaven.

P: For you are our sanctification, and we give glory to you, to the Father, the Son and the Holy Spirit, now and always and to ages of ages. *Amen.*

P: Let us depart in peace. *In the name of the Lord.*  
P: Let us pray to the Lord. *Lord, have mercy.*

P: All-powerful Master, you formed creation with wisdom. Through your ineffable foresight and great goodness, you have brought us to these most holy days for the cleansing of souls and bodies, for the mastery of the passions and for the hope of resurrection. You entrusted your servant Moses with the tablets of the Law with *their* divinely inscribed letters. O good Master, grant us also to fight the good fight, to complete the course of the fast, to keep the faith intact, to destroy the heads of invisible monsters, and to reach and worship your holy Resurrection without condemnation. For your all-honourable and splendid name is blessed and glorified, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *Amen.*

R: Blessed be the name of Lord,  
from this time forward and for evermore. *X3*

O Lord our God, you have brought us to these most holy days and made us communicants in your fearful mysteries. Join us to your rational flock and declare us to be heirs of your kingdom, now and for ever, and to the ages of ages. *Amen.*

P: The blessing of the Lord be on you, through his divine grace and love for the human race, always, now and ever, and to ages of ages. *Amen.*

P: Glory to you, O Christ God, our hope, glory to you!  
R: Glory: Both now: Lord, have mercy. *X3* Father, bless.  
P: May Christ our true God, through the prayers of his all-pure and holy mother, by the power of the precious and life-giving cross, through the protection of the honoured bodiless powers of heaven, through the intercessions of the honourable glorious Prophet, Forerunner and Baptist John, of the holy glorious and all-praised apostles, of the holy, glorious and triumphant martyrs, of our holy God-bearing fathers, of the holy, just forebears of God, Joachim and Anna, of N whose memory we keep today, and of all the saints, have mercy on us and save us, for he is good and loves the human race. *Amen.*

P: May the Holy Trinity bless all of you.

**Psalm 33**

*Read while the priest distributes the Antidoron.*

R: I will bless the Lord at all times; his praise will always be in my mouth. <sup>3</sup> My soul will be commended by the Lord; let the humble listen and rejoice. <sup>4</sup> Glorify the Lord with me, and exalt his name together. <sup>5</sup> I sought the Lord and he heard me; he freed me from all my distress. <sup>6</sup> Approach him and be enlightened; your faces will not be shamed. <sup>7</sup> This poor man cried and the Lord listened to him; he saved him from all his distress. <sup>8</sup> The Lord's angel will camp round those who fear him, and rescue them. <sup>9</sup> Taste and see that the Lord is good; blessed is the man who hopes in him. <sup>10</sup> Fear the Lord, all his saints, for there is no want for those who fear him. <sup>11</sup> The rich have become poor and gone hungry, but those who seek the Lord lack nothing good. <sup>12</sup> O children, come and listen to me; I will teach you the fear of the Lord. <sup>13</sup> Who is there who wants life, and loves to see good days? <sup>14</sup> Make your tongue cease from evil, and your lips from speaking deceit. <sup>15</sup> Turn away from evil and do good; seek peace and pursue it. <sup>16</sup> The Lord's eyes are on the just; his ears are on their plea. <sup>17</sup> But the Lord's face is against evildoers, to uproot their remembrance from the earth. <sup>18</sup> The just cried and the Lord heard them; he freed them from all their distress. <sup>19</sup> The Lord is near those who are broken-hearted, and will save the humble in spirit. <sup>20</sup> The troubles of the just are many, but the Lord will rescue them from everything. <sup>21</sup> The Lord guards all their bones; not one of them will be broken. <sup>22</sup> The death of sinners *will be* bad; those who hate the just will offend. <sup>23</sup> The Lord will free the souls of his servants; none of those who hope in him will do wrong.

P: O Lord Jesus Christ *our* God, have mercy on us through the prayers of our holy Fathers. *Amen.*



## PROPER STICHERA AND READINGS

*For convenience the titles are of Wednesday and Friday because the service often takes place in the morning, but the service is the sunset Vespers of the evening, that is the first service for Thursday and Saturday. Consequently the saint celebrated from the Menaion is of the following calendar day.*

### WEDNESDAY LENT 1

#### Lord I have cried

Tone 8

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.

O brothers, while fasting physically, let us also fast spiritually. Let us loose every knot of lawlessness. Let us tear up every unjust bond. Let us distribute bread to the hungry and welcome those who have no roof over their heads into our homes, so that we may receive great mercy from Christ our God. X2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

Fame and praise are correct for the saints, for they bowed their necks beneath the sword for your sake, who bowed the heavens and came down. They shed blood for you who emptied yourself and took the form of a servant. By emulating your poverty, they too humbled themselves even to death. O God, have mercy on us through their prayers according to the abundance of your great mercies.

Tone 2

S7: Let your ears note the voice of my plea.

O Apostles and eye-witnesses of God, Jesus, the spiritually radiant Sun, has sent you into the world as brilliant lightning flashes. The error of darkness was swept away, by the rays of your divine doctrines and enlightened those who were held in the gloom of ignorance. Implore him to grant us enlightenment and great mercy.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

Elias was enlightened through fasting; he mounted the chariot of good works and was taken up to the heights of heaven. O humble soul, emulate him. Abstain from every evil deed, jealousy and fleeting pleasure, so that you may be cleansed from corrupting disease and the fires of Gehenna. Cry to Christ, "O Lord, glory to you!"

Tone 5

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

O divine Apostles, zealous intercessors for the world, defenders of the Orthodox, you have authority to plead boldly with Christ our God. O honourable ones, we implore you to pray for us, so that we may spend the good time of fasting with joy and receive the grace of the consubstantial Trinity. O great and glorious preachers, pray for our souls,

*4 Stichera of the day from the Menaion. Repeat the first.*

Glory: Both now:

*Theotokion from the Menaion*

### Prokeimenon Ps 11 Tone 5

R: O Lord, I will thank you with all my heart.

S: O Lord, you will guard us and keep us.

#### Law

From the Book of Genesis (1:24-2:3)

God said: Let the earth produce the living creature according to its kind, quadrupeds and reptiles and wild animals of the earth according to their kind, and it was so. <sup>25</sup> And God made the wild beasts of the earth according to their kind, and cattle according to their kind, and all the reptiles of the earth according to their kind, and God saw that they were good. <sup>26</sup> And God said: Let us make man according to our image and likeness, and let them have dominion over the fish of the sea, and over the birds of heaven, and over the cattle and all the earth, and over all the reptiles that creep on the earth. <sup>27</sup> God made man, according to the image of God he made him, male and female he made them. <sup>28</sup> And God blessed them, saying: Increase and multiply; fill the earth and subdue it; have dominion over the fish of the seas and the birds of heaven, and all the cattle and all the earth, and all the reptiles that creep on the earth. <sup>29</sup> And God said: See I have given to you every seed-bearing herb sowing seed which is on the whole earth, and every tree which has in itself the fruit of seed that is sown, to you it shall be for food, <sup>30</sup> as also to all the wild animals of the earth, and to all the birds of heaven, and to every reptile creeping on the earth, which has in itself the breath of life, even every green plant for food; and it was so. <sup>31</sup> God saw all the things that he had made, and, see, they were very good. And there was evening and there was morning, the sixth day. <sup>1</sup> So the heaven and the earth were finished, together with their whole world. <sup>2</sup> On the sixth day God finished his works which he had made, and he rested on the seventh day from all his works which he had made. <sup>3</sup> God blessed the seventh day and sanctified it, because in it he rested from all his works which God began to do.

### Prokeimenon Ps 12 Tone 6

R: O Lord my God, look at me and listen to me.

S: How long, O Lord? Will you forget me for ever?

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### Wisdom

From the Book of Proverbs (2:1-22)

O son, if you receive the utterance of my commandment, and hide it within you, <sup>2</sup> your ear will listen to wisdom. You will also apply your heart to understanding, and apply it to the instruction of your son. <sup>3</sup> For if you call out to wisdom, and utter your voice for understanding, <sup>4</sup> and if you seek it like silver, and search diligently for it as for treasure, <sup>5</sup> then you will understand the fear of the Lord, and find the knowledge of God. <sup>6</sup> For the Lord gives wisdom, and from his presence come knowledge and understanding. <sup>7</sup> He stores salvation for those who walk uprightly. He will protect their way <sup>8</sup> to guard the just ways, and preserve the way of those who fear him. <sup>9</sup> Then you will understand justice and judgment, and direct all your course correctly. <sup>10</sup> For if wisdom comes into your understanding and discernment seems pleasing to your soul, <sup>11</sup> good counsel will guard you, and holy understanding will keep you, <sup>12</sup> to deliver you from the evil way, and from the man that speaks nothing with faith. <sup>13</sup> Alas for those who forsake upright paths, to walk in ways of darkness; <sup>14</sup> who rejoice in evil, and delight in wicked perverseness, <sup>15</sup> whose paths are crooked, and their courses winding, <sup>16</sup> to remove you far from the straight way, and to separate you from a just purpose. O son, do not let evil counsel overtake you, <sup>17</sup> from the one who has forsaken the instruction of her youth, and forgotten the covenant of God. <sup>18</sup> For she has fixed her house near death, and guided her wheels near Hades with the giants. <sup>19</sup> No one who goes with her will return, neither will they seize just paths, for they do not know the years of life. <sup>20</sup> For if they had gone along good paths, they would have found the paths of Justice easy. <sup>21</sup> For the upright will live on the earth, and the holy shall be left behind on it. <sup>22</sup> The paths of the ungodly will perish from the earth, and offenders will be driven away from it.

**FRIDAY LENT 1****Lord I have cried**

Tone 5

O Lord, I have cried to you, listen to me;  
 O Lord, listen to me.  
 O Lord, I have cried to you, listen to me;  
 Note the voice of my plea when I cry to you.  
 O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
 the raising of my hands be an evening sacrifice.  
 O Lord, listen to me.

S10: Lead my soul from prison  
 that I may acknowledge your name.  
 S9: The just will wait for me until you reward me.  
 O faithful, come and let us perform the works of God in the light.  
 Let us walk honestly as in the day. Let us rid ourselves of unjust  
 accusations against our neighbours so that we place no stumbling  
 blocks in their way. Let us put aside the pleasures of the flesh so  
 that we may increase gifts to our souls. Let us give bread to those  
 in need. Let us draw near to Christ in repentance and say, "Our  
 God, have mercy on us." X2

*4 stichera of the martyrs in the tone of the week, then:*

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night,  
 from the morning watch.

All you lovers of the martyrs, come, let us celebrate and rejoice in  
 spirit. Today the martyr Theodore offers a mystical banquet,  
 making us glad in the feast that we might sing to him, "Hail,  
 unconquerable bearer of suffering and victor over torturers! Hail,  
 for you gave your body over to torture for Christ God! Hail, for by  
 many trials you were revealed as a true soldier of the heavenly  
 army! O adornment of martyrs, pray for our souls.

S3: For there is mercy with the Lord  
 and abundant redemption with him.  
 He will redeem Israel from all his offences.  
 O martyr Theodore, you extend the divinely-granted grace of your  
 miracles to all those who run to you in faith; therefore we praise  
 you with song. You release the captives, heal the sick, reward the  
 poor and save those who are drowning. You intercede for all those  
 who honour your sacred memory. O holy martyr, implore Christ to  
 grant great mercy even to us who praise your suffering.

S2: Every nation, praise the Lord; every people, acclaim him!  
 O martyr Theodore, you were revealed as the highest gift of God.  
 Even after your end you grant help to those who run to you. When  
 the widow came to your temple in tears, you appeared in mercy and  
 returned her son who had been taken captive by alien soldiers. You  
 do not cease to work wonders. Implore Christ our God to save our  
 souls.

S1: For his mercy is strengthened over us  
 and the truth of the Lord remains for ever.  
 O thrice-blessed Theodore, I honour you as the true gift of God.  
 You were revealed as an unfailing candle of the divine Light. Your  
 sufferings illuminated the creation. More powerful than fire, you  
 quenched the flames and crushed the head of the evil serpent.  
 When you went to your suffering, Christ placed the crown on your  
 divine head. O great martyr, since you have boldness before God,  
 pray fervently for our souls.

Glory: Tone 6

The devil used the apostate individual as a vessel of evil. It filled  
 him with the foul thoughts of polluting the food of the fasting  
 people. But you overcame his craftiness with wiser reasoning. You  
 appeared to the Archbishop in a dream and revealed the wicked plot  
 to him. O martyr Theodore, we give thanks to you for this; we

honour you as a helper and deliverer. Every year we remember the  
 miracle at this season. May we be rescued from the reasoning of  
 the Evil One through your intercessions to God.

Both now:

*Dogmatikon in the tone of the week*

*Entrance***Prokeímenon Ps 19 Tone 5**

R: May the Lord listen to you on the day of trouble.

S: May the name of the God of Jacob defend you!

**Law**

From the Book of Genesis (2:20-3:20)

Adam gave names to all the cattle and to all the birds of the air, and  
 to all the wild animals of the field, but for Adam there was not  
 found a help like himself. <sup>21</sup> So God brought a trance on Adam, and  
 he slept. He took one of his ribs, and filled up the flesh instead of it.  
<sup>22</sup> Then God formed the rib which he took from Adam into a  
 woman, and brought her to Adam. <sup>23</sup> And Adam said: This now is  
 bone of my bones, and flesh of my flesh; she shall be called  
 woman, because she was taken from her husband. <sup>24</sup> Therefore a  
 man will leave his father and his mother and will cling to his wife,  
 and these two will become one flesh. <sup>1</sup> And the two were naked,  
 both Adam and his wife, but were not ashamed. <sup>2</sup> Now the serpent  
 was the most crafty of all the wild animals on the earth, which the  
 Lord God had made, so the serpent said to the woman: Why has  
 God said: Do not eat from every tree of Paradise? <sup>3</sup> And the woman  
 said to the serpent: We may eat from the fruit of the trees of  
 Paradise, <sup>4</sup> but from the fruit of the tree which is in the midst of  
 Paradise, God said: You must not eat from it, neither must you  
 touch it, in case you die. <sup>5</sup> And the serpent said to the woman:  
 Certainly you will not die. <sup>6</sup> For God knew that on whatever day  
 you eat from it your eyes would be opened, and you would be like  
 gods, knowing good and evil. <sup>7</sup> And the woman saw that the tree  
 was good for food, and that it was pleasant for the eyes to regard  
 and beautiful to contemplate, so having taken from its fruit she ate,  
 and gave to her husband also with her, and they ate. <sup>8</sup> Then the eyes  
 of both were opened, they perceived that they were naked, so they  
 sowed fig leaves together and made themselves aprons to go round  
 them. <sup>9</sup> And they heard the voice of the Lord God walking in  
 Paradise in the afternoon; both Adam and his wife hid themselves  
 from the face of the Lord God in the midst of the trees of Paradise.  
<sup>15</sup> And the Lord God said to the serpent: Because you have done  
 this you are cursed above all cattle and all the animals of the earth.  
 On your breast and belly you must go, and you must eat earth all  
 the days of your life. <sup>16</sup> I will put enmity between you and the  
 woman and between your seed and her seed. He will guard against  
 your head and you will guard against his heel. <sup>17</sup> And to the woman  
 he said: I will greatly multiply your pains and your groaning; in  
 pain you will produce children, and your submission will be to your  
 husband, and he will rule over you. <sup>18</sup> And to Adam he said:  
 Because you have listened to the voice of your wife and eaten from  
 the tree about which I ordered you not to eat, but you have eaten  
 from it, cursed is the ground in your labours, in pain you will eat  
 from it all the days of your life. <sup>19</sup> It will produce thorns and thistles  
 for you, and you will eat the herb of the field. <sup>20</sup> In the sweat of  
 your face you will eat your bread until you return to the earth from  
 which you were taken, for you are earth and to earth you will  
 return. And Adam called the name of his wife Eve, for she was the  
 mother of everyone living.

**Prokeímenon Ps 20 Tone 6**

R: O Lord, be exalted in your strength.

S: O Lord, the king will be glad in your strength.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

**Wisdom**

From the Book of Proverbs (3:19-34)

God by wisdom founded the earth, and by prudence he prepared the heavens. <sup>20</sup> By understanding were the depths broken up, and the clouds dropped water. <sup>21</sup> O son, do not let them pass from you, but keep my counsel and understanding, <sup>22</sup> so that your soul may live, and there may be grace around your neck. It will be health to your flesh, and safety to your bones, <sup>23</sup> so that you may go confidently in peace along all your ways and your foot may not stumble. <sup>24</sup> For if you rest, you will be undismayed, and if you sleep, you will slumber sweetly. <sup>25</sup> You will not be afraid of alarm coming to you, neither of approaching attacks from ungodly men. <sup>26</sup> For the Lord will be over all your ways, and establish your foot so that you are not moved. <sup>27</sup> Refrain from not doing good to the poor, whenever your hand may have power to help him. <sup>28</sup> Do not say: Come back another time, tomorrow I will give, while you are able to do him good, for you do not know what the next day will bring. <sup>29</sup> Do not plan evil against your friend, who lives near you and trusts in you. <sup>30</sup> Do not be prepared to quarrel with a man without a cause, in case he does you some harm. <sup>31</sup> Do not obtain the rebukes of bad men, neither envy their ways. <sup>32</sup> For every offender is unclean before the Lord; neither does he sit among the just. <sup>33</sup> The curse of God is on the houses of the ungodly, but the dwellings of the just are blessed. <sup>34</sup> The Lord resists the proud, but he gives grace to the humble.

## WEDNESDAY LENT 2

### Lord I have cried

Tone 1

O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
O brothers, because we have undertaken the spiritual fast, let us speak no lies with our tongues or give one another cause for scandal, but illuminate the light of our souls through repentance. Let us cry to Christ with tears, "O Lover of the human race, set aside our lapses into sin." X2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
O martyrs, worthy of praise, the earth did not cover you, but heaven received you and opened to you the gates of Paradise, where you live and delight in the tree of life. Implore Christ to grant our souls peace and great mercy.

Tone 3

S7: Let your ears note the voice of my plea.  
O Lord, O gracious and merciful God, enable us to accomplish a proper fast with contrition of mind through the prayers of your divine apostles, so that, after we have been saved by you, we may glorify you.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
O Lord, your coming will be great and fearful when you come in just judgment. Even though I stand convicted, do not condemn me, but spare me through the acceptable prayers of your apostles, for you are the compassionate God.

Tone 6

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O apostles of Christ, the lights of those born on earth and treasuries of divine knowledge for the world, rescue those who praise you

from temptation through your prayers. Enable us to pass the time of fasting in peace like children, so that, when we have reached the passion of Christ, we may boldly offer songs of praise to our God.

*4 stichera from the Menaion. Repeat the first.*

Glory: Both now:  
*Theotokion from Menaion*

### Prokeímenon Ps 31 Tone 6

R: O just, be glad in the Lord and rejoice.  
S: Blessed are those whose lawless deeds have been forgiven.

### Law

#### *Births*

From the Book of Genesis (4:16-26)  
Cain went out from the presence of God and lived in the land of Nod over against Eden. <sup>17</sup> Then Cain knew his wife, who conceived and gave birth to Enoch. He built a city and called the city after the name of his son, Enoch. <sup>18</sup> To Enoch was born Irad; and Irad was the father of Mehujael, and Mehujael the father of Methushael, and Methushael the father of Lamech. <sup>19</sup> And Lamech took two wives for himself; the name of the one was Adah, and the name of the second Zillah. <sup>20</sup> And Adah bore Jabel; he was the father of those that live in tents, feeding cattle. <sup>21</sup> And the name of his brother was Jubal; he it was who invented the psaltery and harp. <sup>22</sup> And Zillah bore Tubalcain; he was a smith, a manufacturer both of brass and iron; and the sister of Tubalcain was Naamah. <sup>23</sup> And Lamech said to his wives, Adah and Zillah: Listen to my voice, O wives of Lamech, consider my words, because I have killed a man to my sorrow and a youth to my grief. <sup>24</sup> Because vengeance has been exacted seven times on Cain's behalf, on Lamech's it will be seventy times seven. <sup>25</sup> Then Adam knew Eve his wife, and she conceived and bore a son, and called his name Seth, saying: For God has raised up for me another offspring instead of Abel, whom Cain slew. <sup>26</sup> And Seth had a son, and he called his name Enosh, who hoped to call on the name of the Lord God.

### Prokeímenon Ps 32 Tone 1

R: O Lord, let your mercy be on us.  
S: O just *people*, rejoice in the Lord.

R: Command  
P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

#### *Love your wife. Poetic*

From the Book of Proverbs (5:15-6:3)  
O son, drink water from your own vessels, and from your own flowing springs. <sup>16</sup> Do not let not water from your spring be spilt by you, but let your waters go into your squares. <sup>17</sup> Let them be only your own, and do not let a stranger partake with you. <sup>18</sup> Let your spring of water be truly your own and rejoice with the wife of your youth. <sup>19</sup> Let your loving heart and your graceful colt accompany you, and let her be considered your own, and be with you at all times, for when you are ravished with her love, you will be greatly increased. <sup>20</sup> Do not be intimate with a strange woman, neither fold yourself into the arms of a woman not your own. <sup>21</sup> For the ways of a man are before the eyes of God and he regards all his paths. <sup>22</sup> Offences ensnare a man; everyone is bound in the chains of his own sins. <sup>23</sup> Such a man dies with the uninstructed, is banished from the abundance of his own substance and has perished through folly. <sup>1</sup> My son, if you become surety for your friend, you will deliver your hand to an enemy. <sup>2</sup> For a man's own lips become a strong snare to him, and he is caught with the lips of his own mouth. <sup>3</sup> My son, do what I command you, and deliver yourself.

## FRIDAY LENT 2

### Lord I have cried

Tone 4  
O Lord, I have cried to you, listen to me;  
O Lord, listen to me.

O Lord, I have cried to you, listen to me;  
 Note the voice of my plea when I cry to you.  
 O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
 the raising of my hands be an evening sacrifice.  
 O Lord, listen to me.

S10: Lead my soul from prison  
 that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
 Now is the acceptable time! Now is the day of salvation! Visit my  
 soul in the abundance of your mercy. Only Lover of the human  
 race, take away the heavy burden of my lawless deeds. X2

*4 stichera of the martyrs in the tone of the week*

*4 sichera from the Menaion. Repeat the first.*

Glory:  
*Nekrosimon of Tone*

Both now:  
*Dogmatikon in tone of week*

*Entrance*

#### **Prokeimenon Ps 39 Tone 4**

R: O Lord, let your mercy and truth always help me.  
 S: I truly waited for the Lord.

#### **Law**

From the Book of Genesis (5:32-6:9)  
 It came to pass when men began to be numerous on the earth, and  
 daughters were born to them, <sup>3</sup> that the sons of God having seen the  
 daughters of men that they were beautiful, took to themselves wives  
 from all whom they chose. <sup>4</sup> And the Lord God said: My Spirit will  
 certainly not remain among these men for ever, because they are  
 flesh, but their days must be a hundred and twenty years. <sup>5</sup> Now  
 there were giants on the earth in those days; and after that when the  
 sons of God were accustomed to go in to the daughters of men, they  
 bore children to them, those were the giants of old, the men of  
 renown. <sup>6</sup> But the Lord God, having seen that the wicked deeds of  
 men were increased on the earth, and that everyone in his heart was  
 intently and continually brooding over evil, <sup>7</sup> then God laid it to  
 heart that he had made man on the earth, and he pondered it deeply.  
<sup>8</sup> And God said: I will blot out man whom I have made from the  
 face of the earth, from man to cattle, and from reptiles to birds of  
 heaven, for I am grieved that I have made them. <sup>9</sup> But Noah found  
 grace before the Lord God.

#### **Prokeimenon Ps 40 Tone 6**

R: I said: O Lord, have mercy on me.  
 S: Blessed is the one who notices the needy.

R: Command  
 P: Wisdom. Stand upright. The light of Christ enlightens all.

#### **Wisdom**

*Fatherly advice - Poetic*

From the Book of Proverbs (6:20-7:1)  
 O son, keep the laws of your father, and do not reject the ordinances  
 of your mother, <sup>21</sup> but bind them on your soul continually, and hang  
 them like a chain around your neck. <sup>22</sup> Whenever you walk, take  
 this along and let it be with you, so that it may talk to you when you  
 wake. <sup>23</sup> For the commandment of the law is a lamp and a light, a  
 way of life, rebuke also and correction, <sup>24</sup> to keep you continually  
 from a married woman, and from the slander of a strange tongue. <sup>25</sup>  
 Do not let the desire of beauty overcome you, nor be caught by  
 your eyes, nor be charmed by her eyelids. <sup>26</sup> For the value of a  
 prostitute is as that of one loaf, and a woman hunts for the precious  
 souls of men.

#### **Lord I have cried**

Tone 4

O Lord, I have cried to you, listen to me;  
 O Lord, listen to me.  
 O Lord, I have cried to you, listen to me;  
 Note the voice of my plea when I cry to you.  
 O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
 the raising of my hands be an evening sacrifice.  
 O Lord, listen to me.

S10: Lead my soul from prison  
 that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
 I have blindly squandered my father's riches and am now empty and  
 live in a land of evil men. I have become like the senseless beasts  
 in my foolishness and have now been stripped from every divine  
 grace, but as I turn back I cry to you, "O merciful and  
 compassionate Father, I have sinned. O God, receive me in  
 repentance and have mercy on me." X2

S8: O Lord, I have cried to you from the depths;  
 O Lord listen to my voice.

O martyrs of the Lord, you are living sacrifices, rational offerings,  
 perfect incense burnt to God, sheep who know God, and are known  
 by him, into whose folds the wolves cannot break. Pray that we  
 may be led with you to rest beside the still waters.

Tone 6

S7: Let your ears note the voice of my plea.  
 O apostles, eye-witnesses of God, rays of light from the spiritual  
 sun, pray that our souls may be granted light. Rescue us from the  
 gloomy darkness of the passions and ask that we may see the day of  
 salvation. Cleanse our hearts wounded by the Evil One through  
 your prayers and intercessions. When we are saved through faith,  
 we will honour you for ever by preaching the truth, for you preserve  
 the world.

S6: O Lord, if you mark offences, who will stand?  
 But there is forgiveness with you.

I have journeyed into a far country of wickedness like the Prodigal  
 Son. O compassionate Father, I have wasted the wealth you gave  
 me in evil things. I have been starved of good deeds and clothed in  
 the shame of my lawlessness, for I have been stripped bare of  
 divine grace. I cry out to you, "I have sinned, yet I know your  
 loving kindness. O merciful Christ, accept me as one of your hired  
 servants at the prayers of the apostles who loved you."

S5: O Lord, I have waited for you for your name's sake;  
 my soul has waited for your word,  
 my soul has hoped in the Lord.

O apostles of the Lord, lights, benefactors and saviours of the  
 world, you declare the glory of God like the heavens. You are  
 adorned with the stars of your miracles and the wonders of healing.  
 Intercede fervently before the Lord for us that our prayers may be  
 accepted as pure and sweet-smelling incense, that we may all be  
 counted worthy to venerate the life-giving cross and to see it with  
 fear. Therefore, O Saviour, send down your mercy on us, for you  
 are the Lover of the human race.

*4 stichera from the Menaion. Repeat the first.*

Glory: Both now:  
*Theotokion from Menaion*

#### **Prokeimenon Ps 51 Tone 4**

R: I have always hoped in God's mercy.  
 S: O champion, why do you boast about evil.

**Law**

From the Book of Genesis (7:6-9)

Noah was six hundred years old when the flood of water was over the earth. <sup>7</sup> Then Noah went into the ark, together with his sons, his wife, and his sons' wives with him, because of the water from the flood. <sup>8</sup> And from clean birds and from unclean birds, and from clean cattle and from unclean cattle, and from everything that creeps over the earth, <sup>9</sup> pairs went with Noah into the ark, male and female, as God had commanded Noah.

#### Prokeímenon Ps 52 Tone 4

R: The Lord turns the captivity of his people.

S: A fool has said in his heart: There is no God.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### Wisdom

From the Book of Proverbs (9:12-18)

O Son, if you are wise for yourself, you will also be wise for your neighbours; and if you should prove wicked, you alone will bear the evil. Whoever rests himself on falsehoods, attempts to rule the winds, and the same person will pursue birds in their fight, for he has forsaken the ways of his own vineyard, and has caused the axles of his own husbandry to go astray. He goes through a dry desert, a land appointed to drought, and he gathers infertility with his hands. <sup>13</sup> A foolish and bold woman, who knows no modesty, comes to want a morsel. <sup>14</sup> She sits at the doors of her house on a seat openly in the streets, <sup>15</sup> calling to passers by, and to those who are going uprightly along their ways: <sup>16</sup> Whoever is most senseless among you, let him turn aside to me, and I urge those who want prudence, saying: <sup>17</sup> Take and enjoy secret bread and the sweet water of theft. <sup>18</sup> But he knows that strong men die by her, and he falls in with a snare of Hades. <sup>18b</sup> But hurry away, do not delay in the place, neither fix your eye on her, <sup>18c</sup> for in this way you will go through strange water. <sup>18d</sup> But abstain from strange water, and do not drink from a strange fountain, <sup>18e</sup> so that you may live long, and years of life may be added to you.

#### FRIDAY LENT 3

##### Lord I have cried

Tone 7

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I have turned away from your grace like the Prodigal. O Lord, I have spent the riches of your goodness. I now run to you and cry, "O tender-hearted Lord, I have sinned. O God, have mercy on me."  
X2

*4 stichera of the martyrs in the tone of the week*

*4 stichera from the Menaion. Repeat the first.*

Glory:

*Nekrosimon of Tone*

Both now:

*Dogmatikon in tone of week*

*Entrance*

*Entrance*

#### Prokeímenon Ps 59 Tone 4

R: Give us help in distress, for human salvation is in vain.

S: O God, you have rejected and destroyed us.

#### Law

From the Book of Genesis (8:4-21)

The water continued to decrease until the tenth month. <sup>5</sup> Then in the tenth month, on the first day of the month, the summits of the mountains were seen. <sup>6</sup> And it came to pass that after forty days Noah opened the window of the ark which he had made. <sup>7</sup> And he sent out a raven; it went out and did not return until the water had dried from the earth. <sup>8</sup> Then he sent a dove after it to see if the water had ceased from the earth. <sup>9</sup> But the dove having found no rest for her feet, returned to him in the ark, because the water was over all the face of the earth, so he stretched out his hand took her, and brought her to himself in the ark. <sup>10</sup> Then having waited another seven other days, he again sent out the dove from the ark. <sup>11</sup> The dove returned to him in the evening, and had a leaf of olive, a sprig in her mouth, so Noah knew that the water had ceased from the earth. <sup>12</sup> Then having waited another seven days, he again sent out the dove, and she did not return to him again any longer. <sup>13</sup> And it came to pass in the six hundred and first year of the life of Noah, in the first month, on the first day of the month, the water subsided from the earth, and Noah opened the covering of the ark which he had made, and he saw that the water had subsided from the face of the earth. <sup>14</sup> And in the second month, on the twenty-seventh day of the month, the earth became dry. <sup>15</sup> Then the Lord God spoke to Noah, saying: <sup>16</sup> Leave the ark, together with your wife, your sons, and your sons' wives with you. <sup>17</sup> Bring out with you all the wild animals who are with you, all flesh both of birds and cattle, and every reptile creeping over the earth. You must increase and multiply on the earth. <sup>18</sup> Then Noah came out, together with his wife, his sons, and his sons' wives with him. <sup>19</sup> All the wild animals came out from the ark, together with all the cattle, every bird, and every reptile creeping on the earth after their kind. <sup>20</sup> Then Noah built an altar to the Lord, took some from all clean beasts, and some from all clean birds, and offered a whole burnt-offering on the altar. <sup>21</sup> So the Lord God smelt a fragrance of sweetness.

#### Prokeímenon Ps 60 Tone 6

R: O God, listen to my plea *and* note my prayer.

S: Therefore I will make music to your name for ever.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### Wisdom

From the Book of Proverbs (10:31-11:12)

The mouth of the just distils wisdom, but the tongue of the unjust will perish. <sup>32</sup> The lips of just men drop grace, but the mouth of the ungodly is perverse. <sup>1</sup> False balances are an abomination before the Lord, but a just weight is acceptable to him. <sup>2</sup> Wherever pride enters, there will also be disgrace, but the mouth of the lowly meditates on wisdom. <sup>3</sup> When a just man dies he leaves regret, but the destruction of the ungodly is speedy and causes joy. <sup>4,5</sup> Justice traces out blameless paths, but ungodliness encounters unjust dealing. <sup>6</sup> The justice of upright men frees them, but offenders are caught in their own destruction. <sup>7</sup> At the death of a just man his hope does not perish, but the boast of the ungodly perishes. <sup>8</sup> A just man escapes from a snare, but the ungodly man is delivered up in his place. <sup>9</sup> In the mouth of the ungodly there is a snare to citizens, but the discernment of just men is prosperous. <sup>10</sup> In the prosperity of just men a city prospers, <sup>11</sup> but by the mouth of ungodly men it is overthrown. <sup>12</sup> A man without understanding sneers at his fellow citizens, but a sensible man is quiet.

#### WEDNESDAY LENT 4

##### Lord I have cried

Tone 4

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;  
 Note the voice of my plea when I cry to you.  
 O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
 the raising of my hands be an evening sacrifice.  
 O Lord, listen to me.

S10: Lead my soul from prison  
 that I may acknowledge your name.  
 The fast, which is the means of receiving blessings, has now led us  
 halfway through its course. It has pleased God with the days which  
 are past and proposed purposeful tasks for the days ahead, for the  
 increase of blessings produces a greater number of good deeds.  
 Therefore let us cry to Christ, the Giver of all blessings, "You  
 fasted and endured the cross for our sake, so enable us to partake  
 without condemnation of your divine Pascha and to lead our lives in  
 peace, as we worthily glorify you with the Father and the Spirit."

#### Tone 5

S9: The just will wait for me until you reward me.  
 Those who thirst for spiritual blessings perform their good deeds in  
 secret, do not make a noise about them in the markets, but cherish  
 and keep them in their hearts. O fool, the *Lord* who sees all that is  
 done in secret will reward us for our abstinence. Let us complete  
 the fast without sad faces, but ceaselessly pray from the depths of  
 our hearts, "Our Father in heaven, do not bring us to the time of  
 trial, but rescue us from evil."

S8: O Lord, I have cried to you from the depths;  
 O Lord listen to my voice.

O martyrs, your souls were filled with unquenchable love. You  
 endured the most terrible sufferings without denying Christ and cast  
 down the Tyrant's pride. You have kept the faith unchanged and  
 unharmed, and have gone to live in heaven. Since you have  
 boldness before the Lord, pray him to grant us great mercy.

#### Tone 1

S7: Let your ears note the voice of my plea.  
 Let us cleanse our souls with the water of the fast. Let us approach  
 the precious and pure cross of the Lord, venerate it with faith and  
 draw divine enlightenment. Even now we will obtain eternal  
 salvation, peace and great mercy.

S6: O Lord, if you mark offences, who will stand?  
 But there is forgiveness with you.

O cross, boast of apostles, surrounded by principalities, powers and  
 archangels, save those who bow before you from all harm. Enable  
 us to complete successfully the divine course of abstinence in order  
 to reach the saving day by which we are saved.

S5: O Lord, I have waited for you for your name's sake;  
 my soul has waited for your word,  
 my soul has hoped in the Lord.

Today, as we bow before the cross of the Lord, let us cry, "Hail, O  
 tree of life *and* tormentor of Hades! Hail, O joy of the world *and*  
 destroyer of corruption! Hail, O power which banishes demons!  
 Hail, confirmation of the faithful *and* invincible weapon! Preserve  
 and sanctify those who kiss you."

*4 stichera from the Menaion. Repeat the first.*

Glory: Both now:

Today the *Lord who is* unapproachable by nature approaches me  
 and frees me from passions by enduring the passion. The Light of  
 the blind is spat on by sinful men and gives his back to scourging  
 for the sake of the captives. When the pure virgin Mother saw him  
 on the cross, she cried out in pain, "Woe is me! What is this that  
 you have done, my Child? Your beauty was fairer than that of any  
 man, yet you appear lifeless. You have no form or beauty. Woe is  
 me, my Light! I cannot bear to look on you sleeping. My being is

wounded, for a sword has pierced my heart, but I praise your  
 passion and bow before your mercy." Glory to you, O long-  
 suffering Lord!

#### Prokeimenon Ps 71 Tone 4

R: Blessed be the Lord God of Israel who alone does wonders.  
 S: O God, give the king your judgement.

#### Law

From the Book of Genesis (9:18-10:1)  
 The sons of Noah who came from the ark were Shem, Ham and  
 Japheth. Ham was father of Canaan. <sup>19</sup> These three are the sons of  
 Noah, from them people were dispersed over all the earth. <sup>20</sup> Noah  
 began to be a cultivator of the ground and he planted a vineyard. <sup>21</sup>  
 He drank from the wine, was drunk and was naked in his house. <sup>22</sup>  
 Ham, father of Canaan, saw the nakedness of his father; he went out  
 and told his two brothers outside. <sup>23</sup> Then Shem and Japheth, having  
 taken a garment, put it on both their backs, went backwards and  
 covered the nakedness of their father. Their face was turned away,  
 so they did not see the nakedness of their father. <sup>24</sup> When Noah  
 recovered from the wine, he knew all that his younger son had done  
 to him. <sup>25</sup> So he said: Cursed be the servant Canaan, he will be a  
 slave to his brothers. <sup>26</sup> And he said: Blessed be the Lord God of  
 Shem, and Canaan will be his slave. <sup>27</sup> May God make room for  
 Japheth and let him live in the habitations of Shem; let Canaan be  
 his servant. <sup>28</sup> Then Noah lived after the flood for three hundred and  
 fifty years. <sup>29</sup> And all the days of Noah were nine hundred and fifty  
 years, then he died. <sup>1</sup> These were the generations of the sons of  
 Noah, Shem, Canaan, Japheth; sons were born to them after the  
 flood.

#### Prokeimenon Ps 72 Tone 4

R: It is good for me to cling to God.  
 S: How good is God to Israel, to those who are upright in heart.

R: Command  
 P: Wisdom. Stand upright. The light of Christ enlightens all.

#### Wisdom

From the Book of Proverbs (12:23-13:9)  
 An understanding man is a throne of wisdom, but the heart of fools  
 will meet with curses. <sup>24</sup> The hand of the chosen will easily rule, but  
 the deceitful will be for a prey. <sup>25</sup> A terrible word troubles the heart  
 of someone just, but a good message makes him rejoice. <sup>26</sup> A just  
 arbitrator will be his own friend, but mischief will pursue sinners,  
 and the way of the ungodly will lead them astray. <sup>27</sup> Someone  
 deceitful will catch no game, but a blameless man is a precious  
 possession. <sup>28</sup> In the ways of justice is life, but the ways of those  
 who remember injuries lead to death. <sup>1</sup> A wise son is obedient to  
 his father, but a disobedient son will be destroyed. <sup>2</sup> A good man  
 will eat from the fruits of justice, but the lives of offenders will  
 perish before their time. <sup>3</sup> Whoever keeps his own mouth keeps his  
 own life, but whoever is hasty with his lips will bring terror on  
 himself. <sup>4</sup> Every slothful man desires, but the hands of the active are  
 diligent. <sup>5</sup> A just man hates an unjust word, but an ungodly man is  
 ashamed, and will have no confidence. <sup>6</sup> <sup>7</sup> There are some who,  
 having nothing, enrich themselves, and there are some who bring  
 themselves down in the midst of much wealth. <sup>8</sup> A man's own  
 wealth is the ransom of his life, but the poor does not suffer  
 threatening. <sup>9</sup> The just always have light, but the light of the  
 ungodly is quenched. Crafty souls go astray in sin, but just men  
 pity, and are merciful.

#### FRIDAY LENT 4

#### Lord I have cried

Tone 7  
 O Lord, I have cried to you, listen to me;  
 O Lord, listen to me.  
 O Lord, I have cried to you, listen to me;  
 Note the voice of my plea when I cry to you.  
 O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I have ruined my the nobility of my soul by my passions. O Most High *Lord*, I cannot look up to you, but bow low like an animal. O Christ, I pray like the Tax Collector and cry, "O God, have mercy on me and save me." X2

*4 stichera of the martyrs*

*4 stichera from the Menaion. Repeat the first.*

Glory:  
*Nekrosimon of Tone*

Both now:  
*Dogmatikon in tone of week*

*Entrance*

#### **Prokeímenon Ps 79 Tone 4**

R: Show yourself, for you sit on the Cherubim.

S: O Shepherd of Israel, listen.

#### **Law**

From the Book of Genesis (12:1-7)

The Lord said to Abram: Leave your land, your relatives and the house of your father, then enter the land which I will show you. <sup>2</sup> I will make you a great nation, I will bless you, glorify your name and you will be blessed. <sup>3</sup> I will bless those who bless you, curse those who curse you, and in you will all the tribes of the earth be blessed. <sup>4</sup> So Abram went as the Lord God had spoken to him, and Lot left with him. Abram was seventy-five years old when he left Haran. <sup>5</sup> Then Abram took Sarai his wife, and Lot the son of his brother, with all their possessions, as many as they had, and every soul which they had in Haran, then they left to go to the land of Canaan. <sup>6</sup> Abram travelled through the land lengthwise as far as the place of Shechem, to the high oak. (The Canaanites inhabited the land at that time.) <sup>7</sup> And the Lord appeared to Abram and said to him: I will give this land to your seed. And Abram built an altar there to the Lord who appeared to him.

#### **Prokeímenon Ps 80 Tone 4**

R: Rejoice in God our helper.

S: Make music, sound a cymbal.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### **Wisdom**

From the Book of Proverbs (14:15-26)

The simple man believes every word, but the prudent man comes to afterthought. <sup>16</sup> A wise man fears and departs from evil, but the fool trusts in himself and joins himself to the offender. <sup>17</sup> A passionate man acts without thought, but a sensible man bears up under many things. Fools will have evil for their portion, but the prudent will hold fast to discernment. <sup>19</sup> Evil men will slip before the good, and the godly will attend the gates of the just. <sup>20</sup> Friends will hate poor friends, but the friends of the rich are many. <sup>21</sup> Whoever dishonours the needy sins, but whoever has pity on the poor is most blessed. <sup>22</sup> Whoever goes astray constructs evil, but the good construct mercy and truth. The constructors of evil do not understand mercy and truth, but compassion and faithfulness are with the framers of good. <sup>23</sup> With everyone who is careful there is abundance, but the pleasure-taking and indolent will be in want. <sup>24</sup> A prudent man is the crown of the wise, but the occupation of fools is evil. <sup>25</sup> A faithful witness will free a soul from evil, but a deceitful man kindles falsehoods. <sup>26</sup> There is strong hope in the fear of the Lord, and he leaves his children a support of peace.

## **WEDNESDAY LENT 5**

### **VESPERS**

*The acrostic stichera are omitted in this volume.*

#### **Lord I have cried**

Tone 8

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I have fallen among the thieves of my own thoughts in my misery. My mind has been despoiled and I have been cruelly beaten. My whole soul is wounded and stripped of the virtues; I lie naked on the highway of life. When he saw me in bitter pain and considered my wounds incurable, the priest turned away and would not look at me. Because he was unable to endure my soul-destroying agony, the Levite saw me and passed by on the other side. But you, O Christ my God, were pleased to come, not from Samaria, but from the flesh of Mary. Grant me healing and pour out your great mercy on me, for you are the Lover of the human race. X2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

Fame and praise are correct for the saints! For they bowed their necks beneath the sword for your sake, who bowed the heavens and came down. They shed blood for you, for you emptied yourself and took the form of a servant. They also humbled themselves even to death by emulating your poverty. O God, through their prayers have mercy on us according to the abundance of your great mercies.

S7: Let your ears note the voice of my plea.

O Lord, you have made your holy disciples into living heavens.

Rescue me from the evils of the earth through their intercessions.

Raise my thoughts through abstinence to understand your passion, for you are the merciful Lover of the human race.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

The time of the fast helps us all to accomplish the works of God.

Therefore let us weep with our whole heart and cry to the Saviour, "O Lord of great mercies, through your disciples save us who, with reverent fear, praise your great love for the human race."

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

O apostles, worthy of all praise, intercessors for the world, physicians of the sick and protectors of health, guard us as we pass through the time of the fast. Let us remain at peace with one another other by the grace of God. Preserve our minds untroubled by passions, so that we may all sing a hymn of praise to the risen and victorious Christ.

*4 stichera from the Menaion. Repeat the first.*

Glory: Both now:

O Ineffable condescension, strange and wonderful birth! How can the Virgin carry you as a Child in her arms, for you are her Creator and God? O Benefactor, O Lord, as you consented to take flesh from her, save me before I utterly perish.

#### **Prokeímenon Ps 93 Tone 4**

R: The Lord God is God of vengeance.  
S: O Judge of the earth, be exalted.

### Law

From the Book of Genesis (17:1-9)

When Abram was ninety-nine years old, the Lord appeared to Abram and said to him: I am your God, be well-pleasing before me and be blameless. <sup>2</sup> I will establish my covenant between myself and you, and I will greatly increase you. <sup>3</sup> Then Abram fell on his face and God spoke to him, saying: <sup>4</sup> See, my covenant is with you and you will be a father of a host of nations. <sup>5</sup> Your name will no longer be called Abram, but your name will be Abraham, for I have made you a father of many nations. <sup>6</sup> I will greatly increase you; I will make nations from you, and kings will come from you. <sup>7</sup> I will establish my covenant between you and your seed after you, to their generations, for an everlasting covenant, to be your God, and the God of your seed after you. <sup>8</sup> I will give you, and your seed after you, the land in which you stay, even all the land of Canaan for an everlasting possession; I will be a God to them. <sup>9</sup> Then God said to Abraham: You also must completely keep my covenant, you and your seed after you for their generations.

### Prokeimenon Ps 95 Tone 6

R: Sing a new song to the Lord.  
S: Sing to the Lord *and* bless his name.

R: Command  
P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

From the Book of Proverbs (15:20-16:9)

A wise son gladdens his father, but a foolish son sneers at his mother. <sup>21</sup> The ways of a foolish man are empty of sense, but a wise man proceeds on his way correctly. <sup>22</sup> Those who do not honour councils delay deliberation, but counsel lives in the hearts of counsellors. <sup>23</sup> A bad man will never pay attention to counsel, neither will he say anything appropriate, or good for the people. <sup>24</sup> The thoughts of the wise are ways of life, so that he may turn aside and be saved from Hades. <sup>25</sup> The Lord pulls down the houses of scorners, but he establishes the border of the widow. <sup>26</sup> An unjust thought is abomination to the Lord, but the sayings of the pure are honoured. <sup>27</sup> A receiver of bribes destroys himself, but the one who hates receiving bribes is safe. Through alms and faithful dealings sins are purged, and through the fear of the Lord everyone departs from evil. <sup>28</sup> The hearts of the just think about faithfulness, but the mouth of the ungodly answers evil things. The ways of just men are acceptable to the Lord, and through them even enemies become friends. <sup>29</sup> God is far from the ungodly, but he listens to the prayers of the just. Better are small receipts with justice, than abundant fruits with injustice. Let the heart of a man think justly, so that his steps may be rightly ordered by God. <sup>30</sup> The eye that sees rightly rejoices the heart, and a good report fattens the bones. <sup>31</sup> <sup>32</sup> Whoever rejects instruction hates himself; but whoever pays attention to rebukes loves his soul. <sup>33</sup> The fear of the Lord is instruction and wisdom, and the highest honour will correspond with it. <sup>2</sup> All the works of the humble man are known to God, but the ungodly will perish in an evil day. <sup>5</sup> Every one who is proud in heart is unclean before God, whoever unjustly strikes hands with hand will not be held guiltless. <sup>7</sup> The beginning of a good way is to do justly, and it is more acceptable to God than to offer sacrifices. <sup>8</sup> Whoever seeks the Lord will find knowledge with justice, and those who rightly seek him will find peace. <sup>9</sup> All of the works of the Lord are accomplished with justice, and the ungodly man is kept for the evil day.

### THURSDAY LENT 5

#### Lord I have cried

Tone 8  
O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
O Word of God, I have wilfully forsaken the splendour of virtues by my first sin, but I have now been clothed in that splendour again through your condescension. You did not despise me, even when I was wounded by evil passions and trampled on the way as a law-breaker. O merciful Lord, you kept me safe by your mighty strength and have granted me your protection. X2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

O martyrs of the Lord, you sanctify every place and heal every ill. Now we implore you to rescue our souls from the snares of the enemy.

### Tone 1

S7: Let your ears note the voice of my plea.  
O Lord, you destroyed the curse on Adam by your crucifixion. O Word, destroy my bonds so that I may offer you a sacrifice of praise with joy and faith during this acceptable time of fasting which you have revealed for the salvation of all.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.

When Moses shone with the grace of fasting, he saw the glory of God. My humble soul, emulate him in prayer and abstinence for the sake of the *Lord* who graciously stretched out his hands on the cross. Do this to receive divine enjoyment.

### Tone 6

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

O Christ, we venerate your life-creating cross which is granted to us by your boundless goodness. We always sing your praise with enlightened souls. Enable us to complete the course of the fast with joy and with sincerity of heart, so that we may sing the praises of your passion through which you have saved us.

*4 Stichera from the Menaion. Repeat the first.*

Glory: Both now:  
*Stavrotheotokion of the tone*

### Prokeimenon Ps 98 Tone 7

R: Exalt the Lord our God and worship at his footstool,  
for he is holy.  
S: The Lord reigns, let the peoples rage.

### Law

From the Book of Genesis (18:20-33)

The Lord said: The cry of Sodom and Gomorrah has been increased towards me and their sins are very great. <sup>21</sup> I will therefore go down to see whether they have acted in accordance with the cry which comes to me or not, so that I may know. <sup>22</sup> Then the men, having departed from there, came to Sodom; Abraham was still standing before the Lord. <sup>23</sup> Abraham approached and said: Would you destroy the just with the ungodly and will the just be like the ungodly? <sup>24</sup> If there are fifty just in the city, will you destroy them? Will you not spare the whole place for the sake of the fifty just, if they are in it? <sup>25</sup> In no way must you do this thing to destroy the just with the wicked, so the just will be like the wicked; by no means. You judge the whole earth, so will you not do right? <sup>26</sup> And the Lord said: If there are in Sodom fifty just *men* in the city, I will spare the whole city, and the whole place for their sakes. <sup>27</sup> Then Abraham answered and said: Now I have begun to speak to my



Lord, and I am earth and ashes,<sup>28</sup> but if the fifty just should be diminished to forty-five, will you destroy the whole city for lack of five? And he said: I will not destroy it, if I should find there forty-five.<sup>29</sup> Then he still continued to speak to him, and said: But if there could be found forty there? And he said: I will not destroy it for the forty's sake.<sup>30</sup> Then he said: Will there be anything against me, Lord, if I speak? But if there can be found thirty there? And he said: I will not destroy it for the thirty's sake.<sup>31</sup> Then he said: Since I am able to speak to the Lord, what if there could be found twenty there? And he said: I will not destroy it, if I should find twenty there.<sup>32</sup> Then he said: Will there be anything against me, Lord, if I speak yet once? But if there could be found ten there? And he said: I will not destroy it for the ten's sake.<sup>33</sup> Then the Lord left after he had finished speaking to Abraham, and Abraham returned to his place.

### Prokeímenon Ps 99 Tone 6

R: All the earth, shout with joy to God.

S: Serve the Lord with gladness.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

#### *Aphorisms - Poetic*

From the Book of Proverbs (16:17-17:17)

Whoever receives instruction will be in prosperity, and whoever regards rebukes will be made wise. Whoever keeps his ways, preserves his own soul, and whoever loves his life will spare his mouth.<sup>18</sup> Pride goes before destruction, and foolishness before a fall.<sup>19</sup> Better is a meek-spirited man with lowliness, than someone who divides plunder with the proud.<sup>20</sup> Whoever is skillful in business finds good, but whoever trusts in God is most blessed.<sup>21</sup> Men call the wise and understanding evil, but those who are pleasing in speech will hear more.<sup>22</sup> Understanding is a fountain of life to its possessors, but the instruction of fools is evil.<sup>23</sup> The heart of the wise will discern the things which proceed from his own mouth; and on his lips he will wear knowledge.<sup>24</sup> Good words are honeycombs, and the their sweetness is a healing of the soul.<sup>25</sup> There are ways that seem to be right to a man, but the end of them gazes on the depth of hell.<sup>26</sup> A man who labours, labours for himself, and drives from him his own ruin,<sup>27</sup> but the perverse bears destruction on his own mouth. A foolish man digs evil for himself, and treasures fire on his own lips.<sup>28</sup> A perverse man spreads mischief, and will kindle a torch of deceit with misdeeds, and will separate friends.<sup>29</sup> An offender tries to ensnare friends, and leads them in ways that are not good.<sup>30</sup> A man who fixes his eyes devises perverse things, and marks out with his lips all evil: he is a furnace of wickedness.<sup>31</sup> Old age is a crown of honour, but it is found in the ways of justice.<sup>32</sup> A man slow to anger is better than a strong man; and whoever governs his temper is better than the one who takes a city.<sup>33</sup> All evils come on the ungodly into their bosoms, but all just things come from the Lord.<sup>1</sup> Better is a morsel with pleasure in peace, than a house full of many good things and unjust sacrifices with strife.<sup>2</sup> A wise servant will rule over foolish masters, and will divide portions among brothers.<sup>3</sup> As silver and gold are tried in a furnace, so are chosen hearts with the Lord.<sup>4</sup> A bad man listens to the tongue of offenders, but a just man does not pay attention to false lips.<sup>5</sup> The one who laughs at the poor provokes the one who made him, and the one who rejoices at the destruction of another will not be held guiltless, but the one who has compassion will find mercy.<sup>6</sup> Children's children are the crown of old men, and their fathers are the boast of children. The faithful has the whole world full of wealth, but the faithless not even a small coin.<sup>7</sup> Faithful lips will not suit a fool, nor lying lips a just man.<sup>8</sup> Instruction is to those who use it a gracious reward, and it will prosper wherever it turns.<sup>9</sup> The one who hides injuries seeks love, but the one who hates to hide them separates friends and family.<sup>10</sup> A threat breaks down the heart of a wise man, but a fool, though scourged, does not understand.<sup>11</sup> Every bad person stirs up controversies, but the Lord will send a cruel messenger against him.<sup>12</sup> Care may happen to a man of understanding; but fools will meditate on evil.<sup>13</sup> Whoever rewards evil for good, evil will not be

removed from his house.<sup>14</sup> Just rule gives power to words, but sedition and strife go before poverty.<sup>15</sup> Whoever pronounces the unjust just, and the just unjust, is unclean and abominable to God.<sup>16</sup> Why has the fool wealth? For a senseless man will be unable to purchase wisdom. Whoever exalts his own house seeks ruin, and whoever turns aside from instruction will fall into mischief.<sup>17</sup> Do have a friend for every occasion, and let brothers be useful in distress.

### FRIDAY LENT 5

#### Lord I have cried

Tone 6

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I now lie wounded and lifeless, as though I had left Jerusalem – the way of your divine commandments – and had reached the passions of Jericho. I was led astray by the false glory of earthly pursuits. I fell among the thieves of my own thoughts. They robbed me of the robe of sonship which was mine by grace. The priest came along. When he observed me as a corpse, he paid no attention to me. The Levite also saw and departed. But you, O Lord, ineffably incarnate from the Virgin, have poured out blood and water from your side by your own free will and anointed me as with oil for my salvation. O Christ my God, bind up my wounds with linen and bring me to the heavenly kingdom in your compassion. X2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

O Lord, your martyrs did not deny you nor did they turn from your commandments. Have mercy on us through their intercessions.

Tone 6

S7: Let your ears note the voice of my plea.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

O Maiden, Gabriel came and stood before you revealing to you the pre-eternal counsel. He said in greeting,

“Hail, earth that has not been sown!

Hail, burning bush that remains unconsumed!

Hail, unfathomable depth!

Hail, bridge that leads to heaven!

Hail, ladder raised on high that Jacob saw!

Hail, divine jar of manna!

Hail, rescuer from the curse!

Hail, restoration of Adam, the Lord is with you!” X3

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

“You appeared to me in the form of a man,” said the undefiled Maid to the Chief of the heavenly hosts. “How then do you speak to me about things that surpass the power of man? For you have said that God will be with me and take up his home in my womb. How can I become the spacious dwelling and the holy place of the one who rides on the Cherubim? Do not amuse me with deceit, for

I have known no pleasure and have not entered into wedlock. How then can I bear a child?" X2

S2: Every nation, praise the Lord; every people, acclaim him!

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

Then the bodiless angel replied, "When God so wills, the order of nature is overcome and what is beyond humanity comes to pass.

All-holy and blameless Lady, believe that my sayings are true.

Then she cried aloud, "Let it be to me according to your word and I will bear him who is without flesh. He will borrow flesh from me so that he may lead the human race up to his ancient glory through this mingling, for he alone has power to do this. X2

Glory: Both now: Tone 2

Today the eternal mystery is revealed. The Son of God becomes the Son of Man. By accepting the lowest, he grants me the highest. In time past Adam was deceived. He tried to become God, but he did not receive his desire. Now God becomes man so that he may make Adam God. Let creation rejoice; let nature be festive, for the Archangel stands in fear before the Virgin and says, "Hail!" He brings her the greeting by which our sorrow is healed. O Lord, you became a man in your compassion; glory to you!

*Entrance*

### Prokeimenon Ps 102 Tone 4

R: The Lord is compassionate and merciful.

S: Bless the Lord, O my soul.

### Law

From the Book of Genesis (22:1-18)

It came to pass that God tested Abraham, and said to him:

Abraham, Abraham. And he said: See, I am here. <sup>2</sup> And he said:

Take your dear son, whom you have loved, Isaac, go to the high ground and offer him there as a whole-burnt-offering on one of the mountains which I will tell you about. <sup>3</sup> So Abraham rose in the morning, saddled his ass, and took with him two servants, and Isaac his son. Having split wood for a whole-burnt-offering, he rose, left and came to the place about which God spoke to him <sup>4</sup> on the third day. And Abraham, having lifted up his eyes, saw the place far away. <sup>5</sup> Abraham said to his servants: Sit here with the ass, then I and the boy will go there, and having worshipped, we will return to you. <sup>6</sup> So Abraham took the wood of the whole-burnt-offering, laid it on Isaac his son, and he took into his hands both the fire and the knife, then the two went together. <sup>7</sup> And Isaac said to Abraham his father: Father! And he said: What is it, son? And he said: See the fire and the wood, but where is the sheep for a whole-burnt-offering? <sup>8</sup> And Abraham said: God will provide for himself a sheep as a whole-burnt-offering, *my* son. And both, having gone together, <sup>9</sup> came to the place about which God had spoken to him. There Abraham built the altar, laid the wood on it, and having bound the feet of Isaac his son together, laid him on the altar on the wood. <sup>10</sup> Then Abraham stretched out his hand to take the knife to slay his son. <sup>11</sup> But an angel of the Lord called him from heaven, and said: Abraham, Abraham! And he said: See, I am here. <sup>12</sup> And he said: Do not lay your hand on the child, neither do anything to him, for now I know that you fear God, and for my sake you have not spared your dear son. <sup>13</sup> And Abraham raised his eyes and looked. See, a ram caught by his horns in a plant of Sabec. So Abraham went, took the ram, and offered him for a whole-burnt-offering in the place of Isaac his son.

<sup>14</sup> And Abraham called the name of that place, "The Lord has seen," so that they might say today: The Lord was seen on the mount. <sup>15</sup>

Then an angel of the Lord called Abraham the second time from heaven, saying: <sup>16</sup> I have sworn by myself, says the Lord, because you have done this thing, and on my account have not spared your dear son, <sup>17</sup> surely blessing I will bless you, and increasing I will increase your seed like the stars of heaven, and like the sand which is beside the shore of the sea. Your seed will inherit the cities of their enemies. <sup>18</sup> And in your seed will all the nations of the earth be blessed, because you have listened to my voice.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

From the Book of Proverbs (17:17-18:5)

Let brothers be useful in distress; for on this account are they born.

<sup>18</sup> A foolish man applauds and rejoices over himself, as he also that becomes surety would make himself responsible for his own friends. <sup>19</sup> A lover of sin rejoices in strifes; <sup>20</sup> and the hard-hearted man comes not in for good. A man of a changeful tongue will fall into mischiefs; <sup>21</sup> and the heart of a fool is grief to its possessor. A father rejoices not over an uninstructed son; but a wise son gladdens his mother. <sup>22</sup> A glad heart promotes health, but the bones of a sorrowful man dry up. <sup>23</sup> The ways of a man who unjustly receives gifts in his bosom do not prosper, and an ungodly person perverts the ways of justice. <sup>24</sup> The countenance of a wise man is sensible, but the eyes of a fool go to the ends of the earth. <sup>25</sup> A foolish son is a cause of anger to his father, and grief to the one who bore him. <sup>26</sup> It is not right to punish a just man, nor is it holy to plot against just princes. <sup>27</sup> Whoever forbears to utter a hard word is discreet, and a patient man is wise. <sup>28</sup> Wisdom will be imputed to a fool who asks for wisdom, and the one who holds his peace will seem sensible. <sup>1</sup>

A man who wants to separate from friends seeks excuses, but at all times he will be liable to rebuke. <sup>2</sup> A senseless man feels no need of wisdom, for he is rather led by foolishness. <sup>3</sup> When an ungodly man comes into a depth of evils, he despises them, but dishonour and rebuke come to him. <sup>4</sup> A word in the heart of a man is a deep water, and a river and fountain of life spring out. <sup>5</sup> It is not good to accept the person of the ungodly, nor is it holy to pervert justice in judgment.

### WEDNESDAY WEEK 6

#### Lord I have cried

Tone 5

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense, the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I am rich in passions and clothed with the deceitful robe of hypocrisy; I rejoice in the sins of self-indulgence. There is no limit to my lack of love; I neglect my spiritual understanding which lies at the gate of repentance. O Lord, make me poor in sin like Lazarus so that I may not be tormented in the unquenchable fire and pray in vain for a finger to be dipped in water in order to relieve my burning tongue. Make me live in the Bosom of Abraham, for you are the Lover of the human race. X2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

Your souls were filled with unquenchable love and you endured the most terrible sufferings without denying Christ; you cast down the pride of the Tyrant. You kept the faith unchanged and unharmed, and have gone to live in heaven. Since you have boldness before the Lord, pray him to grant us great mercy.

S7: Let your ears note the voice of my plea.

O Jesus, as you walked in the flesh on the other side of the Jordan, you said to your companions, "My friend Lazarus is already dead and now has been committed to the tomb. My friends, I rejoice for your sake, for by this you will learn that I know everything. I am God, inseparable from the Father, although I am man in my visible appearance. Let us go, then, to bring him back to life so that death

may feel the defeat and complete destruction that I bring on it, as I grant the world great mercy.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

O faithful, let us follow the example of Martha and Mary. Let us send our acts of justice to intercede before the Lord so that he may come to raise up our spiritual understanding from the dead. It lies insensible within the tomb of negligence. It lacks all feeling for the fear of God and is deprived of living action. Let us cry, "O merciful Lord, as once you raised up your friend Lazarus through your dread authority, so now give life to us all and grant us your great mercy.

Tone 6

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

Lazarus has now been two days in the tomb and sees the dead from all the ages. He observes strange sights of terror, a countless multitude and the prisoners of Hades. As they gaze at his tomb, his sisters lament bitterly. But Christ comes to bring his friend to life so that a single hymn of praise may be offered up in unison by everyone. "O Saviour, blessed are you! Have mercy on us."

*4 stichera from the Menaion. Repeat the first.*

Glory: Both now:

*Theotokion from the Menaion  
Entrance*

#### **Prokeimenon Ps 114 Tone 4**

R: I will be pleasing before the Lord in the land of the living.

S: I have loved, for the Lord will listen to the voice of my plea.

#### **Law**

From the Book of Genesis (43:26-31, 45:1-16)

His brothers brought to Joseph the gifts which they had in their hands; and they reverence him with their face to the ground.<sup>27</sup> And he asked them: How are you? And he said to them: Is your father, the old man of whom you spoke, well? Does he still live?<sup>28</sup> And they said: Your servant our father is well; he is still alive. And he said: Blessed be that man by God; and they bowed, and did him reverence.<sup>29</sup> Then Joseph raised his eyes and saw his brother Benjamin, born from the same mother. He said: Is this your younger brother, whom you spoke of bringing to me? And he said: God have mercy on you, my son.<sup>30</sup> Then Joseph was troubled, for his bowels yearned over his brother, and he wanted to weep, so he went into his room, and wept there.<sup>31</sup> Then he washed his face, came out, and held himself back. And he said: Produce bread.<sup>1</sup> And Joseph could not refrain himself when all were standing beside him, but said: Let everyone leave me. So no one stood near Joseph when he made himself known to his brothers.<sup>2</sup> Then he uttered his voice with weeping. All the Egyptians heard and it was reported to the house of Pharaoh.<sup>3</sup> And Joseph said to his brothers: I am Joseph; does my father still live? And his brothers could not answer him, for they were troubled.<sup>4</sup> Then Joseph said to his brothers: Approach me, and they approached. He said: I am your brother Joseph, whom you sold into Egypt.<sup>5</sup> Now then do not be sorry and do not let it not seem hard to you that you sold me here, for God sent me before you for life.<sup>6</sup> For this second year there is famine on the earth and there are still five years remaining in which there will be neither ploughing, nor mowing.<sup>7</sup> For God sent me before you, so that there might be left to you a remnant on the earth, even to nourish a great remnant of you.<sup>8</sup> Now therefore you did not send me here, but God. He has made me like a father to Pharaoh, lord of all his house and a prince of all the land of Egypt.<sup>9</sup> Hurry, therefore, go to my father and say to him: Thus says your son Joseph: God has made me lord over all the land of Egypt. Come down, therefore, to me and do not wait.<sup>10</sup> You must live in the land of Goshen of Arabia; you will be near me, you, your sons, your sons' sons, your sheep, your oxen and whatever is yours.<sup>11</sup> I will nourish you there, for the famine is still for five years, in case you

are consumed, your sons and all your possessions.<sup>12</sup> See, your eyes see, and the eyes of my brother Benjamin, that it is my mouth which speaks to you.<sup>13</sup> Report, therefore, to my father all my glory in Egypt, and everything which you have seen, then hurry and bring my father here.<sup>14</sup> Then he fell on his brother Benjamin's neck and wept on him; and Benjamin wept on his neck.<sup>15</sup> Then he kissed all his brothers and wept over them. After these things his brothers spoke to him.<sup>16</sup> The report was carried into the house of Pharaoh, saying: Joseph's brothers have come; and Pharaoh was glad, with all his household.

#### **Prokeimenon Ps 115 Tone 4**

R: I will repay my vows to the Lord before all his people.

S: I believed *and* therefore I spoke: I have been greatly humbled.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### **Wisdom**

##### *Aphorisms - Poetic*

From the Book of Proverbs (21:23-22:4)

Whoever guards his mouth and his tongue, guards his soul from trouble.<sup>24</sup> A bold, self-willed and insolent man is called a pest, and the one who remembers injuries is an offender.<sup>25</sup> Desires kill the sluggard, for his hands do not choose to do anything.<sup>26</sup> An ungodly man entertains evil desires all through the day, but the just is unsparingly merciful and compassionate.<sup>27</sup> The sacrifices of the ungodly are an abomination to the Lord, for they offer them wickedly.<sup>28</sup> A false witness will perish, but an obedient man will speak cautiously.<sup>29</sup> An ungodly man impudently resists with his face, but the upright man himself understands his ways.<sup>30</sup> There is no wisdom, there is no courage, there is no counsel with the ungodly.<sup>31</sup> A horse is prepared for the day of battle, but help is from the Lord. A fair name is better than much wealth, and good favour is above silver and gold.<sup>2</sup> The rich and the poor meet together, but the Lord made them both.<sup>3</sup> An intelligent man seeing a bad man severely punished is himself instructed, but fools pass by and are punished.<sup>4</sup> The fear of the Lord is the child of wisdom, wealth, glory and life.

#### **FRIDAY WEEK 6**

##### **Lord I have cried**

Tone 8

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,

the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

S9: The just will wait for me until you reward me.

We have completed the forty days which profit our souls. Now let us beg the Lover of the human race, "Enable us to see the holy week of your passion so that we may glorify your mighty work, your wonderful plan for our salvation and sing with one heart and voice, "O Lord, glory to you!" X2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

O martyrs of the Lord, we implore you to intercede with our God to forgive our many sins and grant our souls abundant mercy.

Tone 6

S7: Let your ears note the voice of my plea.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

O Lord, you wished to see the tomb of Lazarus because you were soon to inhabit a tomb of your own will. You asked, "Where have you laid him?" After you had learnt what was already known to you, you cried to your dear friend, "Lazarus, come out!" Although he had no breath, he obeyed the Lord, the Saviour of our souls, who gave him breath. X2

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

O Lord, you have come to the place where Lazarus is buried, to the tomb of a man who was dead for four days. O Bread of life, you wept for your friend and raised him up. Therefore death was bound by your voice and the grave clothes were loosened by your hand.

The company of disciples was filled with joy. One song of adoration was sung by all, "O Saviour, blessed are you; have mercy on us." X2

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Lord, your voice destroyed the kingdom of Hades; your powerful word raised from the tomb the one who was dead for four days.

Lazarus became the saving first-fruits of the world's regeneration.

O Lord and King of all, everything is possible for you; grant your servants cleansing and great mercy.

S2: Every nation, praise the Lord; every people, acclaim him!

O Lord, you came to the tomb of Lazarus and called him by name, because you wished to assure your disciples of your own resurrection. Hades was vanquished; it released Lazarus who was dead for four days. He cried out to you, "O blessed Lord, glory to you!"

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Lord, you came to Bethany to wake Lazarus, accompanied by your disciples. You wept for him, but he was raised by your almighty power. Our Saviour, a man dead for four days cried to you, "Glory to you, O blessed Lord!"

Glory: Tone 8

O Saviour, as you stood beside the tomb of Lazarus, you called to your friend who was dead. He heard your voice and woke as though from sleep; mortality was shaken by immortality. The bound man was unbound by your word. O loving Lord, everything is possible; all things serve and submit to you. Our Saviour, glory to you!

Both now:

We have completed the forty days which profit our souls. Let us sing, "Hail, city of Bethany, home of Lazarus! Hail, Mary and Martha, his sisters! Tomorrow Christ will come and raise your dead brother to life. Hades will be bitter and unsatisfied as it hears his voice. It will shake and groan as it releases the bound Lazarus. The assembly of the Hebrews will be amazed and greet him with palms and branches. Although their priests and elders look on him with envy and malice, the children will praise him in song, "Blessed is he who comes in the name of the Lord, the King of Israel."

#### Prokeímenon Ps 123 Tone 6

R: Our help is in the name of the Lord.

S: If the Lord had not been with us, now let Israel speak.

#### Law

From the Book of Genesis (49:33-50:26)

Jacob ceased giving charges to his sons, then and having raised his feet on the bed, he died, and was gathered to his people. <sup>1</sup> And Joseph fell on his father's face, wept over him and kissed him. <sup>2</sup> Then Joseph commanded his servants the embalmers to embalm his father; and the embalmers embalmed Israel. <sup>3</sup> They kept the forty

days for him, for so are the days of embalming numbered, and Egypt mourned for him for seventy days. <sup>4</sup> Then when the days of mourning were over, Joseph spoke to the princes of Pharaoh, saying: If I have found favour in your sight, speak about me to the ears of Pharaoh, saying: <sup>5</sup> My father commamnded me, saying: In the sepulchre which I dug for myself in the land of Canaan, there you must bury me; now then I will go up and bury my father, and return again. <sup>6</sup> And Pharaoh said to Joseph: Go up, bury your father, as he made you swear. <sup>7</sup> So Joseph went up to bury his father; and all the servants of Pharaoh went up with him, and the elders of his house, and all the elders of the land of Egypt. <sup>8</sup> All the household of Joseph, and his brothers, and all the house of his father, and his relatives. They left behind the sheep and the oxen in the land of Goshen. <sup>9</sup> Also there went up with him chariots and horsemen; and there was a very great company. <sup>10</sup> When they came to the threshing-floor of Atad, which is beyond Jordan, they wept for him with a great and very sore lamentation. And he made a mourning for his father for seven days. <sup>11</sup> When the inhabitants of the land of Canaan saw the mourning at the floor of Atad, they said: This is a great mourning for the Egyptians; therefore they called its name "The mourning of Egypt, which is beyond Jordan." <sup>12</sup> And thus his sons accomplished for him. <sup>13</sup> So his sons carried him up into the land of Canaan, and buried him in the double cave, the cave which Abraham bought from Ephron the Hittite in order to own a burying place before Mamre. <sup>14</sup> Then Joseph returned to Egypt, he and his brothers, and those who had gone up with him to bury his father. <sup>15</sup> Now when the brothers of Joseph saw that their father was dead, they said: Let us be careful in case at any time Joseph remembers evil against us, and recompense to us all the evil which we have done against him. <sup>16</sup> So they came to Joseph and said: Your father commanded us before his death, saying: <sup>17</sup> Say this to Joseph: Forgive them their injustice and their sin, since they have caused you evil, so now pardon the injustice of the servants of the God of your father. Joseph wept while they spoke to him. <sup>18</sup> And they came to him and said: See, we are your servants. <sup>19</sup> And Joseph said to them: Do not fear, for I am God's. <sup>20</sup> You plotted evil against me, but God decided good for me, so that the matter might stand as it is today and many people might be fed. <sup>21</sup> He said to them: Do not fear, for I will support you with your families; he comforted them and spoke kindly to them. <sup>22</sup> So Joseph lived in Egypt, with his brothers and all the family of his father. Joseph lived a hundred and ten years. <sup>23</sup> And Joseph saw the children of Ephraim to the third generation; the sons of Machir, the son of Manasseh, were borne on the thighs of Joseph. <sup>24</sup> Then Joseph spoke to his brothers, saying: I am dying, but God will surely visit you, and will bring you from this land to the land about which God swore to our fathers, Abraham, Isaac, and Jacob. <sup>25</sup> Joseph commanded the sons of Israel, saying: At the visitation when God will visit you, then you must carry my bones from here with you. <sup>26</sup> Then Joseph died, aged a hundred and ten years. They prepared his corpse and put him in a coffin in Egypt.

#### Prokeímenon Ps 124 Tone 4

R: Those who trust in the Lord are like Mount Zion.

S: Whoever lives in Jerusalem will never be moved.

R: Command!

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### Wisdom

From the Book of Proverbs (29:10-31, M 31)

O son, open your mouth to a word of God, and judge all fairly. <sup>9</sup> Open your mouth and judge justly, and plead the cause of the poor and weak. <sup>10</sup> Who can find a virtuous woman, for such a one is more valuable than precious stones? <sup>11</sup> The heart of her husband trusts in her; such a one will stand in no need of fine spoils. <sup>12</sup> For she employs all her living for her husband's good. <sup>13</sup> Gathering wool and flax, she makes it serviceable with her hands. <sup>14</sup> She is like a ship trading from a distance, so she procures her livelihood. <sup>15</sup> She rises by night, gives food to her household, and appointed tasks to her maidens. <sup>16</sup> She views a farm and buys it, and with the fruit of her hands she plants a possession. <sup>17</sup> She strongly girds her loins, and strengthens her arms for work. <sup>18</sup> She finds by experience that

working is good, and her candle does not go out all night. <sup>19</sup> She reaches out her arms to needful works, and applies her hands to the spindle. <sup>20</sup> She opens her hands to the needy, and reaches out fruit to the poor. <sup>21</sup> Her husband is not anxious about those at home, when he stays anywhere at a distance, for all her household are clothed. <sup>22</sup> She makes clothes of double texture for her husband, and garments for herself of fine linen and scarlet. <sup>23</sup> Her husband becomes a distinguished person in the gates, when he sits in council with the old inhabitants of the land. <sup>24</sup> She makes fine linens, and sells girdles to the Canaanites. She opens her mouth carefully and with propriety; she controls her tongue. <sup>25</sup> She puts on strength and honour, and rejoices in the last days. <sup>26</sup> But she opens her mouth wisely, and according to law. <sup>27</sup> The ways of her household are careful, and she does not eat the bread of idleness. <sup>28</sup> Her kindness to them sets up her children for them; they grow rich and her husband praises her. <sup>29</sup> Many daughters have obtained wealth, many have toiled valiantly, but you have exceeded and surpassed all. <sup>30</sup> Charms are false and woman's beauty is vain, for it is a wise woman who is blessed, and let her praise the fear the Lord. <sup>31</sup> Give her something from the fruit of her lips, and let her husband be praised in the gates.

### HOLY AND GREAT MONDAY

#### Lord I have cried

Tone 1

O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.  
S9: The just will wait for me until you reward me.  
As the Lord was going to his voluntary passion, he said to the apostles on the way, "See, we go up to Jerusalem and the Son of Man will be handed over, as it is written about him. Since we are purified in mind, therefore come and let us also go with him. Let us be crucified with him and die through him to the pleasures of this life. Then we will live with him and hear him say, "I go no longer to the earthly Jerusalem to suffer, but to my Father and your Father, to my God and your God. I will raise you up to the Jerusalem on high in the Kingdom of Heaven. X2

Tone 5

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
S7: Let your ears note the voice of my plea.  
We have reached the saving passion of Christ our God. O faithful, let us glorify his ineffable patience, so that in his compassion he may raise us who were dead in sin, for he is good and loves the human race. X2

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O Lord, when you went to your passion, you took your disciples aside and reassured them, "How have you forgotten the words that I once spoke? Is it not written, 'A prophet cannot be killed except in Jerusalem?' Now is the time about which I spoke to you, 'See, I have been betrayed into the hands of sinners to be mocked. They will nail me to the cross and deliver me for burial. They will regard me as a dead man, an object of loathing. Yet, take courage, for I will arise on the third day and give the faithful joy and eternal life!'" X2

Tone 5

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.  
S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
O Lord, the mother of Zebedee's children could not understand the ineffable mystery of your dispensation. She asked the honour of a temporal kingdom for her sons, but instead you promised your friends that they would drink the cup of death, a cup which you would drink before them for the cleansing of sins. Therefore we cry to you, "O Salvation of our souls, glory to you!" X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O Lord, you taught your disciples to desire what is perfect. You said, "Do not be like the Gentiles who oppress the weak. My disciples, it must not be so with you, for I am poor of my own volition. Let the first among you, therefore, be the servant of all. Let the ruler be like those who are ruled. Let the one who is first become like the last, for I have come to serve Adam in his poverty and to give my life as a ransom for the many who cry to me, 'O Lord, glory to you!'"

Tone 8

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
The fig tree was withered because it was unfruitful. O brothers, we must fear the same punishment and bring worthy fruits of repentance to Christ who brings us great mercy.

Glory: Both now:

The serpent found a second Eve in the Egyptian woman and plotted the fall of Joseph through words of flattery, but he left his garment behind and fled from sin. He was naked, yet unashamed, like Adam before the Fall. O Christ, have mercy on us through his prayers.

*Entrance with the Gospel Book.*

#### Prokeímenon Ps 127 Tone 6

R: May the Lord bless you from Zion.  
S: Blessed are all who fear the Lord and walk in his ways.

#### Law

From the Book of Exodus (1:1-21)  
These are the names of the sons of Israel, who came into Egypt together with Jacob their father; everyone of them came with their whole family. <sup>2</sup> Reuben, Simeon, Levi, Judah, <sup>3</sup> Íssachar, Zébulon, Benjamin, <sup>4</sup> Dan and Náptali, Gad and Asher. <sup>5</sup> But Joseph was *already* in Egypt. And all the souls born to Jacob were seventy-five. <sup>6</sup> Then Joseph died, together with all his brothers, and all that generation. <sup>7</sup> The sons of Israel increased, multiplied, became numerous and grew exceedingly strong, and the land increased them. <sup>8</sup> But there arose another king over Egypt, who did not know Joseph. <sup>9</sup> And he said to his nation: See, the race of the sons of Israel is a great throng, and is stronger than we are. <sup>10</sup> Come then, let us deal craftily with them, in case at any time they are increased, and whenever war will happen to us, these also will be added to our enemies. Then having prevailed against us in war, they will leave the land. <sup>11</sup> So he set task-masters over them to afflict them in their tasks; they built strong cities for Pharaoh, Pithon, Raamses, and On which is Heliopolis. <sup>12</sup> Yet as they humbled them, they increased much more and grew exceedingly strong. The Egyptians greatly despised the sons of Israel. <sup>13</sup> The Egyptians tyrannised the sons of Israel by force. <sup>14</sup> They embittered their life with hard labour in clay, brick-making and all the tasks in the plains, in all the works in which they were enslaved by force. <sup>15</sup> Then the king of the Egyptians spoke to the midwives of the Hebrews, one of whom was named Shiprah and the other Puah, <sup>16</sup> He said: When you carry out the office of midwives to the Hebrew women, and they are about to be delivered, if it is a male, kill it, but if a female, save it. <sup>17</sup> But the midwives feared God and did not do as the king of Egypt ordered them; they kept the male children alive. <sup>18</sup> Then the king of Egypt

called the midwives and said to them: Why is it that you have done this thing and kept the male children alive? <sup>19</sup> So the midwives said to Pharaoh: The Hebrew women are not like the women of Egypt, for they are delivered before the midwives go in to them. So they bore children. <sup>20</sup> God dealt well with the midwives, so the people increased and grew very strong.

### Prokeimenon Ps 128 Tone 8

R: We have blessed you in the Lord's name.

S: They have often made war against me from my youth.

R: Command!

P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

From the Book of Job (1:1-12)

There was a certain man in the land of Uz whose name was Job, and that man was true, blameless, just, and godly, abstaining from every evil deed. <sup>2</sup> He had seven sons and three daughters. <sup>3</sup> And his cattle consisted of seven thousand sheep, three thousand camels, five hundred yoke of oxen, five hundred she-asses in the pastures, and a very great household, and he had a great husbandry on the earth; and that man was most noble of the men of the east. <sup>4</sup> And his sons, visiting one another, prepared a banquet every day, taking with them also their three sisters to eat and drink with them. <sup>5</sup> And when the days of the banquet were completed, Job sent and purified them, having risen up in the morning, and offered sacrifices for them, according to their number, and one calf for a sin-offering for their souls, for Job said: In case perhaps my sons have thought evil in their minds against God. Thus, then Job did continually. <sup>6</sup> And it came to pass on a day, that see, the angels of God came to stand before the Lord, and the devil came with them. <sup>7</sup> Then the Lord said to the Devil: From where have you come? And the Devil answered the Lord and said: I have come from wandering around the earth, and walking up and down in what lies under heaven. <sup>8</sup> Then the Lord said to him: Have you diligently considered my servant Job, that there is no one like him on the earth, blameless, true, godly, and abstaining from every evil deed? <sup>9</sup> Then the Devil answered and said before the Lord: Does Job worship the Lord for nothing? <sup>10</sup> Have you not made a hedge around him, around his household and around all his possessions? Have you not blessed the works of his hands and increased his cattle on the land? <sup>11</sup> But put out your hand and touch everything that he has, then will he bless you to your face? <sup>12</sup> Then the Lord said to the Devil: See, I give all that he has into your hand, but do not touch him. So the Devil went out from the presence of the Lord.

### Prokeimenon Ps 140

R: Let my prayer prosper before you like incense,  
*the raising of my hands be an evening sacrifice.*

S1: O Lord, I have cried to you, listen to me;  
note the voice of my plea when I cry to you.

S2: O Lord, place a guard on my mouth  
and a door of restraint around my lips.

S3: Do not incline my heart to evil words,  
to justify *myself* with excuses for sins with the lawless.

### Gospel

From the Holy Gospel according to Matthew (24:3-35)

At that time as Jesus sat on the Mount of Olives, the disciples came to him privately, saying, "Tell us, when will this be, and what will be the sign of your coming and of the close of the age?" <sup>4</sup> And Jesus answered them, "Take heed that no one leads you astray. <sup>5</sup> For many will come in my name, saying, 'I am the Christ,' and they will lead many astray. <sup>6</sup> And you will hear of wars and rumours of wars; see that you are not alarmed; for this must take place, but the end is not yet. <sup>7</sup> For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places: <sup>8</sup> all this is but the beginning of the birth-pangs. <sup>9</sup> "Then they will deliver you up to tribulation, and put you to death; and you will be hated by all nations for my name's sake. <sup>10</sup> And then many will fall away, and betray one another, and hate one another. <sup>11</sup> And many false prophets will arise and lead many

astray. <sup>12</sup> And because wickedness is multiplied, most men's love will grow cold. <sup>13</sup> But he who endures to the end will be saved. <sup>14</sup> And this gospel of the kingdom will be preached throughout the whole world, as a testimony to all nations; and then the end will come. <sup>15</sup> "So when you see the desolating sacrilege spoken of by the prophet Daniel, standing in the holy place (let the reader understand), <sup>16</sup> then let those who are in Judea flee to the mountains; <sup>17</sup> let him who is on the housetop not go down to take what is in his house; <sup>18</sup> and let him who is in the field not turn back to take his mantle. <sup>19</sup> And alas for those who are with child and for those who give suck in those days! <sup>20</sup> Pray that your flight may not be in winter or on a Sabbath. <sup>21</sup> For then there will be great tribulation, such as has not been from the beginning of the world until now, no, and never will be. <sup>22</sup> And if those days had not been shortened, no human being would be saved; but for the sake of the elect those days will be shortened. <sup>23</sup> Then if anyone says to you, 'Lo, here is the Christ!' or 'There he is!' do not believe it. <sup>24</sup> For false Christs and false prophets will arise and show great signs and wonders, so as to lead astray, if possible, even the elect. <sup>25</sup> Lo, I have told you beforehand. <sup>26</sup> So, if they say to you, 'Lo, he is in the wilderness,' do not go out; if they say, 'Lo, he is in the inner rooms,' do not believe it. <sup>27</sup> For as the lightning comes from the east and shines as far as the west, so will be the coming of the Son of man. <sup>28</sup> Wherever the body is, there the eagles will be gathered together. <sup>29</sup> "Immediately after the tribulation of those days the sun will be darkened, and the moon will not give its light, and the stars will fall from heaven, and the powers of the heavens will be shaken; <sup>30</sup> then will appear the sign of the Son of man in heaven, and then all the tribes of the earth will mourn, and they will see the Son of man coming on the clouds of heaven with power and great glory; <sup>31</sup> and he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other. <sup>32</sup> "From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. <sup>33</sup> So also, when you see all these things, you know that he is near, at the very gates. <sup>34</sup> Truly, I say to you, this generation will not pass away till all these things take place. <sup>35</sup> Heaven and earth will pass away, but my words will not pass away.

### HOLY AND GREAT TUESDAY

#### Lord I have cried

Tone 1

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

S9: The just will wait for me until you reward me.

How can I, who am unworthy, appear in the splendour of your saints? For if I dare enter your bridal chamber with them, my clothes will betray me; they are unfit for a wedding. The angels will throw me out in chains. O Lord, cleanse the filth of my soul and save me in your love for the human race. X2

Tone 2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

S7: Let your ears note the voice of my plea.

O Christ the Bridegroom, my soul has slept in laziness. Like the foolish virgins, I have no lamp ablaze with virtues. O Master, I wander aimlessly when it is time for work, yet do not close your compassionate heart to me. Rouse me and shake off my heavy sleep. Lead me with the wise virgins into the bridal chamber, so that I may hear the pure voice of those that feast and cry continually, "O Lord, glory to you!" X2

## Tone 4

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

My soul, you have heard the condemnation of the man who hid his talent. Do not hide the word of God. Proclaim his wonders, so that as you increase the gift of grace, you may enter into the joy of your Lord. X2

## Tone 6

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.

O faithful, come and let us work zealously for the Master, for he distributes wealth to his servants. Let each of us increase his talent of grace according to his ability. Let one be adorned with wisdom through good works; let another celebrate a service with splendour. The one distributes his wealth to the poor; the other communicates the word to those who are uneducated. Therefore we will increase what has been entrusted to us and, as faithful stewards of grace, we will be counted worthy of the Master's joy. O Christ our God, make us worthy of this in your love for the human race. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O Jesus, O Good Shepherd, when you come in glory with the angelic hosts and sit on the throne for judgment, do not banish me. For you know the paths on your right hand, but those on your left hand lead astray. Do not destroy me with the goats, although I am coarse with sin, but number me with the sheep of your right hand and save me in your love for the human race.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O Bridegroom, you are more beautiful than all men. You have invited us to the spiritual banquet of your bridal chamber. Strip the ugly garment of my sins from me as I participate in your passion. O merciful Lord, adorn me in the glorious robe of your beauty that proclaims me as a guest in your kingdom.

## Glory: Both now: Tone 7

My soul, see, the Master has entrusted you with the talent. Receive the gift with fear. Repay the one who gave by giving to the poor and gain the Lord as your friend, so that when he comes in glory, you may stand at his right hand and hear his blessed voice, "My servant, enter the joy of your Lord! O Saviour, even though I have gone astray, make me worthy of this through your great mercy.

*Entrance with the Gospel Book***Prokeimenon Ps 131 Tone 6**

R: O Lord, rise into your resting-place,  
you and the ark of your holiness.  
S: O Lord, remember David and all his lowliness.

**Law**  
*Moses*

From the Book of Exodus (2:5-10)  
The daughter of Pharaoh came down to the river to bathe and her attendants walked beside the river. Having seen the cradle in the mud, she sent her attendant to take it up. <sup>6</sup> After she had opened it, she saw the baby crying in the cradle. And the daughter of Pharaoh had compassion on it, and said: This is one of the Hebrew's children. <sup>7</sup> So his sister said to the daughter of Pharaoh: Would you like me to summon to you a nurse of the Hebrews so that she may suckle the child for you? <sup>8</sup> The daughter of Pharaoh said: Go. So the young woman went and called the mother of the child. <sup>9</sup> Then the daughter of Pharaoh said to her: Take care of this child, suckle it for me and I will give you the wages. So the woman took the child and

suckled it. <sup>10</sup> And when the boy was grown, she brought him to the daughter of Pharaoh, and he became her son. She called his name, Moses, saying: I took him from of the water.

**Prokeimenon Ps 132 Tone 4**

R: See now, what is so good or delightful,  
but for brothers to live together in unity.  
S: *It is* like myrrh on the head which runs down the beard.

R: Command!  
P: Wisdom. Stand upright. The light of Christ enlightens all.

**Wisdom***Death of Job's children*

From the Book of Job (1:13-22)

It came to pass that on a certain day when Job's sons and daughters were drinking wine in the house of their elder brother, <sup>14</sup> see, a messenger came to Job, and said to him: The yokes of oxen were ploughing, and the she-asses were feeding near them, <sup>15</sup> when the plunderers came, took them for plunder and killed the servants with the sword. I alone have escaped and have come to tell you. <sup>16</sup> While he was still speaking, another messenger came and said to Job: Fire has fallen from heaven, burnt up the sheep and consumed the shepherds in the same way. I alone have escaped and have come to tell you. <sup>17</sup> While he was still speaking, another messenger came, and said to Job: The horsemen formed three companies against us, surrounded the camels, took them for plunder and killed the servants with the sword. I alone have escaped and have come to tell you. <sup>18</sup> While he was still speaking, another messenger came, saying to Job: While your sons and daughters were eating and drinking with their elder brother, <sup>19</sup> suddenly a great wind came from the desert and caught the four corners of the house. The house fell on your children and they are dead. I alone have escaped and have come to tell you. <sup>20</sup> So Job arose, tore his clothing, shaved the hair of his head, fell on the earth, worshipped <sup>21</sup> and said: I came naked from my mother's womb and will return there naked. The Lord gave, the Lord has taken away. As it seemed good to the Lord, so it has come to pass; blessed be the name of the Lord. <sup>22</sup> In all these things that happened to him, Job never sinned before the Lord, and did not charge God with folly.

**Prokeimenon Ps 140**

R: Let my prayer prosper before you like incense,  
*the raising of my hands be an evening sacrifice.*  
S1: O Lord, I have cried to you, listen to me;  
note the voice of my plea when I cry to you.  
S2: O Lord, place a guard on my mouth  
and a door of restraint around my lips.  
S3: Do not incline my heart to evil words,  
to justify *myself* with excuses for sins with the lawless.

**Gospel**

From the Holy Gospel according to Matthew (24:36-26:2)  
The Lord said to his disciples: Of that day and hour no one knows, not even the angels of heaven, nor the Son, but the Father only. <sup>37</sup> As were the days of Noah, so will be the coming of the Son of man. <sup>38</sup> For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day when Noah entered the ark, <sup>39</sup> and they did not know until the flood came and swept them all away, so will be the coming of the Son of man. <sup>40</sup> Then two men will be in the field; one is taken and one is left. <sup>41</sup> Two women will be grinding at the mill; one is taken and one is left. <sup>42</sup> Watch therefore, for you do not know on what day your Lord is coming. <sup>43</sup> But know this, that if the householder had known in what part of the night the thief was coming, he would have watched and would not have let his house be broken into. <sup>44</sup> Therefore you also must be ready; for the Son of man is coming at an hour you do not expect. <sup>45</sup> "Who then is the faithful and wise servant, whom his master has set over his household, to give them their food at the proper time? <sup>46</sup> Blessed is that servant whom his master when he comes will find so doing. <sup>47</sup> Truly, I say to you, he will set him over all his possessions. <sup>48</sup> But if that wicked servant says to himself, 'My master is delayed,' <sup>49</sup> and begins to beat his

fellow servants, and eats and drinks with the drunken,<sup>50</sup> the master of that servant will come on a day when he does not expect him and at an hour he does not know,<sup>51</sup> and will punish him, and put him with the hypocrites; there men will weep and gnash their teeth.

<sup>1</sup> "Then the kingdom of heaven shall be compared to ten maidens who took their lamps and went to meet the bridegroom. <sup>2</sup> Five of them were foolish, and five were wise. <sup>3</sup> For when the foolish took their lamps, they took no oil with them; <sup>4</sup> but the wise took flasks of oil with their lamps. <sup>5</sup> As the bridegroom was delayed, they all slumbered and slept. <sup>6</sup> But at midnight there was a cry, 'Behold, the bridegroom! Come out to meet him.' <sup>7</sup> Then all those maidens rose and trimmed their lamps. <sup>8</sup> And the foolish said to the wise, 'Give us some of your oil, for our lamps are going out.' <sup>9</sup> But the wise replied, 'Perhaps there will not be enough for us and for you; go rather to the dealers and buy for yourselves.' <sup>10</sup> And while they went to buy, the bridegroom came, and those who were ready went in with him to the marriage feast; and the door was shut. <sup>11</sup> Afterward the other maidens came also, saying, 'Lord, lord, open to us.' <sup>12</sup> But he replied, 'Truly, I say to you, I do not know you.' <sup>13</sup> Watch therefore, for you know neither the day nor the hour. <sup>14</sup> "For it will be as when a man going on a journey called his servants and entrusted to them his property; <sup>15</sup> to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. <sup>16</sup> He who had received the five talents went at once and traded with them; and he made five talents more. <sup>17</sup> So also, he who had the two talents made two talents more. <sup>18</sup> But he who had received the one talent went and dug in the ground and hid his master's money. <sup>19</sup> Now after a long time the master of those servants came and settled accounts with them. <sup>20</sup> And he who had received the five talents came forward, bringing five talents more, saying, 'Master, you delivered to me five talents; here I have made five talents more.' <sup>21</sup> His master said to him, 'Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master.' <sup>22</sup> And he also who had the two talents came forward, saying, 'Master, you delivered to me two talents; here I have made two talents more.' <sup>23</sup> His master said to him, 'Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master.' <sup>24</sup> He also who had received the one talent came forward, saying, 'Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you did not winnow; <sup>25</sup> so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.' <sup>26</sup> But his master answered him, 'You wicked and slothful servant! You knew that I reap where I have not sowed, and gather where I have not winnowed? <sup>27</sup> Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. <sup>28</sup> So take the talent from him, and give it to him who has the ten talents. <sup>29</sup> For to every one who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away. <sup>30</sup> And cast the worthless servant into the outer darkness; there men will weep and gnash their teeth.' <sup>31</sup> "When the Son of man comes in his glory, and all the angels with him, then he will sit on his glorious throne. <sup>32</sup> Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, <sup>33</sup> and he will place the sheep at his right hand, but the goats at the left. <sup>34</sup> Then the King will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; <sup>35</sup> for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, <sup>36</sup> I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' <sup>37</sup> Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink? <sup>38</sup> And when did we see thee a stranger and welcome thee, or naked and clothe thee? <sup>39</sup> And when did we see thee sick or in prison and visit thee?' <sup>40</sup> And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.' <sup>41</sup> Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; <sup>42</sup> for I was hungry and you gave me no food, I was thirsty and you gave me no drink, <sup>43</sup> I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in

prison and you did not visit me.' <sup>44</sup> Then they also will answer, 'Lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to thee?' <sup>45</sup> Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' <sup>46</sup> And they will go away into eternal punishment, but the righteous into eternal life." <sup>1</sup> When Jesus had finished all these sayings, he said to his disciples, <sup>2</sup> "You know that after two days the Passover is coming, and the Son of man will be delivered up to be crucified."

## HOLY AND GREAT WEDNESDAY

### Lord I have cried

Tone 1

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

O Son of the Virgin, a prostitute recognized you as God. With tears equal to her past deeds, she implored you with tears, "Loose my debt as I have loosed my hair. Love the woman who, although justly hated, loves you. Then, O Benefactor and Lover of the human race, I will announce you together with the tax collector." The prostitute mingled precious myrrh with her tears. She poured it on your most pure feet and kissed them. Immediately you justified her. You suffered for our sakes. Forgive us also and save us.

S9: The just will wait for me until you reward me.

The prostitute mixed the precious oil of myrrh with her tears and poured it on your most pure feet as she kissed them. Immediately you pronounced her to be put right. O Lord, you suffered for us, so grant us also forgiveness and save us.

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

As the sinful woman was bringing her offering of myrrh, the disciple was scheming with lawless men. She rejoiced in pouring out her precious gift. He hurried to sell the Precious *Lord*. She recognized the Master, but Judas parted from him. She was set free, but Judas was enslaved to the enemy. How terrible is slothfulness! How great *was* her repentance! O Saviour, you suffered for our sakes; grant us also repentance and save us.

S7: Let your ears note the voice of my plea.

Alas, the misery of Judas! He saw the prostitute kiss the footsteps of Christ, but deceitfully contemplated the kiss of betrayal. She loosed her hair, while he bound himself with anger. He offered the stench of evil instead of myrrh, for envy cannot distinguish value. Alas, the misery of Judas! O God, rescue our souls from it.

Tone 2

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

The sinful woman ran to buy the precious myrrh with which to anoint her Saviour. She cried to the merchant, "Give me myrrh so that I may anoint the one who has cleansed all my sins.

Tone 6

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.



The woman who was submerged in sin found you as a harbour of salvation. She poured out myrrh with her tears and cried to you, "See the *Lord* who brings repentance to sinners! O Master, rescue me from the tempest of sin through your great mercy.

Tone 6

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

Today Christ comes to the house of the Pharisee. A sinful woman crawls to his feet and cries, "Observe me, for I am engulfed in sin. I am in despair because of my evil deeds, but in your goodness do not despise me. O Lord, grant me forgiveness for my evil deeds and save me.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O Master, the prostitute spread her hair before you, while Judas extended his hands to the lawless. She did this in order to receive forgiveness, while he acted in order to receive silver. Since you were sold for us and yet set us free, we cry to you, "O Lord, glory to you!"

S2: Every nation, praise the Lord; every people, acclaim him!

O Saviour, the corrupt and filthy woman approached you. She poured out her tears on your feet and so announced your passion. O Master, how can I gaze at you? Yet you came to save the prostitute. Since I am dead in sin, raise me from the depths as you raised Lazarus from the tomb after four days. O Lord, accept me in my misery and save me.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

As she despaired for her life and lost heart because of her deeds, the woman came to you carrying myrrh. She cried, "O Son of the Virgin, although I am a prostitute, do not banish me. O Joy of the angels, do not despise my tears. You did not reject me as a sinner, so accept me now as a penitent in your great mercy.

Glory: Both now: Tone 8

O Lord, the woman who had fallen into many sins, when she perceived your divinity, joined the ranks of the myrrh-bearing women. She brought you myrrh before your burial with tears. She cried, "Woe is me! For I live in the night of immorality and am shrouded in the dark and moonless love of sin. Accept the fountain of my tears as you gathered the water of the sea into clouds. Incline your ear to the sighing of my heart, as you inclined the heavens in your ineffable condescension. Once when Eve heard your footstep in Paradise in the cool of the day, she ran in fear and hid herself. But now I will tenderly embrace those pure feet and wipe them with the hair of my head. O Saviour of my soul, who can measure the abundance of my sin or the depth of your judgments? Do not despise your servant in your boundless mercy."

#### Prokeimenon Ps 135 Tone 4

<sup>26</sup> Thank the God of heaven, for his mercy endures for ever.

<sup>2</sup> Give thanks to the God of gods, for his mercy endures for ever.

#### Reading 1

From the Book of Exodus (2:11-22)

In those days, when Moses had grown up, he went out to his people and looked on their burdens; and he saw an Egyptian beating a Hebrew, one of his people. <sup>12</sup>He looked this way and that, and seeing no one he killed the Egyptian and hid him in the sand. <sup>13</sup>When he went out the next day, see, two Hebrews were struggling together; and he said to the man that did the wrong, "Why do you strike your fellow?" <sup>14</sup>He answered, "Who made you a prince and a judge over us? Do you mean to kill me as you killed the Egyptian?" Then Moses was afraid, and thought, "Surely the thing is known." <sup>15</sup>When Pharaoh heard of it, he sought to kill Moses.

But Moses fled from Pharaoh, and stayed in the land of Mid'ian; and he sat down by a well. <sup>16</sup>Now the priest of Mid'ian had seven daughters; and they came and drew water, and filled the troughs to water their father's flock. <sup>17</sup>The shepherds came and drove them away; but Moses stood up and helped them, and watered their flock. <sup>18</sup>When they came to their father Reu'el, he said, "How is it that you have come so soon today?" <sup>19</sup>They said, "An Egyptian delivered us out of the hand of the shepherds, and even drew water for us and watered the flock." <sup>20</sup>He said to his daughters, "And where is he? Why have you left the man? Call him, that he may eat bread." <sup>21</sup>And Moses was content to live with the man, and he gave Moses his daughter Zippo'rah. <sup>22</sup>She bore a son, and he called his name Gershom; for he said, "I have been a sojourner in a foreign land."

#### Prokeimenon Ps 137 Tone 4

<sup>8b</sup> O Lord, your mercy endures for ever;

do not overlook the work of your hands.

<sup>1</sup> O Lord, I will thank you with my whole heart and make melody to you before *the* angels,

R: Command!

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### Reading 2

From the Book of Job (2:1-10)

In those days when the sons of God came to present themselves before the Lord, and Satan also came among them to present himself before the Lord. <sup>2</sup>And the Lord said to Satan, "Whence have you come?" Satan answered the Lord, "From going to and fro on the earth, and from walking up and down on it." <sup>3</sup>And the Lord said to Satan, "Have you considered my servant Job, that there is none like him on the earth, a blameless and upright man, who fears God and turns away from evil? He still holds fast his integrity, although you moved me against him, to destroy him without cause." <sup>4</sup>Then Satan answered the Lord, "Skin for skin! All that a man has he will give for his life. <sup>5</sup>But put forth your hand now, and touch his bone and his flesh, and he will curse you to your face." <sup>6</sup>And the Lord said to Satan, "See, he is in your power; only spare his life." <sup>7</sup>So Satan went forth from the presence of the Lord, and afflicted Job with loathsome sores from the sole of his foot to the crown of his head. <sup>8</sup>And he took a potsherd with which to scrape himself, and sat among the ashes. <sup>9</sup>Then his wife said to him, "Do you still hold fast your integrity? Curse God, and die." <sup>10</sup>But he said to her, "You speak as one of the foolish women would speak. Shall we receive good at the hand of God, and shall we not receive evil?" In all this Job did not sin with his lips.

#### Gospel

From the Holy Gospel according to Matthew (26:6-16)

At that time when Jesus was at Bethany in the house of Simon the leper, <sup>7</sup>a woman came up to him with an alabaster flask of very expensive ointment, and she poured it on his head, as he sat at table. <sup>8</sup>But when the disciples saw it, they were indignant, saying, "Why this waste? <sup>9</sup>For this ointment might have been sold for a large sum, and given to the poor." <sup>10</sup>But Jesus, aware of this, said to them, "Why do you trouble the woman? For she has done a beautiful thing to me. <sup>11</sup>For you always have the poor with you, but you will not always have me. <sup>12</sup>In pouring this ointment on my body she has done it to prepare me for burial. <sup>13</sup>Truly, I say to you, wherever this gospel is preached in the whole world, what she has done will be told in memory of her." <sup>14</sup>Then one of the twelve, who was called Judas Iscariot, went to the chief priests <sup>15</sup>and said, "What will you give me if I deliver him to you?" And they paid him thirty pieces of silver. <sup>16</sup>And from that moment he sought an opportunity to betray him.

## MENAION STICHERA

## NOTE

*The celebrated saints for the Pre-Sanctified Liturgies are of the next solar day, even when the Liturgy is served in the morning of the previous day. Two dates below are given; the first is the solar day of the Liturgy and the second the day of the memorial.*

## 3/4 FEBRUARY

## Monk Isidore (Isidoros) of Pelousion C5

## Lord I have cried

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed father Isidore, you raised yourself to God through contemplation and the practice of the virtues. You led a holy life, approached the vision of God through the ladder of your actions and loved the supreme Recipient of all your desires. Now you possess for all time what you desired, and enjoy the blessedness and light of the Triple Splendour. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O holy father, you revive all the faithful in the Lord with the streams of grace and the rain of your sacred words. You approached the cup of heavenly wisdom and drank copiously from it, as though from a well. O father Isidore, you are worthy of our praise; you spread your radiant belief everywhere through your writing, warning and teaching.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

When you clothed yourself with the life-giving crucifixion, you crushed the arrogance of the flesh through self-control. O blessed Isidore, you enlarged the character of your soul and were able to receive the grace of the Holy Spirit. You have become a store of divinely-inspired teaching and a treasury of wisdom which exceeds our comprehension.

Glory: Both now: Tone 7

Our Saviour, *you are* the Light of revelation to the nations and descended from heaven to earth. You came from the Virgin and rested in the arms of the just Simeon. O Giver of life, it was right that an old man should recognise you, for you came to release him; O Lord of great mercy, this was your promise.

## 4/5 FEBRUARY

## Virgin Martyr Agatha (Agáthi) of Palermo in Sicily C3

## Lord I have cried

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Agatha, bride of God, you kept your body blameless in virginal glory for Christ your Bridegroom. You were radiant with the light of martyrdom and entered the bridal room of our God. Therefore throughout the whole world we celebrate your feast and praise the Saviour who glorifies you. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O renowned martyr Agatha, you endured the severing of your breasts, the burning by fire and the dismembering of your body. You fixed your heart's gaze on the eternal reward, the blessedness of the age to come and the unfading crown. You received this from Christ in heaven because you fought the good fight for him.

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

O Agatha, because, as your name shows, you are truly good, you ended the unyielding flow of fire from Etna through your prayers. You saved your sacred city, which honours your relics; they pour out streams of healing through the Holy Spirit. There you humiliated the enemy with your struggles and received the crown of victory.

Glory: Tone 8

An amazing miracle happened when the renowned Agatha, the martyr of Christ our God, suffered her passion. It made her the equal of Moses *in this way*. He had received on the mountain the tablets on which were inscribed the divine writings in order to give the Law to the human race. Here an angel from heaven brought a tablet on which was written, "O virginal spirit, you have freely chosen the honour of God and have won the relief of your homeland."

Both now:

The *Lord* who is carried on high by the Cherubim and praised in hymns by the Seraphim is brought today according to the Law into the holy Temple and rests in the arms of the Elder as though on a throne. He receives the gifts from Joseph which are correct for God. *They are* a pair of doves, the symbol of the spotless Church and of the newly chosen people of the Gentiles, and two young pigeons, for he is the Originator of the two Covenants, both old and new. Simeon, now that he is granted the fulfilment of the prophesies about himself, blesses the Virgin and Theotokos Mary. He foretells in figures the passion of her Son. He begs release from him and cries aloud, "O Master, now let me depart as you have promised, for I have seen the pre-eternal Light."

## 5/6 FEBRUARY

+ Confessor and Patriarch Phótiós of Constantinople C9  
Bishop Voukólos of Smyrna C2

## Lord I have cried

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O holy father Voukólos, you shone with the light of divine virtues. You were mystically placed on the lamp-stand of the Church of God like a light, so that you could illuminate everyone through your sacred teaching. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O God-bearing father, Voukólos, the Holy Spirit has sanctified you. He gives holiness, light and salvation to the faithful who approach you.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

*O Voukólos*, you preached the extreme goodness of our God, made the people pass from evil to good and guided them to the Saviour and Benefactor, *for you were* a sacred hierarch.

Glory: Tone 8

All you faithful, come and let us praise in faith the most wonderful Phótiós, the holy bishop and friend of the Lord! Because he was filled with the teaching of the apostles and revealed as a dwelling of the Holy Spirit through his virtuous life, he drove the wolves away from the universal Church with true teaching. He majestically presented the Orthodox Faith, and was revealed as a pillar and champion of reverence. Now as he stands after his death yet closer to Christ, he continually prays for our souls.

Both now: Tone 5

"Search the scriptures," as Christ our God said in the Gospels. There we find him born as a Child, wrapped in swaddling clothes, laid in a manger, fed on milk, receiving circumcision and carried by

Simeon. He has appeared to the world not in fancy or imagination, but in very truth. Let us cry aloud to him, "Glory to you, O pre-eternal God!"

**6/7 FEBRUARY**  
**Bishop Parthénios of Lampsákos C4**  
**Monk Luke of Greece C10**

**Either Lord I have cried (Parthénios)**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

The great Parthénios, named after virginity, *is* the beacon of Lampsákos *and* the radiant Morning Star of miracles. He summons us all by his memorial so that we, who sing hymns to Christ the Saviour, may keep the spiritual feast. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! All-blessed and wise *bishop*, you carried God within you from childhood through the fire of your prayers. You burnt up legions of demons and guided the flock of Lampsákos. You demolished the temples of idols and renewed yourself as a temple for God.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

Your miracles proclaim your marvellous deeds. The fish were landed *and* the dead restored to life. The unfruitful arable land as well as the barren vineyard yielded fruit. The necessary rain fell and there was the miracle for the dyers. O holy father Parthénios, your works are amazing. Plead for our salvation.

**Or Lord I have cried (Luke)**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O venerable father Luke, you followed the Lord from your youth without reserve and renounced the support which was given by your parents as well as every consolation here below. You lived in the wilderness and humbly practised the ascetic life. Like a wise merchant you distributed all your wealth to the poor in order to gain Christ, the Pearl of great price whom you had found as the Recipient of your desires. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! You endured beating, ill-treatment from your father and insults for the Lord whom you loved. You were wounded with love for him and renounced every earthly pleasure. You were even willing to be separated from your mother's love. O holy father, renowned and holy Luke, you put on the monastic habit, but our God, the Lover of the human race, made you appear hesitant because he was moved by your mother's prayers.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

After you had completed your holy life, you became a miracle-worker. God granted you this grace as a reward for your toil. The Judge bestowed on you the eternal crown and everlasting glory. O renowned Luke, plead with him to save the faithful from every adversity, for they sing to you.

Glory: Both now: Tone 6

O Christ our God, we invoke you today. You were pleased to rest in the arms of the Elder as though in the chariot of the Cherubim. Rescue us from the tyranny of our passions as we sing your praise and save us, for you are the Lover of the human race.

**7/8 FEBRUARY**

**+ Great Martyr Theodore (Theódoros), General of Ieraklíá C4**  
**Prophet Zechariah (Zacharia) C6 BC**

**Lord I have cried**

Tone 5

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

Hail, O holy Theodore, soldier of Christ! You caused the enemy companies to flee through the arms of faith. O support of faithful believers, you gained the Kingdom of Heaven at the cost of many tortures. Now you rejoice because you have been made divine in your communion with God and are resplendent in the most pure Light. Today remember those who honour your marvellous memory and fall in faith before your sacred relics. Healing and great mercy pour from them for your faithful petitioners. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! Hail, O honourable head of martyrs, famous relic, sacred treasure, beauty of the Church and destroyer of the enemy! You are truly a gift of God in accordance with your name, a lighthouse which beams miracles over us all and a firm column which could not be moved by the beatings from cruel punishments. You killed the dragon with the spear of your patient endurance. O invincible soldier Theodore, plead with Christ to grant our souls great mercy.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O martyr Theodore, you demolished idols with the cross. O blessed *saint*, you endured whipping. You patiently put up with laceration, pounding and burning on the tree to which you were bound. You were raised on a cross and pierced by arrows which destroyed your eyes. Therefore, O Theodore, we call you blessed, for you fought the good fight and gained the heavenly crown. Plead with Christ to grant our souls great mercy.

Glory: Tone 5

Today the revered memory of the victorious athlete of Christ has shone brighter than the dawn. It constantly enlightens the hearts of believers and banishes the clouds from our souls through the activity and grace of the Spirit. O friends of the martyrs, let us say to him, "Hail, O blessed Theodore! You were a gift which was given by God to believers. You accomplish an abundance of miracles for those who turn to you. Continually plead with Christ that the faithful who celebrate your sacred memory may obtain eternal good things."

Both now:

The Ancient of Days, a young Child in the flesh, was brought to the Temple by his virgin Mother to fulfil the command of his own law. When Simeon received him, he cried, "O Lord, now let your servant depart in peace, for my eyes have seen your salvation."

**8/9 FEBRUARY**  
**Martyr Nikiphóros of Antioch C3**

**Lord I have cried**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed martyr *Nikiphóros*, you were obedient to the commandments of the one who was incarnate on earth and suffered his passion for our sake. You cherished both him and your neighbour, in accordance with the Law and the Prophets. Therefore, O Nikiphoros, for all time you discovered your blessed end in the presence of the one who is the source of love. *X2*

S2: Every nation, praise the Lord;

every people, acclaim him!

You bowed your neck to God before whom every knee bends. O marvellous martyr, although you were beheaded and separated from your body, you were joined in complete purity to Christ, the head of all. O Nikiphóros, ask him to enlighten those who sing to you.

S1: For he has strengthened his mercy over us  
and the truth of the Lord remains for ever.

The stream of your blood, which you poured out for Christ, have made the earth holy. O blessed Nikiphoros, your spirit has joined the heavenly bodiless spirits and also become one with the crowd of martyrs, among whom you are reckoned an esteemed soldier. O victorious martyr, plead for us before God.

Glory: Tone 6

O martyr Nikiphóros, you have plainly revealed that the one who does not love his neighbour cannot love the Lord, for you sincerely loved Saprikios, your colleague in God's service. You were raised on the wings of divine love and donated your life to acknowledge your faith in Christ. But the notorious Saprikios would not give up his grudge against you and denied Christ, his Master. Since you are continually in the presence of God, plead for the salvation of our souls.

Both now:

O all-pure Virgin, I have been wounded by demon robbers and lie without life on the roadside of this transient life, so I need your mercy. Come quickly to visit me, and pour oil and wine on my incurable wounds. All-pure and ever-virgin mother, restore my health so that I may glorify you and rightly sing with love about your great deeds.

### 9/10 FEBRUARY

#### Hieromartyr Charalámbos and Companions of Magnesia C3

*See below for the morning of the 10<sup>th</sup>.*

#### Lord I have cried

Tone 6

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

You set yourself wholly apart for the Master from your youth; you desired him and followed in his steps. You were cleansed from the filth of passions and enriched with the grace of God to perform healing. You worked glorious wonders and became a martyr. You remained steadfast under every assault of the tortures through the power of the *Lord* who was killed on the cross. Earnestly pray to him for our souls. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O athlete, Charalámbos, although your blessed, enduring and invincible body was pierced with nails, you kept your soul steadfast and your mind unharmed. O glorious *bishop*, the desire of God made you burn and urged you to endure all kinds of torture. You were a passion-bearing martyr who shared in the sufferings of Christ. Pray to him boldly for our souls.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

You suffered and inherited truly brilliant joy, ineffable glory and eternal happiness. You were a renowned priest, revered athlete and brave warrior who drowned the armies and hosts of the Serpent in the streams of your blood. By grace and godly prayer you have truly raised the dead and pray boldly for our souls!

Glory: Both now:

All-blameless and Ever-virgin Mother, I was wounded by demon robbers and lay lifeless on the road of this fleeting life, so I need your mercy. Come quickly to visit me; pour oil and wine on my incurable wounds. Restore me to health, so that I may glorify you and rightly sing with love about your great deeds.

### 10 FEBRUARY

#### + Hieromartyr Charalambos

*Weeks 2 to 6 of the Triodion from Monday to Friday in the morning*

#### Lord I have cried

6 *Stichera as set in the Triodion*

Tone 6

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

You set yourself wholly apart for the Master from your youth; you desired him and followed in his steps. You were cleansed of the filth of the passions and enriched with the grace of God to perform healing. You worked glorious wonders and became a martyr, remaining steadfast through all the assaults of the tortures through the power of him who was killed on the cross. Earnestly pray to him on behalf of our souls. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!

O athlete, Charalambos, although your blessed, enduring and invincible body was pierced with nails, you kept your soul steadfast and your mind unharmed. O glorious *bishop*, the desire of God made you burn, urging you to endure all the forms of torture. You were a passion-bearing martyr who shared in the sufferings of Christ. Pray to him boldly on behalf of our souls.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

You suffered and inherited truly brilliant joy, ineffable glory and eternal rejoicing. You were an honoured priest, revered athlete and a brave warrior who drowned the armies and hosts of the Serpent in the streams of your blood. By grace and godly prayer you truly raised the dead and prayed boldly on behalf of our souls!

Glory: Both now:

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honoured and all-blessed Lady, implore him to have mercy on our souls.

#### Readings 1 & 2

*From the day of the Triodion with the appointed prokeimena.*

#### Prokeímenon Ps 63 Tone 7

R: The just will rejoice and hope in the Lord.

S: O God, listen to my prayer when I plead with you.

#### Apóstolos

From the Second Letter to Timothy (2:1-10)

My son Timothy, be strong in the grace that is in Christ Jesus. <sup>2</sup>Entrust what you have heard from me before many witnesses to faithful men who will also be able to teach others. <sup>3</sup>Share in suffering like a good soldier of Christ Jesus. <sup>4</sup>No soldier on service gets entangled in civilian pursuits since his aim is to satisfy the one who enlisted him. <sup>5</sup>An athlete is not crowned unless he competes according to the rules. <sup>6</sup>It is the hard-working farmer who ought to have the first share of the crops. <sup>7</sup>Think over what I say, for the Lord will grant you understanding in everything. <sup>8</sup>Remember Jesus Christ, *who is* risen from the dead *and* descended from David, as I preached in my gospel. <sup>9</sup>*This is* the gospel for which I am suffering and wearing shackles like a criminal. But the word of God is not shackled. <sup>10</sup>Therefore I endure everything for the sake of the chosen *people*, so that they also may obtain salvation in Christ Jesus with its eternal glory.

**Alleluia Tone 2**

- S1: The just *person* will flourish like a palm tree  
and grow like a cedar in Lebanon.
- S2: Those who are planted in the house of the Lord  
will blossom in the courts of our God.

**Gospel**

From the Holy Gospel according to John (15:17-16:2)  
The Lord said to his disciples: This I command you, to love one another. <sup>18</sup> "If the world hates you, know that it has hated me before it hated you. <sup>19</sup> If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. <sup>20</sup> Remember the word that I said to you, 'A servant is not greater than his master.' If they persecuted me, they will persecute you; if they kept my word, they will keep yours also. <sup>21</sup> But all this they will do to you on my account, because they do not know him who sent me. <sup>22</sup> If I had not come and spoken to them, they would not have sin; but now they have no excuse for their sin. <sup>23</sup> He who hates me hates my Father also. <sup>24</sup> If I had not done among them the works which no one else did, they would not have sin; but now they have seen and hated both me and my Father. <sup>25</sup> It is to fulfil the word that is written in their law, 'They hated me without a cause.' <sup>26</sup> But when the Counselor comes, whom I will send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me; <sup>27</sup> and you also are witnesses, because you have been with me from the beginning. <sup>1</sup> "I have said all this to you to keep you from falling away. <sup>2</sup> They will put you out of the synagogues; indeed, the hour is coming when whoever kills you will think he is offering service to God.

**10/11 FEBRUARY****Hieromartyr Vlásios of Sevastía C4  
Devout Empress Theodóra C9**

*The hieromartyr is celebrated in the morning of 10<sup>th</sup>.*

**11/12 FEBRUARY****Archbishop Melétios of Antioch C4**

Lord I have cried

**Tone 4**

- S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.
- O blessed and holy bishop Melétios, after you had studied the Law of the Lord, you revealed yourself, as it is written, as "a tree standing beside the waters of discipline." You produce the fruits of the virtues, through the grace of him who sanctified your holy soul and made you a vessel of spiritual waters.
- S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.
- Most wise Melétios, as it is written in the Scriptures, your face was adorned like the turtledoves. You loved abstinence and fasting from food. You desired the spiritual nourishment which Christ gave you when you understood your many labours. You displayed a burning zeal and suffered tribulation for the sake of faith.

S2: Every nation, praise the Lord; every people, acclaim him!  
O blessed Melétios, you checked the fleshly lusts with self-control, mastered your passions and radiated the splendour of temperance. You served as a pastor for Christ's flock in innocence and purity. Plead with him for the faithful who observe your sacred memorial to be saved from every danger and corruption.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Most wise *patriarch*, you taught wisely about the bodiless Word who is equally without beginning as is the Father. He united his Person to the flesh. His activity is twofold, because of both the Natures from which he is comprised and in which he is seen. Yet his Being is undivided and known in both Natures.

Glory: Both now:

All-pure *Lady*, protect me! Grant me a vigilant spirit so that I may cross over the sea of life safely and fall asleep in peace. Ask the Lord that I may accomplish his will, so that I may find absolution for my life's deeds on the Day of Judgement, for I take refuge under your holy protection.

**12/13 FEBRUARY****Monk Martinianós of Caesarea C5**

Lord I have cried

**Tone 4**

- S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.
- S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.

O blessed father Martinianós, after you had chosen asceticism and contrition, you fled to the caves and mountains. You cleansed your spirit and beautified it with your progress in the contemplation of God. Therefore, O God-bearing and blessed father, you became the boast of monks and the dwelling of the Holy Spirit. *X2*

S2: Every nation, praise the Lord; every people, acclaim him!  
O father Martinianós, you were your own judge and executioner; you willingly sentenced yourself to martyrdom. Because you were tempted by the blaze of impure lust, you kindled a huge pyre and threw yourself on it to be burnt. However, the dew of the Holy Spirit descended from heaven to revive you and reduced the blazing fire to calm ash.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O God-bearing and blessed father Martinianós, you lived on a rocky island in the middle of the sea, for you fled from the designs of the Serpent. Even there the enemy threatened you; he tried to catch you in his net by means of a woman saved from a shipwreck on the sea. You were miraculously carried by dolphins and returned to the mainland where you fought the good fight to the last in solitary exile.

Glory: Tone 2

Hail, O honourable and most wonderful boast of Palestine! You have shone on us like an all-radiant sun. O blessed *father*, you burnt up the power of the enemy and consumed your members with zeal. The Evil One brought every temptation before you in the mountains, deserts and islands. O wise *saint*, even on a rock in the middle of the sea he tested you. Thrice-blessed Martinianós, continually pray to Christ for us who keep your memory with faith.

Both now:

All-pure *Lady*, you are the joy of the angels, the glory of the human race, the hope of believers and our protection. As we take refuge in you we cry out with faith, "O holy Bride of God, let all who praise you be rescued from the snares of the enemy, fatal calamity and every kind of affliction.

**13/14 FEBRUARY****Martyr Afxéntios of Vithynía C5**

Lord I have cried

**Tone 4**

- S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.
- S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.

Most blessed Afxéntios, you expended great effort in the ascetic life; you received from God an outpouring of spiritual gifts to heal infirmities and drive out demons. You were faithful to the calling of Christ and were filled with divine grace and the power of the

Spirit. Because you were openly guided by him, you have reached a calm haven. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
You cleansed yourself in mind, and were enriched with the grace of healing and miracles. You shook off the weakness of the passions together with the darkness and triple attacks of the flesh. You fashioned a splendid spiritual armour and shone out from the ranks of monastics. Plead with the Lover of the human race for those who praise you.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

All-wise *saint*, you increased the talent given to you. O father, you thoroughly worked the soil of your soul, sowed it with tears and reaped with joy. You truly harvested abundant joy and consolation. Therefore, O God-bearing Afxéntios, since you have boldness before the Master, plead with him for those who praise you.

Glory: Tone 8

Most blessed and venerable father Afxéntios, the pure wisdom of the Holy Spirit lived within your heart and revealed you as an enemy of the evil spirits. You were awesome as a healer of hidden illnesses. Therefore, since you have boldness before God, the Lover of the human race, free us from passions of soul and body through your constant prayers.

**Both now:**

Hail, O pride of the angels! Hail, O beauty of mortals! Hail, O pure glory of our race! Hail, O divine portal of the Kingdom of Heaven! Hail, O intercessor before God the Creator! Hail, for you ended the condemnation of old! All of us who constantly enjoy your blessings, thank you and sing a suitable hymn.

#### 14/15 FEBRUARY

#### Apostle Onísimos (Onesimos) of the Seventy C2

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

The blessed Onísimos, the Preacher of grace, is a river whose flow makes you, the city of God, rejoice. He supremely achieved this by communicating to you the ineffable words of the *Lord* who on earth had allowed man to drink from the fountain of delight in Paradise. You became his faithful servant and heard from him the heavenly words which no one can speak. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O Onísimos, you were radiant in the freedom of your spirit, in the independence of your soul and in the nobleness of your faith. You were set free from slavery here below so that you could become a servant of God and bow your head under the yoke of Christ. Now you hurry to release the human race from spiritual slavery and guide it to the true freedom of grace.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

The Lord, who is the true Sun over this inhabited earth, made you shine like a brilliant ray, in order to pour out the light of the Gospel proclamation over the entire world. The dark shadows of error disappear in that light, as also through your many miracles. O renowned apostle Onísimos, the souls of believers are illuminated.

Glory: Both now:

All-holy bride of God, rescue my miserable soul from the condemnation which it merits for its sins. Keep me from death through your prayers. Permit me to be justified with the company of all the saints on the Day of Judgement. Cleanse me through repentance and streams of tears before the end.

#### 15/16 FEBRUARY

#### Martyr Pámphilos and Companions of Caesarea C4

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O martyrs, you fought the good fight, equalled the apostles of Christ in number and were filled with a similar zeal. You stood unflinchingly before the cruel tyrants since you were motivated by courage and steadfastness. When you had preached the Saviour you suffered torture in your bodies and harvested the blessed life for which you had hoped. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
You withstood every kind of torture after you had courageously defeated the opposition of the godless people. O renowned martyrs, you reign with the Saviour and Master of all. You received from the life-giving hand of Christ the merited crown and the indestructible inheritance of the eternal dwellings.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Let us celebrate with sacred songs and hymns of praise the noble and honourable martyrs. *They are* the godly-minded Pámphilos, together with Ouáleri, Pávlos, Sélefkos, Porphyrios, Theódoulos, Ioulianós, Ilías, Daniíl, Ieremías, Isaías and the marvellous Samouíl.

Glory: Both now:

All-pure Virgin, you gave birth to Christ, the living water, in order to drown the great evil of the human race; therefore cover my soul with the dew of the Holy Spirit. Dry up the springs of my passions. O blameless Virgin, make me worthy to drink from the rivers of eternal delight through your prayers.

#### 16/17 FEBRUARY

#### Greatmartyr Theodore (Theódoros) the Recruit C4

**Lord I have cried**

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Theodore, Christ has given you to the world as a rich gift, for he is God our Benefactor who received the gift of your precious blood *which was* offered and shed for him in the zeal of devotion. O martyr, you now stand before him with prayers and boldness; save all those who turn to you. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
You are a strong pillar against the assaults of enemies, an invincible champion of those who praise you, a speedy support, a fervent advocate and a quick rescuer and helper. O blessed Theodore, you are a most powerful intercessor and save all those who address you with faith.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

You possessed a torrent of sweetness and the water for the remission of sins. You were a most true witness to the merciful Christ. Truly blessed Theodore, rescue me from the torrent of my sins, calm the troubled waters for me, still the tempest of temptations and guide me to the calm haven above.

Glory: Tone 2

O thrice-blessed Theodore, I venerate you, for you are correctly named the Gift of God. You have been revealed to us as an unfading light which reflects the divine Light and illuminates the whole creation with your wonders. You are more brilliant than fire since you extinguished fires; you crushed the head of the deceitful Serpent. Therefore Christ appeared and placed a crown on your holy head in the midst of your sufferings. O great martyr, you have boldness before God, so ardently plead for our souls.

Both now:

O Theotokos, accept the hymn of petition with which we address you, for we are your people. O Lady, rescue us, for we are helpless. Save the sheep of your flock from danger, for they bow before you in your holy temple with faith. Because you gave birth to the Saviour, you have a mother's power; continually pray for our salvation.

### 17/18 FEBRUARY

#### Pope Leo (Léon) the Great of Rome C5

##### Lord I have cried

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed father Leo, when you had made your spirit the total master of your passions, you restored the divine image in your soul by the virtues and radiance of your life. Therefore we implore you, "Seek peace for the world, for you are a hierarch and teacher." X2

S2: Every nation, praise the Lord; every people, acclaim him!

O blessed Leo, you were strengthened with the power of Christ and did not fear the fury of the Emperor Leo. O holy hierarch, instead you accused him of his fickleness, ingratitude, heresy about the divine nature of Christ and unfaithful behaviour.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O blessed bishop Leo, you showed yourself invincible in the midst of struggles; you became a companion of the holy hierarchs and martyrs through faith. You are an indestructible fort and an unshakable wall. Your teaching was totally at one with Orthodoxy when you plainly spoke about the birth of the Lord.

Glory: Both now:

O Lady, we acknowledge that you are the source of eternal Life. Through your grace give life at this time to my poor soul which has been dried by the passions. Through your prayers continually pour out the streams of salvation; let them flood over me for the forgiveness of my sins. I implore you to purify me.

### 18/19 FEBRUARY

#### Apostles Árchippos, Philímon and Apphía of the Seventy C1 Martyr Philothéi of Athens C16

##### Either Lord I have cried (Philothéi)

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O holy mother Philothéi, you subjugated your bodily passions through fasting. You have killed the enemy Serpent through your passion and so astonished angels and men by your torments. O jewel of ascetics, vessel of virginity, everyone rejoices in calling to mind your sufferings. Pray that we may be saved and enlightened. X2

S2: Every nation, praise the Lord; every people, acclaim him!

O Philothéi, what can we call you? Christ's bride renowned because of virginity? A chosen daughter of the Jerusalem above? A citizen of the angelic company? O holy martyred mother, you share in the delights of heaven, so plead that we may be saved and enlightened.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O Philothéi, you endured unbearable agony and torment at the hands of your persecutors; now you gaze on the face of your Bridegroom. You are the Bride of Christ and a sharer in his passion; pray that we may be saved and enlightened.

Glory: Both now:

The thoughts of my heart are impure, my lips are filled with deceit and all the actions of my life are covered with shame. What will the Judge do when I stand before him? O sovereign Lady, implore your Son, Creator and God to receive the conversion of my spirit in his tender compassion.

##### Or Lord I have cried (Apostles)

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

Árchippos illuminated the people and saved them from the darkness of unbelief with the light of his preaching. He suffered and trampled down the enemy while he hurried the unfading Luminosity. Now he rejoices with the angels; O Master, grant great mercy to everyone through his prayers. X2

S2: Every nation, praise the Lord; every people, acclaim him!

O blessed *apostle* Árchippos, you were dragged, pierced, and attacked by all kinds of cruel torture. You did not deny Christ or worship the idols. Therefore, you received a crown. O Master, grant great mercy to the whole human race through his prayers.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O divinely-wise martyr Árchippos, you sanctified the earth with the divine streams of your blood. You wounded a host of evil demons through your wounds. You always pour out healing and cure the most serious sufferings. Therefore, O blessed *apostle*, ask in your prayers for great mercy to be granted to everyone.

Glory: Both now:

The thoughts of my heart are impure, my lips are filled with deceit and all the actions of my life are covered with shame. What will the Judge do when I stand before him? O sovereign Lady, implore your Son, Creator and God to receive the conversion of my spirit in his tender compassion.

### 19/20 FEBRUARY

#### Bishop Leo (Léon) of Catania in Sicily C8

##### Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O Leo, blessed and godly-minded father, you were at one with your God and Creator in all purity through your self-denying toil and complete purification. After you had been filled with divine light, you received the power to heal incurable illnesses and to banish unclean spirits through the strength of your prayers. X2

S2: Every nation, praise the Lord; every people, acclaim him!

O Leo, truly blessed father, once you had become a bishop, you were a true shepherd. You guided your flock into the green

meadows of holiness and Orthodoxy with the staff of faith and power of the Spirit. You have obtained a glory in the presence of God, which will never pass away, because of the wonders you accomplished for his sake.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Come and draw the holy oil which flows from the precious relics of the great shepherd as though from a perpetual spring. Say to the God of all, "You are marvellous in your saints. O compassionate Lord, in your goodness save us through the prayers of holy Leo, for we celebrate his sacred memory."

Glory: Both now

My soul, come, weep, lament and pour out streams of tears from the depth of your heart. Cry out to the Theotokos, "O pure Virgin, I beg you to rescue me from fearful and terrible punishment through your immense compassion. Grant that I may rest in a place of repose and rejoice there in eternal happiness.

**20/21 FEBRUARY**  
**Monk Timothy of Symvóla C9**  
**Archbishop Efstáthios of Antioch C4**

**Either Lord I have cried (Timothy)**

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O divinely-wise father Timothy, you utterly destroyed the urges of the passions with great abstinence and frequent prayer. You received the gift of dispassion and were revealed as a vessel of the divine Spirit. Therefore, divinely-blessed father, you live after death and always banish evil spirits. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O divinely-wise father Timothy, you became a true imitator of Abraham and healed those who turn to you anywhere. You acquired the strength of Job in afflictions, possessed the humility of David and lived on earth a life equal to the angels. Therefore you received your final desire and pray for us all.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O divinely-wise and most honourable father Timothy, you were revealed as a model of chastity, an instructor of abstinence, an icon of devotion, a fountain of penitence, an immovable foundation of Orthodoxy, a perpetually-flowing stream of healing, an unfading sun, a child of divine grace and an adornment of monastics.

Glory: Both now:

I am completely subject to judgement and should receive condemnation because my life is totally dissipated, my soul is weak, and my heart, like all my deeds, is impure. O Theotokos, where can I go? In whom can I find refuge, if not in you? O Lady, have compassion and come to save me.

**Or Lord I have cried (Efstáthios)**

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed hierarch Efstáthios, you led a heavenly life and were truly ordained by God to serve as a priest. You offered the sacrifice to him with a pure mind. You endured misfortunes and sufferings for the sake of godly preaching and steadfast truth, which you confirmed by your words. You plainly denounced the senseless one. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
All-sacred Efstáthios, you openly set ablaze the tinder of the blasphemy of Arius with bolts of sacred teaching. He said that the Son was not equal to the Father. You enlighten the hearts of those who celebrate your memory with faith, and strengthen them with truth.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Most-blessed, God-bearer Efstáthios, all-sacred shepherd, as you wielded the staff of your words, you preserved the rational flock of God unharmed from every kind of wolf. Therefore the Good Shepherd led you to the fold of heaven where the souls of the elect and the just live.

Glory: Both now:

I am completely subject to judgement and should receive condemnation because my life is totally dissipated, my soul is weak, and my heart, like all my deeds, is impure. O Theotokos, where can I go? In whom can I find refuge, if not in you? O Lady, have compassion and come to save me.

**21/22 FEBRUARY**  
**Relics of Martyrs of Evgénios C4-C5**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O glorious martyrs, you took off the clothes of mortality through various kinds of torture, dressed yourselves in the divine robe of incorruption and now live in the heavens. O divinely blessed and all-radiant *martyrs*, you always stand before the throne of God. Therefore we celebrate your most splendid memory with faith and kiss the shrine of your relics with reverence. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
Healing from illness is given by God to those who approach the scanty dust of the passion-bearers' bodies; they pour out a fountain of miracles. Approach and let us find health of soul and body. Let us cry out with thanksgiving and say, "O Saviour of the world, O patient *Lord*, for whose sake the honoured athletes suffered, remove us from all harm through their prayers."

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O martyrs, you were indeed victorious. For many years your relics were hidden in the earth, but now you have been revealed as a treasure of great value which enriches the Church of Christ. You are carried in the hands of a wise bishop and brought with honour into the Church of God. You are given to those who ask for the sake of their health and benefit, as also for the enlightenment and aid of those who accept you as the precious faithful *saint* of God.

Glory: Both now:

O pure Theotokos, I will confess my horrible offences to you. If I try to hide them, surely they would be revealed on the Day of Judgement when all the books are opened? I have made my eyes impure with proud looks and my hands with unworthy deeds. Alas, I have corrupted my body and wounded my soul through my sins. O Lady, have compassion in your mercy. Permit me to share the inheritance of the chosen through your prayers.

**22/23 FEBRUARY**  
**Hieromartyr Polykarp (Polykarpos) of Smyrna C2**

**Lord I have cried**

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.



S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Polycarp, when the fruit of the Virgin, the life-bearing Seed, had come to the earth, you sprang up like a fruitful grain of wheat, for you fed the faithful with your holy life. You led us to godliness by the glorious shedding of your blood and the sweet fragrance of your sanctity. X2

S2: Every nation, praise the Lord; every people, acclaim him!

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O blessed Polycarp, you passed from this world to God; your martyrdom was as radiant as a lightning-flash. O holy *bishop*, you stood triumphant at your trial and yearned for Christ, your only love. Now you rejoice in glory while you pray for us all.

Continually intercede for all those who join together to celebrate your memory. X2

Glory: Both now:

O Mother of the most high *God*, you are the joy of the oppressed, the protector of those who suffer unjustly, the feeder of the hungry, the solace of the wanderers, the harbour for anguished hearts, the one who visits the sick, the support and protection of those who are broken by pain and the stick of the blind. O pure Virgin, we implore you, "Hurry to rescue your servants."

### 23/24 FEBRUARY

#### + First and Second Discovery of the Forerunner's Head C5

*See below for morning of 24<sup>th</sup>.*

#### Lord I have cried

Tone 5

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

Hail, holy and light-bearing head which is venerated by the angels! In time past you were cut off by the sword, for you had cut through the shame of impurity with incisive rebukes. Like a fountain which refreshes the faithful with wonders, you declared the saving coming of the Saviour. You perceived the coming of the Spirit who made his home in you as you stood between the grace of the Old and New Covenants. Implore Christ our God to grant our souls great mercy. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
The head of the Forerunner is revealed. Once it was concealed in an earthen vessel; now it is openly delivered from the depths of the earth and pours out streams of healing. For he washed in the waters the head of the *Lord*, who even now covers the chambers of the firmament with water, and showers divine forgiveness on men. So let us bless this truly praiseworthy head and joyfully celebrate its finding, as we implore Christ to grant our souls great mercy.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

The head which proclaimed the Lamb of God who had appeared in the flesh, declared to everyone the ways of saving repentance with divine precepts, before it denounced the sin of Herod and was therefore severed from its body. It was concealed for a time and has risen on us like a shining sun. It cries out, "Repent and with contrition of soul submit to the Lord who grants the world great mercy."

Glory: Tone 6

O Forerunner, your head is a treasury of divine gifts guarded by God and has risen from the depths of the earth. O glorious *prophet*, O Baptist of Christ, while we faithfully receive it and venerate it,

we are made rich through you with marvellous wonders and the remission of sins.

Both now:

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honoured and all-blessed Lady, plead with him to have mercy on our souls.

### 24 FEBRUARY + Head of the Baptist

*Weeks 2 to 6 of the Triodion from Monday to Friday in the morning*

#### Lord I have cried 6 Stichera as set in the Triodion

Tone 5

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

Hail, holy and light-bearing head which is venerated by the angels! In time past you were cut off by the sword, for you had cut through the shame of impurity with incisive rebukes. Like a fountain refreshing the faithful with wonders, you declared the saving coming of the Saviour. You perceived the coming of the Spirit who made his home in you as you stood between the grace of the Old and New Covenants. Implore Christ our God to grant our souls great mercy. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!

The head of the forerunner is made revealed. Once it was concealed in an earthen vessel; now it is openly delivered from the depths of the earth and pours out streams of healing. For he washed in the waters the head of the *Lord* who even now covers the chambers of the firmament with waters and showers divine forgiveness on men. So let us bless this truly praiseworthy head and joyfully celebrate its finding, as we implore Christ to grant our souls great mercy.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

The head which proclaimed the Lamb of God who appeared in the flesh, declared to everyone the ways of saving repentance with divine precepts, before it denounced the sin of Herod and was therefore severed from its body. It was concealed for a time and has risen to us like a shining sun. It cries out, "Repent and with contrition of soul submit to the Lord who grants the world great mercy."

Glory: Tone 6

O Forerunner, your head is a treasury of divine gifts guarded by God and has risen from the depths of the earth. O glorious *prophet*, O Baptist of Christ, while we faithfully receive it and venerate it, we are made rich through you with marvellous wonders and the remission of sins.

Both now:

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honoured and all-blessed Lady, implore him to have mercy on our souls.

### Readings 1 & 2

*From the day of the Triodion with the appointed prokeimena.*

## Prokeimenon Ps 63 Tone 7

R: The just will rejoice and hope in the Lord.

S: O God, listen to my prayer when I plead with you.

**Apóstolos**

From the Second Letter to the Corinthians (4:6-15)

Brothers, it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. <sup>7</sup>But we have this treasure in earthenware vessels to show that the transcendent power belongs to God and not to us. <sup>8</sup>We are afflicted in every way, but not crushed; perplexed, but not driven to despair; <sup>9</sup>persecuted, but not forsaken; struck down, but not destroyed. <sup>10</sup>We always carry in the body the death of Jesus, so that the life of Jesus may also be revealed in our bodies. <sup>11</sup>For while we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be revealed in our mortal flesh. <sup>12</sup>So death is at work in us, but life in you. <sup>13</sup>Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believe, and so we speak. <sup>14</sup>We know that the one who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. <sup>15</sup>For it is all for your sake, so that as grace extends to more and more people, it may increase thanksgiving, to the glory of God.

**Alleluia Ps 91 Tone 2**

S1: The just *person* will flourish like a palm tree and grow like a cedar in Lebanon.

S2: Those who are planted in the house of the Lord will blossom in the courts of our God.

**Gospel**

From the Holy Gospel according to Matthew (11:2-15)

At that time when John heard in prison about the deeds of the Christ, he sent word by his disciples <sup>3</sup> and said to him, "Are you he who is to come, or shall we look for another?" <sup>4</sup> And Jesus answered them, "Go and tell John what you hear and see: <sup>5</sup> the blind receive their sight and the lame walk, lepers are cleansed and the deaf hear, and the dead are raised up, and the poor have good news preached to them. <sup>6</sup> And blessed is he who takes no offense at me." <sup>7</sup> As they went away, Jesus began to speak to the crowds concerning John: "What did you go out into the wilderness to see? A reed shaken by the wind? <sup>8</sup> Why then did you go out? To see a man clothed in soft raiment? See, those who wear soft raiment are in kings' houses. <sup>9</sup> Why then did you go out? To see a prophet? Yes, I tell you, and more than a prophet. <sup>10</sup> This is he of whom it is written, 'See, I send my messenger before your face, who will prepare your way before you.' <sup>11</sup> Truly, I say to you, among those born of women there has risen no one greater than John the Baptist; yet he who is least in the kingdom of heaven is greater than he. <sup>12</sup> From the days of John the Baptist until now the kingdom of heaven has suffered violence, and men of violence take it by force. <sup>13</sup> For all the prophets and the law prophesied until John; <sup>14</sup> and if you are willing to accept it, he is Eli'jah who is to come. <sup>15</sup> He who has ears to hear, let him hear.

**24/25 FEBRUARY****Patriarch Tarásios of Constantinople C9**

*The sticherá are for the Forerunner.*

**25/26 FEBRUARY****Bishop Porphyrios of Gaza C5****Holy Photiní the Samaritan****Lord I have cried**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed Porphyrios, you washed the stains from your soul by the streams of your tears and extinguished the consuming fire of the

sinful passions. After you had dyed your vestments purple you found eternal joy in heaven for all time. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! You are radiant in the heights, in the heaven of true faith. You were not placed under a large basket, but on a lampstand instead in order to illuminate believers. Therefore, O blessed father, you have received the reward for your labour, for you have received the grace of God.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O Porphyrios, you were an initiate at the holy table here below, so continually offer the divine bodiless sacrifice to the Lord in the heavens. Guard us all through your prayers of intercession before the Holy Trinity.

Glory: Both now:

I have been shipwrecked on the sea of my great offences. O pure Theotokos, I seek refuge in the calm haven of your intercession and cry out to you, "All-blameless Virgin, rescue me! Extend your powerful hand to me, your servant."

**26/27 FEBRUARY****Confessor Prokópios of the Dekapolis C8****Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

Most richly blessed *father*, you strove to preserve the dignity of the image that was formed in the beginning according to the image and likeness of God. *You achieved this* with devout thought, in purity and holiness of mind, by restraining the passions, and by observing the commands of Christ. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! You undertook ascetic endeavour followed by suffering in a godly manner. In both these ways you were well-pleasing to the Creator who alone requires from us purity and nobility of soul. As you glorified his incarnation, you venerated the holy image of his divine humanity.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O venerable *father*, you denounced those who wickedly rejected the incarnation of the Word. You perfected the truth, and upheld it by enduring wounds and every kind of affliction in your bonds and imprisonment. Therefore you became an heir to the Kingdom of Christ, to ineffable joy and to eternal radiance.

Glory: Both now:

You enclosed God in your womb whom no space can enclose. He became a man like us and put on our human nature from you in order to make it divine. All-holy *Lady*, do not despise my affliction, but swiftly purify me, save me and rescue me from the evil activity of the enemy.

**27/28 FEBRUARY****Basil the Confessor of Constantinople C8****Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O wonderful *father*, you desired blessedness past understanding, so you reckoned abstinence as your food, poverty as your wealth, lack

of acquisitiveness as abundant possessions and humility as glory. Therefore you received your desire in accordance with your understanding; O Basil, you live in the dwellings of the saints. X2

S2: Every nation, praise the Lord; every people, acclaim him! You steadfastly completed the course of abstinence and kept the faith. Therefore, O father, you have been adorned with the crown of justice which Christ has prepared for you. He rewarded you in accordance with your worth, and granted you honours and rewards for your struggles. O divinely-inspired *father*, plead with him to save our souls.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O divine *father*, you cut off all love of pleasure and so freed your body from slavery. You disciplined your senses through the struggles of abstinence, through the terrible conditions in which you lived and through the endurance of temptations and evil situations. Therefore you have received unending delight, everlasting sweetness and ineffable joy.

Glory: Both now:  
O blameless virgin Mother, grant my weak and lazy soul power and strength, so that I may observe the commandments of your divine Son with fear and love. Due to you, let me escape from the consuming fire; let me attain the inheritance of heaven and eternal life.

**28/29 FEBRUARY**  
**John Kassianós the Roman C5**

**Lord I have cried**

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.  
S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
O venerable father, you led the angelic life on earth and were united to the bodiless choirs in heaven. You took up your cross and followed the God of all. Because you disciplined the deadly passions through the hardships of abstinence, you became a pure vessel and a cup filled by the Holy Spirit. Therefore we sing to you, "O Kassianós, pray for all those who acclaim you." X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O blessed *father*, you were constantly united to God through fasts and vigils; you mastered every sensual feeling. You were continually illuminated through your profound prayer and poured out steams of teaching which revive the hearts of believers, for you revealed the mystery of salvation. Therefore, O godly-minded father, we sing to you, "O Kassianós, pray for all those who acclaim you."

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
You were illuminated by the supreme Light within your wise soul and made it brightly radiant in your teachings. These have enlightened a whole crowd of monks and rescued them from the darkness of the passions. Therefore we continually celebrate your holy memory. We glorify the Lord and God of glory who glorified you because of the struggles which you endured and the victory which you won over the devious Serpent.

Glory: Both now:  
O Theotokos, I place all my hope in you. Keep me under the wings of your protection.

**28 or 29 FEBRUARY/1 MARCH**  
**Martyr Evdokía of Ilioupólis C2**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.  
You first cast down the rebellion of the flesh through fasting; then you destroyed the wiles of the enemy through martyrdom. O blessed Evdokía, you triumphed over him. Therefore Jesus has crowned you because of your two-fold struggle, for he is the Lover of the human race and the Saviour of our souls. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O divinely blessed *martyr*, you received the divine seed in the furrows of your heart as though in rich soil. You truly yielded the grain of martyrdom and produced a hundredfold harvest. All-praised Evdokía, you stored it up in the granaries of divine reason through the power of the Spirit who transformed you and worked in you a greater change through grace.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O glorious Evdokía, you raised the dead through your life-creating words. You first mortified the passions of your body with the pangs of abstinence and then completed your course of martyrdom with the aid of the Spirit. Now you live with the martyrs in heaven and pray for all who sing hymns to you with faith.

Glory: Both now:  
Hail, for you have the radiance of the sun and the unapproachable Light shone from you! Hail, O dazzling beam of divine splendour! *You are* the shining beam which illuminates the entire world, the dove with gilded feathers, the all-beautiful *woman*, the blameless Lady who caused the unfading Light to shine on the faithful.

**1/2 MARCH**  
**Hieromartyr Theodótos of Kyrinia C4**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.  
S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
Most glorious *hieromartyr*, you revealed yourself as a truly holy priest, the foundation of the Church, an unshakeable pillar, a most true and God-given wonderworker. O bishop and martyr Theodótos, you became a most radiant lamp, and a Paradise which had the life-giver Jesus like the tree of life in its midst. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O marvellous *hieromartyr*, you were stretched out on a tree, cruelly beaten with thongs of leather and shut up in prison. Although your feet were inhumanly pierced with nails and you were placed on a fiery bier, you remained unshaken. O bishop and martyr Theodótos, you glorified the *Lord* who strengthened you in everything.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
You strangled the enemy with the thongs of your struggle and overthrew his power. Most brilliant *hieromartyr*, you took courage. Now you wear the crown of victory and live in the Kingdom of Heaven. You have been counted worthy of enlightenment and the beauty of those who feast. O Theodótos, glory of martyrs, you pray that those who honour you may be saved.

Glory: Both now:  
All-pure Bride of God, rescue my poor soul from the punishment which is merited by my sins. Through your prayers snatch me from death and grant that I may be justified with the throng of saints on the Day of Judgement. Purify me before the end through repentance and tears.

**2/3 MARCH**  
**Martyrs Efrópios, Kleónikos and Vasiliskos of Tyra C4**

**Lord I have cried**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O Martyrs, three in number, you fought powerfully against those who cruelly condemned you. You endured many harsh pains with faith and received the kingdom above. Therefore pray God to grant our souls peace and great mercy. X2

S2: Every nation, praise the Lord; every people, acclaim him! Let us praise Efrópios with spiritual songs, together with the steadfast Kleónikos and Vasiliskos. They completely consumed the tinder of the ungodly with fire through the grace of devotion. Now they illuminate the ends of the earth with divine and fiery radiance like brilliant beacons; they banish every delusion into darkness.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O courageous athletes, when your heads were cut off you crushed the head of the enemy beneath your beautiful feet. You are unfading stars, living sacrifices and treasures of the temple of heaven. O glorious Efrópios, Vasiliskos and Kleónikos, request peace for us all.

Glory: Both now:

O praiseworthy *Lady*, heal my soul which has been grievously afflicted by the passions. O Virgin, you have given birth to Christ our Saviour, the Physician of all, who heals every disease, for he has crushed the enemy's head, the demon, and rescues us all from death.

**3/4 MARCH**  
**Father Yerásimos of the Jordan C5**

**Lord I have cried**

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O father Yerásimos, you were a man of divine thought and raised your spirit to God on the wings of faith. You experienced distaste for the insecure condition of the world. You took up your cross and followed him who sees everything. Through asceticism you subdued your unruly body to reason in the strength which came to you from the Holy Spirit. X2

S2: Every nation, praise the Lord; every people, acclaim him! O holy father Yerásimos, you were steadfast in faith. You sought God in the deserts, caves and mountains; you found him as you desired. You were strengthened by steadfastness of soul and lofty wisdom. You led to God a crowd of monks who had been saved,.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O holy father, you passed through your whole life in perfect peace, penitence and prayer. You instructed monks in the paths of faith, while you were adorned with temperance, robed with poverty and passed through life like a stranger. Therefore, O blessed father, you discovered joy in the higher things of God.

Glory: Both now:

All-pure *Lady*, we implore your protection. Do not despise the affliction of your servants who are threatened with ruin. O blessed

and all-holy Theotokos, hurry to snatch us from distress and danger, for you are our rampart and invincible help.

**4/5 MARCH**  
**Martyr Kónon of Isávría C2**

**Lord I have cried**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O renowned martyr, because you suffered from many afflictions and unbearable punishments, you caused the cunning serpent to flee; you trampled him under your feet which had carried the good news. In your glory plead with Christ to grant our souls peace and great mercy. X2

S2: Every nation, praise the Lord; every people, acclaim him! O renowned martyr, because you were enlightened by the Holy Spirit, you dispersed the shadows of the dark demons and progressed towards the unfading Light in the joy of God. Now plead with him to grant our souls peace and great mercy.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O commendable martyr, the Trinity lived in you. The holy temple where your body rests has become a river of miracles. O blessed *father*, plead that our souls may receive peace and great mercy.

Glory: Both now:

Hail, O pure Virgin! You are the amazing news and the holy tree planted by God in the garden of Paradise! Hail, for you caused the shadowy demons to flee! Hail, O double-edged sword which beheaded the enemy in your marvellous birth-giving! All-holy and blameless Virgin, guide us back from exile to God.

**5/6 MARCH**  
**42 Martyrs of Amórión C9**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O noble and victorious martyrs, you were revealed in the final times as unfading stars in the honourable firmament of the Church. All-praised *martyrs*, you illuminated everyone beneath the sun with the splendour of your sufferings and destroyed the darkness of deception. Therefore we celebrate your radiant and sacred suffering with faith and are enriched by your intercession. X2

S2: Every nation, praise the Lord; every people, acclaim him! O martyrs of Christ, you were bound after a summary arrest and shut up in prison for a lengthy time. You were divine preservers of faith and refused to submit to a tyrant's evil commands. Therefore the infamous beast was enraged and slew you with the sword. All-glorious forty-two *martyrs*, now you have joyfully inherited higher things and united yourselves with the Kingdom.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

Let us shout the praise of Konstantínos, Vassói, Kállistos, Theódoros and Theóphilos and the rest of the divine company of athletes, for they sacrificed themselves with joy and chose to die for the Life of all. Now they rest in the city of the living God. They plead that we may find remission of sins and complete deliverance on the Day of Judgement.

Glory: Both now:

I have descended to the pit of my many sins in misery because of my carelessness and sloth. I am shamefully prey to anguish and despair. All-pure *Lady*, become my support, help and redress; allow me your watchful protection. I am prostrate before you, plead, pray and cry, "Do no permit me at the end to be the butt of the enemy."

**6/7 MARCH**  
**Hieromartyrs of Cherson C4**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O heavenly-minded fathers, all-praised hierarchs and beacons of the inhabited earth, you were invincible martyrs, immovable pillars of the Church of God, a foundation for its teachings, instructors of the just and destroyers of falsehood. O fellow citizens with the angels and champions of the Trinity, you are light-bearing guides for our souls. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! Let the glorious Ephrém be blessed with divine speeches, together with the divinely-wise Vasíleos, the great Kapito, the godly Agathadóros, Elpidios, Ethérios and the glorious Evgénios, for they lived justly and suffered in a holy way. They were revealed as inhabitants of the Kingdom of Heaven.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

After they had killed fleshly knowledge with ascetic labours, the glorious Vasíleos raised a man from the dead by invoking the name of God. The most holy shepherd, Kapito, was observed unconsumed while he stood and rejoiced in the midst of the fire. O Lover of the human race, grant us the means of atonement and your great mercy through their intercessions.

Glory: Both now:

Hail, for you bore, made rise and resembled the unfading Sun which no spirit can comprehend! Hail, for your soul shines with divine lights, an array of lamps which illuminate the whole world from one end to the other! You are the all-beautiful and spotless gilded dove, for you have made the unfading Light shine for the faithful.

**7/8 MARCH**  
**Confessor Theophyláktos of Nikomedia C9**

**Lord I have cried**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O father Theophyláktos, divine guardians watched over you and preserved you unharmed. You were revealed as an unshaken pillar of the Church and were undaunted by the trials of heretical traps. Now pray for our souls to be granted peace and great mercy. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! O blessed father Theophyláktos, you visibly saw God with understanding. You delighted in him through a greater union and were deified by partaking from him. Most honoured hierarch, you received with rejoicing the blessed *Lord* whom alone you desired and now you make your home with the angels.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O father Theophyláktos, blessed confessor, you departed from the earth and hurried above to heaven. You were blessed to live in the heavenly dwellings because of the exile you endured for Christ. Ask him now to grant peace and great mercy to our souls.

Glory: Both now:

O praiseworthy Woman, heal my soul which has been grievously afflicted by the passions. O Virgin, you have given birth to Christ our Saviour, the Physician of all, who heals every disease, for he has crushed the enemy's head, the demon, and rescues us all from death.

**8/9 MARCH**  
**+ 40 Martyrs of Sevastia**  
*See below for the morning of the 9<sup>th</sup>.*

**Lord I have cried**

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

The holy martyrs bravely endured their present suffering. They rejoiced in things for which they hoped, but had not yet seen. They said to one another, "We have put off the old man by stripping off our garments. The winter is cold and bitter, but Paradise will be warm and sweet. The freezing is painful, but the reward will bring us joy. O brothers, let us not be defeated; we suffer a little, but Christ will crown us with the laurel of victory. He is our God and the Saviour of our souls." *X2*

S2: Every nation, praise the Lord; every people, acclaim him! The holy martyrs threw their clothes aside and fearlessly entered the lake. They encouraged one another, "Remember that our fallen nature has been deprived of Paradise. Let us care nothing for our corruptible flesh today. The serpent once deceived us when he handed over our bodies to death, now let us win resurrection for all. Let us scorn the ice and cold; let us hate our flesh and Christ will crown us with the laurel of victory. He is our God and the Saviour of our souls."

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

The holy martyrs accepted their torments with joy. They hurried to the frozen lake as though to a comforting bath. They said, "We will not fear the bitter cold. Only let us escape the flames of Gehenna. Let a foot be burnt so that it may rejoice eternally. Let a hand be lost and offered to the Lord in sacrifice. Let us not refuse death in the flesh. Embrace death and Christ will crown us with the laurel of victory. He is our God, and the Saviour of our souls."

Glory:

The holy martyrs bravely endured their present suffering. They rejoiced in things for which they hoped, but had not yet seen. They said to one another, "We have put off the old man by stripping off our garments. The winter is cold and bitter, but Paradise will be warm and sweet. The freezing is painful, but the reward will bring us joy. O brothers, let us not be defeated. We suffer a little, but Christ will crown us with the laurel of victory. He is our God and the Saviour of our souls."

Both now:

The shadow of the Law passed when grace came. As the bush burned, yet was not consumed, so the Virgin gave birth, yet remained a virgin. The Sun of justice has risen instead of a pillar of flame and Christ, the salvation of our souls, instead of Moses.

**9 MARCH**  
**+ 40 Martyrs of Sebaste**  
*Weeks 2 to 6 of the Triodion from Monday to Friday in the morning*

**Lord I have cried**

6 *Stichera as set in the Triodion*

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

The holy martyrs bravely endured their present suffering; they rejoiced in things hoped for but not yet seen. They said to one another, "We have put off the old man by stripping off our garments. The winter is cold and bitter, but Paradise will be warm and sweet. The freezing is painful, but the reward will bring us joy. O brothers, let us not be defeated; we suffer a little, but Christ will crown us with the laurel of victory. He is our God and the saviour of our souls. X2

S2: Every nation, praise the Lord; every people, acclaim him!

The holy martyrs threw their clothes aside and fearlessly entered the lake. They encouraged one another, "Remember that our fallen nature has been deprived of Paradise. Let us care nothing for our corruptible flesh today. The serpent once deceived us, handing over our bodies to death; now let us win resurrection for all. Let us scorn the ice and cold; let us hate our flesh, and Christ will crown us with the laurel of victory. He is our God and the saviour of our souls.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

The holy martyrs accepted their torments with joy. They hurried to the frozen lake as to a comforting bath. They said, "We will not fear the bitter cold. Only let us escape the flames of Gehenna. Let a foot be burnt so that it may rejoice eternally. Let a hand be lost and offered to the Lord in sacrifice. Let us not refuse death in the flesh. Embrace death and Christ will crown us with the laurel of victory. He is our God, and the saviour of our souls."

Glory:

The holy martyrs bravely endured their present suffering; they rejoiced in things hoped for but not yet seen. They said to one another, "We have put off the old man by stripping off our garments. The winter is cold and bitter, but Paradise will be warm and sweet. The freezing is painful, but the reward will bring us joy. O brothers, let us not be defeated; we suffer a little, but Christ will crown us with the laurel of victory. He is our God and the saviour of our souls.

Both now:

The shadow of the law passed when grace came. As the bush burned, yet was not consumed, so the Virgin gave birth, yet remained a virgin. The Sun of justice has risen instead of a pillar of flame and Christ, the salvation of our souls, instead of Moses.

**Readings 1 & 2**

*From the day of the Triodion with the appointed prokeimena.*

**Prokeimenon Ps 11 Tone 8**

R: O Lord, you will keep us and preserve us.

S: O Lord, save me, for the devout man has failed.

**Apóstolos**

From the Letter to the Hebrews (12:1-10)

Brothers, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and sin which clings so closely. Let us run with perseverance the race that is set before us, and look towards Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despised the shame and is seated at the right hand of God's throne. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And

have you forgotten the exhortation which addresses you as sons? "My son, do not regard lightly the discipline of the Lord or lose courage when you are punished by him. For the Lord disciplines him whom he loves and chastises every son whom he receives." It is for discipline that you must endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father of spirits and live? For they disciplined us for a short time at their pleasure, but he disciplines us for our good, so that we may share his holiness.

**Alleluia Ps 65 Tone 4**

S1: All the earth, shout with joy to the Lord.

S2: For you, O God, have examined us.

**Gospel**

From the Holy Gospel according to Matthew (20:1-16)

The Lord said to his disciples, "The kingdom of heaven is like a householder who went out early in the morning to hire labourers for his vineyard. After agreeing with the labourers for a denarius a day, he sent them into his vineyard. And going out about the third hour he saw others standing idle in the market place; and to them he said, 'You go into the vineyard too, and whatever is right I will give you.' So they went. Going out again about the sixth hour and the ninth hour, he did the same. And about the eleventh hour he went out and found others standing; and he said to them, 'Why do you stand here idle all day?' They said to him, 'Because no one has hired us.' He said to them, 'You go into the vineyard too.' And when evening came, the owner of the vineyard said to his steward, 'Call the labourers and pay them their wages, beginning with the last, up to the first.' And when those hired about the eleventh hour came, each of them received a denarius. Now when the first came, they thought they would receive more; but each of them also received a denarius. And on receiving it they grumbled at the householder, saying, 'These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat.' But he replied to one of them, 'Friend, I am doing you no wrong; did you not agree with me for a denarius? Take what belongs to you, and go; I choose to give to this last as I give to you. Am I not allowed to do what I choose with what belongs to me? Or do you begrudge my generosity?' So the last will be first, and the first last."

**9/10 MARCH**

**Martyr Kodrátos and Companions of Corinth C3**

**Lord I have cried**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O Kodrátos, model for martyrs, after you had wanted to live in God, you renounced the passing material life and preferred the bodiless existence. Therefore you gained joy without bounds. You were inducted into the eternal delight of everlasting glory through your death. X2

S2: Every nation, praise the Lord; every people, acclaim him! Through divine inspiration you ran the race of martyrdom without ever considering retreat. Your soul was strengthened during its course and your footsteps did not lack courage. Like a guide you led your companions after you in your march to the heavenly city.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O triumphant athlete, like a skilful general you courageously led into battle the divine army of those who suffered martyrdom with you. You achieved the victory over the ungodly. O Kodrátos, after

you had captured your ‘tens of thousands’ as trophies of victory, you stood before Christ with your comrades and wore your crowns.

Glory: Both now:

Hail, O pure Virgin! *You are* a new wonder, and a holy tree planted by God in the garden of Paradise. Hail, for you caused the dark demons to take flight! Hail, all-spotless Virgin, *you are* the double-edged sword which beheaded the enemy through your amazing motherhood, for you call us back from exile to God.

**10/11 MARCH**  
**Patriarch Sophrónios of Jerusalem C7**

Lord I have cried

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

By divine foreknowledge you were called Sophrónios, a name which means chastity. You were just and chaste in your deeds; you were courageous and wise. You were a most eminent administrator. You were nobly crowned with natural virtues in soul and body, and steadfastly grew in them. X2

S2: Every nation, praise the Lord; every people, acclaim him! All-blessed Sophrónios, your mouth thundered the teachings of theology. You clearly expounded the theology of the Father without beginning, the Son also without beginning and the Holy Spirit equal in eternity, the Trinity in Unity and the Unity in Trinity; one God in Being.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

Most wise *patriarch*, you wisely taught that the Word equally has no beginning with the Father and that, although bodiless, he united flesh to his person without change or confusion. You said that his actions are two-fold, for both Natures from which he acts and is seen, are revealed as contained one in the other. He is one and undivided in Being.

Glory: Both now:

All-pure Bride of God, rescue my poor soul from the punishment merited by my sins. Through your prayers snatch me from death and grant that I may be justified with the throng of saints on the Day of Judgement. Purify me before the end through repentance and tears.

**11/12 MARCH**  
**Confessor Theóphanis of Sigriani**

Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O divinely-thinking father Theóphanis, you were named after the Theophany of Christ. You followed his life-giving footsteps, set aside the pleasures of this life and turned your gaze towards the splendour for which you longed. You were perfectly at one with God through your desire for it. X2

S2: Every nation, praise the Lord; every people, acclaim him! O divinely-thinking father Theóphanis, you patiently endured the unpleasantness of exile in spite of your physical frailty. O father worthy of all praise, after Leo’s madness had caused your exile, you cared more for the holy icons than for the condition of your body. You frustrated Leo’s plans, his insignificant spirit and deluded thoughts, and brought them into contempt.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O blessed father, every good comes to us from the Lord who generously rewarded you for your sufferings by giving you the power to banish demons and heal diseases. We are unable even to speak about the ineffable joy which you deserved to experience in the place where the angels rejoice in their choirs, for they continually gaze on the face of the all-powerful Lord.

Glory: Both now:

My soul, come, weep, lament and pour out streams of tears from the depth of your heart. Cry out to the Theotokos, “O pure Virgin, I beg you to rescue me from fearful and terrible punishment through your immense compassion. Grant that I may rest in a place of repose and rejoice there in eternal happiness.

**12/13 MARCH**  
**Relics of Patriarch Nikiphóros of Constantinople C9**

Lord I have cried

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed father, after you had subdued your passions to your reason, you made your soul brilliant through the prism of virtues. You harvested wisdom from doctrine in accordance with the Orthodox Faith. You give that treasure to the faithful who approach you. You became a lamp with a thousand flames through grace and are the splendid adornment of the Church of Christ. X2

S2: Every nation, praise the Lord; every people, acclaim him! O wise father Nikiphóros, you taught clearly. After you had achieved victory over the enemy, you received the brilliant crown of justice. O immovable pillar of the faith, unassailable rampart for the Church, honourable father of divine thought, you demolished the crowds of foolish heretics.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O blessed theologian, you climbed the firmament to heaven like a heavenly guide carried in the chariot of virtues. You emulated the zeal of Ilias and completely cut the throats of the infamous priests with the sword of the Spirit. Now we glorify you like the Thesbite.

Glory: Both now:

Hail, O pride of the world! Hail, O overshadowed mountain! Hail, our refuge and temple of the Lord! Hail, O golden lamp, glory of the Orthodox! Hail, O holy Mary, mother of Christ our God! Hail, O Paradise, holy table! Hail, O divine tabernacle and golden pavilion, hope of every Christian!

**13/14 MARCH**  
**Venerable Benedict (Venédiktos) of Noursia C6**

Lord I have cried

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O father, you denied the world from your youth. You were joyful with true faith and love as you followed the crucified Christ. You mortified your flesh through many tasks of obedience and received richly the gift of healing. You alleviated various illnesses and drove out evil spirits to their great astonishment. X2

S2: Every nation, praise the Lord; every people, acclaim him! O Benedict, you were the adornment of monastics and assembled a countless multitude to sing hymns to the Lord. O father, you

guided the steps of everyone to heaven who rightly followed your divine teachings and imitated your virtuous life. We rightly honour you with them and rejoice in your dormition.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O father, you called down rain from the skies in your divine prayers like Ilias in time past. O venerable *saint*, you caused a vessel to pour out oil, you raised the dead and worked many other miracles to the glory of the God and Saviour of all. Therefore, O Benedict, we celebrate your glorious memory with love.

Glory: Both now:

O Virgin, end the instability of my spirit and the delusions of my mind. Remove every trace of the dark passions. I implore you to calm the turbulence of my soul, so that I may glorify your goodness. I have a protector for my life and a support for my weakness in you.

#### 14/15 MARCH

##### Martyr Agáprios and Companions C4

###### Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

You, the seven martyrs of Christ, counted the assaults of the torturers and violent death as nothing. You hurried to battle with preparation and courage; you covered yourselves with the glory of victory. You are numbered among all the just; we call you blessed and glorify you with them forever. *X2*

S2: Every nation, praise the Lord; every people, acclaim him!  
O martyred athlete Agáprios, you loved the Source of good things and the Summit of desires. You hurried to drain the cup of martyrdom and called on the divine name of the living God. What courage was yours! What endurance was yours by which you were openly given the gift of glory and splendour!

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

All-blessed martyrs, you gave yourselves to voluntary slaughter; you sanctified the earth with your blood and illuminated the air with your passage. Now you live in heaven in the image of God and always pray for us to the unfading Light.

Glory: Both now:

Hail, O divine chariot of the Light! Hail, O home of Holiness and temple of the Lord! From your spotless womb you gave birth for us to the Light who illuminates the whole world and sanctifies us in his supreme goodness. Hail, O prelude to salvation! Hail, O blameless Virgin, holy protection through which the faithful who trust in you find their support!

#### 15/16 MARCH

##### Martyr Savinos of Egypt C3

###### Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Lord, refresh us on our journey at the time of the Fast, because you know the weakness of our human nature. Grant us strength and power against our invisible enemies and passions. Surround our souls with invincible ramparts so that we may glorify your love and compassion. *X2*

S2: Every nation, praise the Lord; every people, acclaim him!  
O Lord, you made your glorious athlete pass from the shadows to the brilliance of your divine dwelling because of your goodness and the inspiration of the Advocate. You made him a soldier there to serve you powerfully in the battle against enemies. O all-powerful Lord, he glorified you by his victory.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Lord, through the power of your martyrs keep us under the protection of your wings because of your love for the human race and your goodness. O Word of God, in your compassion make us worthy to observe your third-day resurrection in perfect purity.

Glory: Both now:

O Lord, receive the intercession of your mother and incline towards us in your love. Save the human race which glorifies your power. Rescue us from the temptations of the enemy. Grant us remission of our sins and have mercy on us.

#### 16/17 MARCH

##### Man of God Aléxios C5

##### [Patrick of Armagh C5]

###### Lord I have cried

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

We recognise the 'man of God' in you both by your name and deeds, for you were pre-eminent in your virtues when you sought both hardship and deep poverty on earth. Your miracles have strengthened believers in the Faith. Plead for our souls to be granted peace and great mercy. *X2*

S2: Every nation, praise the Lord; every people, acclaim him!  
O Aléxios, you put out the blazing lusts of your flesh with the dew of divine love, for you swapped your marriage bed for the Bridegroom's home, and your physical pleasure for likeness to God's bodiless angels. Together with them plead for our souls to be given peace and great mercy.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O blessed father *Aléxios*, you lived unknown close to the home of your noble parents. You were oppressed and ill-treated by your own servants. After you had died you were recognised through your miracles which banished harmful spirits and healed illness.

Glory: Both now:

Hail, O pure Virgin! *You are* a new wonder, and a holy tree planted by God in the garden of Paradise. Hail, for you caused the dark demons to take flight! Hail, all-spotless Virgin, *you are* the double-edged sword which beheaded the enemy through your amazing motherhood, for you call us back from exile to God.

#### 17/18 MARCH

##### Archbishop Kyrillos of Jerusalem C4

###### Lord I have cried

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

You shone like a star and enlightened the faithful with the sacred brightness of your teachings, while you eclipsed the heresies. You were victorious at the end and increased the talent given to you like a servant. O Kyrillos, you were well-pleasing to God and surrendered your spirit into his hands. *X2*



S2: Every nation, praise the Lord; every people, acclaim him!  
You were radiant in the midst of the fathers' council like a most brilliant star through the wisdom of your words and the splendour of your life. You were worthy to accomplish wonders. You choked the godless Makedónios with the cords of grace as he madly blasphemed and openly carried out lawlessness against the Holy Spirit who gives life to all.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O chief among teachers, splendour of priests and godly champion of the Church of Christ, you put the evil mind of the senseless Mánens to shame. You denounced wisely and well the unworthy teachings of his foolishness. Therefore we celebrate your holy dormition with joy.

**Glory: Both now:**

O radiant palace of the King, full of the grace of God, cloud of the bodiless Light which dawned on the world as a Sun, illuminate our souls and minds. O blameless Virgin, sweep away every scheme of the Evil One and strengthen our thoughts through your prayers.

**18/19 MARCH**

**Martyrs Chrysanthos, Daria and Companions of Rome C3**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

After you had received the illumination of the knowledge of God, the eyes of your heart were enlightened. O wise *martyr*, you wisely abandoned the darkness of delusion. You acknowledged Christ, the Lord who took flesh for us all. Therefore, most praised Chrysanthos, you were made strong by the might of the Spirit and revealed as stronger than your torturers. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
You counted the bait of the enemy and the ardour of pleasures as a cobweb. When you stood in the dark dungeon, you were illuminated with the light of God and filled with spiritual fragrance, although you were surrounded by the stench of filth. As a most excellent escort, you led the woman, who had tried to defile you, to be a blameless bride for Christ.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Daria of glorious fame, you were wounded with the sweetest love of the Creator and turned away from every profanity. Through the many torments of your body, you found within yourself a bridal chamber for God. You were a divine vessel of the Spirit, the adornment of athletes and the ornament of virgins. You betrothed yourself to Christ through the many torments of your body.

**Glory: Both now:**

As I lie on the couch of my laziness and pass my whole life in slothfulness, I fear the moment of my departure. Do not permit the treacherous serpent to wreck my soul with his cruel ferocity. Therefore, O blameless Virgin, hurry to stir up repentance in my heart before the end.

**19/20 MARCH**

**Martyrs of Savvas' Monastery C8**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O venerable fathers, because you totally loved the Object of your desires, you counted the beauties of life as refuse. Through vigil and prayer, through rain and burning heat, you acquired those things which alone endure. You lived together as one soul and were revealed as companions of the angels through grace. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
You were beaten with clubs, stoned with rocks and hacked down by swords. Yet, O martyrs, you did not break the unity of your minds which were bound together by love and fraternal desire. You were put to death together and cut limb from limb. O passion-bearers, you placed yourselves on the altar of God as unblemished sacrifices.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O glorious martyrs, as you were suffocated and consumed by fire, you committed your souls into the hands of the King of all as unblemished sacrifices. You have joined yourselves to the choirs of the bodiless powers and inherited the everlasting glory. Pray continually that those who sing praises to you may also share in that glory.

**Glory: Both now:**

You brought the divine Saviour into the world. Grant me that saving and perfect remedy of repentance. Open the fountains of my tears. Grant that I may be rescued from dreadful punishment at the terrible and inescapable hour of judgement. O Virgin, accomplish this by your prayers and find grace for me before God.

**20/21 MARCH**

**Confessor and Bishop James of Katania C8-C9**

**Lord I have cried**

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed James, after you had fled from the cares of the world, you maintained your spirit in peace. You did not permit it to whirl and falter in the tempestuous confusion of life. You kept it steadfast and loving as it contemplated the Master of the heavens and Benefactor of the whole world. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O holy father, because you led your life far from this troubled world, you were freed from the passions through the grace which protected you. You vanquished hordes of demons by your perpetual asceticism and holy radiance. Therefore you celebrate in joy with the angels before the Lord and King of all. You emulated their way of life.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

You lived far from the world and the flesh. You were beyond visible things and mediated about the reality of the invisible Glory. You thought about the magnificent shelters of heaven and their inconceivable beauty. O honourable father James, now that you live in them, plead before Christ to save the faithful who venerate your sacred memory.

**Glory: Both now:**

O joy of the oppressed, protector of those who suffer unjustly, feeder of the hungry, consolation of strangers, stick for the blind, support for the miserable, help and protection of the afflicted, guardian of orphans, you are the mother of the most high God. O pure Virgin, we implore you to hurry and save your servants.

**21/22 MARCH**

**Hieromartyr Basil of Ankyra C4**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O Basil of royal name, you were adorned with the vestment of the priesthood and served God like an angel; you offered sacrifice to the one who appeared in the substance of flesh for our sake.

Therefore you were sacrificed like a perfect lamb and became a pure offering; now you have offered yourself on the altar of heaven.

Therefore, with voices of joy, we always call you blessed and cry out to you, "Continually pray that our souls may be saved." X2

S2: Every nation, praise the Lord; every people, acclaim him!

O glorious *hieromartyr*, you were beaten by the unjust judge and endured bodily pains while you looked forward to a painless end and to the honours prepared for those who suffer. O blessed *saint*, you were tempered like steel in the fire and became a well-forged sword of heaven as you cut down the hosts of the enemy.

Therefore, O courageous athlete, truly glorious Basil, every nation of believers rejoices and honours you today.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

You were bound and adorned with wounds as you went from city to city binding the tyrant and correctly guiding the steps of your feet. As soon as you had entered the city of Caesarea, you received your blessed end there. You were crowned and ascended at once to the City of Heaven. Now you stand before God the King. Implore him to save and enlighten our souls.

Glory: Both now:

I have descended to the pit of my many sins in misery because of my carelessness and sloth. I am shamefully prey to anguish and despair. All-pure *Lady*, become my support, help and remedy; allow me your watchful protection. I prostrate before you, plead, pray and cry, "Do not permit me to be the butt of the enemy at the end."

**22/23 MARCH****Martyr Nikon and the 199 disciples****Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed Martyr, by using abstinence as a bridle, you curbed the pleasures of the body and the disobedience of the flesh. O courageous *saint*, you vanquished the full armour of the enemy through the power of the Spirit. Therefore, O Nikon, you were a leader of monks who continually followed your most wise and divine preaching. X2

S2: Every nation, praise the Lord; every people, acclaim him! Most glorious *martyr*, you shone from the east like the sun. You brought light to the whole world with the radiance of miracles and guided the choir of your brilliant disciples like a star. You suffered courageously with them. You were beheaded by the sword and placed your souls in the hands of the King and Master of all.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O truly marvellous *martyrs*, neither hunger, tribulation, nakedness, wounds or the anguish of a violent death were able to separate you from the love of God. O crown-bearing athletes, you followed the Shepherd like sheep led to the slaughter and reached the unending rest after the sunset.

Glory: Both now:

You brought the divine Saviour into the world. Grant me that saving and perfect remedy of repentance. Open the fountains of my tears. Grant that I may be rescued from dreadful punishment at the terrible and inescapable hour of judgement. O Virgin, accomplish this by your prayers and find grace for me before God.

**23/24 MARCH****Forefeast of the Annunciation****Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

The mystery which was hidden from all eternity and unknown even to the angels, is now entrusted to the Archangel Gabriel. O precious Vessel, he will come to you and salute you as he joyfully cries, "Hail, O pure Dove! Hail, all holy *Lady*! Prepare to conceive the Word of God by your word." X2

S2: Every nation, praise the Lord; every people, acclaim him!

O Master, the Palace of Light, the womb of the undefiled child of God, is ready for you. Come down to her; descend to visit your fallen world which is held in bitter slavery to the jealous enemy. Many ages have passed since its beauty was destroyed. O Lord, hurry to descend to earth; come to rescue us from the way of death.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

All-blameless *Lady*, Gabriel the archangel comes to you; he will greet you as he joyfully cries, "Hail, O rescue from condemnation! Hail, O chosen vessel made perfect for God! Hail, O life-bearing dawn of the endless Day! The Lord whom the heavens cannot contain is pleased to live in you.

Glory: Both now: Tone 2

Today Gabriel announces the good news to the one who is full of grace, "Hail, unwedded maiden! Do not be not struck with dismay by my strange form or be afraid; I am an archangel. Most pure *Lady*, once the serpent tricked Eve, but now I announce to you the good news of joy. You will remain inviolate and yet give birth to the Lord.

**25 MARCH****+Annunciation to the Theotokos**

*Liturgy of Chrysostom*

**26 MARCH****Synaxis of the Archangel Gabriel**

*The Farewell to the Feast is at Vespers on the day.*

**26/27 MARCH****Martyr Matróna of Thessalonica C3-C4****Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

You opposed with reason the harsh threats and naked savagery of the Hebrews, for you were both divinely and humanly wise. You foresaw the delight of things to come which remain unchanged throughout the ages. O glorious *martyr*, you received this unchanging delight as you departed from earth to the mansions of heaven, to the choir of unending voices. X2

S2: Every nation, praise the Lord; every people, acclaim him!

You were adorned with the wounds of your patient suffering; you were permitted to gaze on the splendour of the Kingdom and the fair beauty of your Bridegroom. You drew near to the Source of good things from whom you rightly and richly received the fruit of divine gladness and unending glory.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Most glorious *saint*, the yoke of slavery did not prevent you from following the patience of the martyrs, nor did feminine weakness, starvation or beatings. You endured torture with fervent strength of soul. Therefore you have received a heavenly home. As you stand before your Creator you are adorned with the crown of grace.

Glory: Both now:

You brought the divine Saviour into the world. Grant me that saving and perfect remedy of repentance. Open the fountains of my tears. Grant that I may be rescued from dreadful punishment at the terrible and inescapable hour of judgement. O Virgin, accomplish this by your prayers and find grace for me before God.

### 27/28 MARCH

#### Abbot Ilarion (Hilarion) the New of Pelekiti C8

##### Lord I have cried

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed father Ilarion, because you lived your life without rebuke, in patience, gentleness, sincere charity, self-control, long night vigils, faith, hope and compassion, you lived on earth as an angel with a body. You now plead before God for our souls. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O blessed saint, you were an earthly angel, yet a heavenly man. You were a fountain of contrition, a stream of compassion, an ocean of miracles and a corrector of sinners. O venerable father Ilarion, you were a fertile olive tree of our God to make the face of the faithful glow with the oil of your deeds when they acclaim you.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Your mind was illuminated with the knowledge of God and you overcame the passions of the flesh. You did not join in earthly concerns, but bore the true imprint of divine goodness. Our father Ilarion, the adornment of the monastic life, you were known to everyone as godlike through co-operation with the Holy Spirit.

Glory: Both now:

O blameless virgin Mother, grant my weak and lazy soul power and strength, so that I may observe the commandments of your divine Son with fear and love. For your sake let me escape from the consuming fire; let me attain the inheritance of heaven and eternal life.

### 28/29 MARCH

#### Hieromartyr Mark and Companions of Arethousia C4

##### Lord I have cried

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O holy hierarch *Mark*, you overthrew the enemy hosts through your courage and rescued the people from the error of false gods. X2

S2: Every nation, praise the Lord; every people, acclaim him!

While your arms were extended, you strengthened your fellow sufferers in their pain. You reduced the enemy power to impotence.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O holy hierarch, pray continually to the Master for us, for you are a priest, a martyr and a wise Doctor of the Church.

Glory: Both now:

O blameless Virgin, you receive the prayers of sinners and do not scorn the sighing of the afflicted. Plead with the one who determined to be born from your chaste womb to grant us great mercy.

### 29/30 MARCH

#### John "Klimakos" of Sinai C7

##### Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O venerable father John, you always bore the high praises of God in your mouth. Most wise *father*, you pondered on active, divinely-inspired words and were enriched by the grace which flows from them. O blessed *saint*, in this way you overthrew the intentions of the wicked. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
All-glorious father John, you cleansed your soul with fountains of tears. You moved God to show mercy as you stood through all-night vigils. O blessed *father*, divinely wise and venerable *saint*, you took wings and flew to his love and beauty where you now rightly delight and always rejoice with your companions in struggle.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O venerable father John, you gave your mind wings to fly to God through faith. You detested the instability and confusion of the world. You took up the cross and followed the one who sees everything. Through labours of fasting you bound your wilful body to your mind by the power of the divine Spirit.

Glory: Tone 6

O venerable father John, the sound of your teaching has gone out into all the earth. Therefore you have found the reward of your labours in the heavens. You destroyed hordes of demons and attained the rank of the angels whose life you blamelessly emulated. Since you now have boldness before Christ our God, request peace for our souls.

Both now:

My soul, rise, groan and weep. Let your heart pour out tears and cry to the Theotokos, "O pure Virgin, I implore you to rescue me in your great compassion from the fearful and terrible punishment. Allow me to rest in a place of repose and to enjoy eternal blessedness.

### 30/31 MARCH

#### Hieromartyr Ypátios of Gángra Bishop Innocent of the Aleuts C9 Joseph the Fair, Son of Jacob C16 BC Prophet Joel

##### Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.  
O Ypátios, wise in God, you were splendidly exalted in self-control. You grew to the heights of the virtues as you strived for the deepest contemplation and reflected the beauty of Christ. You were illuminated in your soul and heart by his radiance and pour out the light of your splendid miracles over every people. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O exceptional father Ypátios, you radiated the splendour of the true faith and enlightened the souls of the faithful who approached you. You eclipsed the disciples of Arius and excommunicated them from the Church of Christ. Therefore we all possess you as a lamp as we celebrate your holy memory today and call you blessed.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O renowned father Ypátios, because you carried Christ in your heart, who is the divine King whom you openly proclaimed as one in being with the Father, you were radiant with the light of your miracles, illuminating the whole world like a sun running its course. You killed the serpent and through your prayers produced a fountain of warm water for the healing of our ills.

Glory:  
O bishop Innocent, the Lord truly guided you along paths of great labours, through many lands to numerous peoples, to enlighten a crowd of hearts, and to guide and counsel an army of souls along the narrow path which alone leads into the Kingdom of Heaven.

Both now:  
Hail, O pride of the world! Hail, O overshadowed mountain! Hail, our refuge and temple of the Lord! Hail, O golden lamp, glory of the Orthodox! Hail, O holy Mary, mother of Christ our God! Hail, O Paradise and holy table! Hail, O divine tabernacle and golden pavilion, hope of every Christian!

**31 MARCH/1 APRIL**  
**Mother Mary of Egypt C6**

**Lord I have cried**

Tone 6  
S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.  
S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
O mother wise in God, the defilement which clung from earlier sins, hindered you from the contemplation of holy things, but then your conscience and the awareness of your actions turned you to a better way of life. When you had looked at the icon of the blessed Maiden of God, you condemned all your earlier offences. Then, O mother worthy of all praise, you went to venerate the precious wood with confidence. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
When you had worshipped at the holy places with great joy, you received saving grace for the journey of virtue. Immediately you set out joyfully on the good path which you had chosen. You crossed the stream of the Jordan and eagerly went to live in the lodging of the Forerunner. Ever-glorious mother, you tamed the savagery of the passions by your ascetic way of life; you boldly broke the rebelliousness of the flesh through abstinence.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
You made your home in the desert and devoutly blotted out the images of your sensual passions from your soul. You marked the God-given imprints of the virtues on it. You attained such glory that you walked lightly across the waters on foot and were elevated above the ground. Now, all-glorious Mary, as you stand with boldness before Christ, pray to him for our souls.

Glory: Both now:  
The heralds announce that the wedding feast of the heavenly Bridegroom has now been prepared. O tarnished soul, why do you hold back? Alas, how can you enter? Bow before the Ever-virgin Lady before it is too late and cry with all your heart, "O holy Virgin, cleanse me. Wash me with the hyssop of your intercession. Make me worthy of the wedding banquet of your Son, so that I may glorify you without ceasing.

**1/2 APRIL**  
**Wonderworker Titus (Titos) of Kinóvion C9**

**Lord I have cried**

Tone 8  
S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.  
S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
O Titus, our divinely wise father, you took up your cross and followed Christ. You made all the passions subject to your soul. Therefore you received grace from above to heal the sufferings, to put down the afflictions of those who turn to you and to banish evil spirits. So we celebrate and bless your memory. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O Titus, our most blessed father, you learned holy things by living in an ascetic way. You enlightened your mind by divine communion. You truly received the most holy anointing of the priesthood. You served God your Master skilfully like an angel on earth.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O venerable and divinely inspired Titus, you enlightened your soul with the light of the Orthodox faith. You diminished the gloomy darkness of heresy. You shone like a most splendid star and always enlighten the ends of the world with your brilliant miracles. Therefore we keep the feast and celebrate your memory.

Glory: Both now:  
How could I, who have tarnished my sight in the flesh with my passions, gaze with eyes at your gracious face? O pure Virgin, how could my profane and sinful lips kiss your God-bearing icon? How could I extend the hands which I have used to my dishonour to plead for your divine grace? O Lady, obtain salvation for me.

**2/3 APRIL**  
**Confessor Nikitas of the Midíkion Monastery C9**

**Lord I have cried**

Tone 2  
S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.  
S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
You directed souls with your teaching. As one who with faith guided others to knowledge of mystical things, you showed yourself to be a divine builder. O God-bearer, you sowed the saving and good seeds and harvested fruits in abundance, then you presented them to your Master. Now, O blessed *father*, you stand before him and rejoice. O inspired *saint* of God, remember your flock which always honours you. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
You became simple and humble as you revealed yourself fervent in the defence of the Orthodox Faith. O divinely-wise Nikitas, you were covered with faith as though with armour and armed with abstinence as though with a spear. You denounced all blasphemous heresy and honoured the divine icon of the Saviour. O God-bearer, you clearly served and followed him.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O father, when the darkest tyrant imprisoned you with brutal cruelty in the gloomy places of bitter exile, you endured everything and rejoiced in your soul. In your mind you glorified *those places* as if they were the homes of Paradise. Now, O blessed *saint*, you see their true beauty, for you truly received the reward for your afflictions.

Glory: Both now:

When I think about my sins, I mourn from the depth of my soul. I strike my breast and cry, "O Lady, I have sinned. I fall before you as I try to repent. Yet I am again continually caught by the hooks of my evil habits. Hurry to rescue me and show me the way to salvation."

**3/4 APRIL**  
**Just George of Mount Maleum C9**

**Lord I have cried**

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O holy father George, you were totally and fervently devout; you united your soul to God who sees everything. You harvested the divine fruits of the Spirit - recollection, asceticism, love, hope, gentleness and patience. You were a marvellous living proof that faith and goodness are the path which leads to heaven. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O holy father, the grace of the Spirit, who lived in your gentle and pure heart, made you shine with many graces. Therefore, O George, you were a champion for Christ in accordance with your name, for you wisely cultivated all the furrows of your soul.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O venerable George, you endured all your sufferings freely and joyfully in the hope of blessings to come. You forgot what had passed until you reached your blessed end. You were filled with virtuous actions and obtained eternal happiness.

Glory: Both now:

Hail, O true throne of God, Ark of Life and seat of the King! Hail, O inexhaustible fountain of holiness, vessel of the Spirit and of the delights of Paradise; you are the spiritual intoxication of souls! Hail, O joy of holy monks and happiness of all! Hail, O divine bride!

**4/5 APRIL**  
**Martyrs Klávdios and Companions**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O marvellous and great martyrs, your eyes were gouged and torn out, and your limbs were dismembered. You were wounded while you hung, your bones were broken and your bodies were tormented by the sharp sword. So you crushed the head of the deceiver, for you never denied the Saviour of all, nor did you sacrifice to carved idols. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
Let us honour with Klávdios the renowned martyrs Nikiphóros, Diódoros, Viktor, Victorínos, Pappías and Serapíon. The holy company, the sacred seven, the troop and regiment at full strength

courageously struck down numerous demons as they went under the sword.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Let us glorify the martyrs who imitated the holy passion of Christ. Through divine grace they are able to banish the passions of those who suffer in soul and body. As unshakeable pillars, guiding lights for believers, calm harbours in storms and defenders against the Evil One, they have been found worthy to live on high.

Glory: Both now:

Let us solemnly bless the Virgin Mother of the Lord. She is the spotless tabernacle, the most holy temple of our God, the bridge over which he alone passed, the room found spacious enough for the Infinite, the golden vessel, the Ark of the Covenant and the ladder which reaches to heaven.

**5/6 APRIL**  
**Patriarch Eftykios of Constantinople C6**

**Lord I have cried**

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Lord, you made Eftykios bloom in the meadow of your delights; you marvellously allowed him to drink from the streams of your wisdom. So he poured out rivers of knowledge and brought joy to the faithful who glorify you. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O Lord, you understand all hearts and know in advance their secrets. You made the patriarch Eftykios a shepherd of your Church when you recognised him as a chosen vessel. Therefore he guides it to the pastures of faith.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Lord, you made the holy patriarch Eftykios shine like a jewel with grace and made him resplendent in the vestments of a bishop. Through his prayers make us also shine with virtues in your mercy, so that we may continually sing to you with purity and with true faith.

Glory: Both now:

O pure Virgin, you gave birth to the Lord who rests among his holy ones. O never-failing protector of your servants, cleanse me from the passions which defile me to my shame and guide me along the ways of purity.

**6/7 APRIL**  
**Martyr Kalliópios of Kilikía C9**  
**Confessor George of Mytilíni C9**

**Either Lord I have cried (Kalliópios)**

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Kalliópios, champion athlete and renowned martyr, you courageously endured the racking of your body and dreadful tortures for the sake of Christ our God. You fought the good fight with joy and are now crowned with glory. You request pardon and mercy for the faithful who honour your memory. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O athlete Kalliopos, your martyrdom deserves our praise. O amazing martyr, when they crucified you for the sake of Christ,

who had suffered on the cross, you heard the holy voice of the almighty Father from above, who called you to the heavenly dwellings, where you received a victor's reward. Therefore we acclaim you and call you blessed.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Kalliópios, you were set on fire with love for your God. You endured the fire with which they burnt your body because of the Spirit's dew. You became a radiant torch which consumed all the errors of idolatry. Therefore we call you blessed and rightly celebrate today your holy memory.

Glory: Both now: Tone 1

O Mary, the divine chariot which surpasses all spirits in purity, carry me away from the sins that besiege me, guide me to a place of repentance and surround me with your powerful protection. As the Mother of the all-powerful God you have the strength to do this.

### Or Lord I have cried (George)

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O father George, you willingly venerated the icon of Christ without fearing the enemies of God, because you were strengthened by his power. Implore him now to grant our souls peace and great mercy. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
You endured the anger of arrogant fools. First you saw them exalted with the pride of irreverence, then toppled when God's providence started to punish these foolish people.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O holy George, you worked with God as a priest and also offered the souls of the faithful who were saved by your preaching to the Master. The harvest was a hundred times fruitful. Now implore him to strengthen the Church through the teaching of the true faith.

Glory: Both now:

O Mary, the divine chariot which surpasses all spirits in purity, carry me away from the sins that besiege me, guide me to a place of repentance and surround me with your powerful protection. As the Mother of the all-powerful God you have the strength to do this

### 7/8 APRIL

#### Apostle Irodion and Companions C1

##### Lord I have cried

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

You hurried through the whole earth as though you were flying on the wings of eagles. You sowed precious doctrine and uprooted the weeds of falsehood through grace. All-praised *apostles*, in this way you produced a fruitful harvest which was stored up for all time in the granaries of wisdom and laid up in abundance for the immortal Cultivator. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
Let us bless Irodion, Ágavos, Asynkritos, Roufos, Ermis and the divine Phlégon. They were branches of a fruitful Vine who yielded the sweet drink of salvation, which, with true faith in God, gladdens the thirsting hearts of those who celebrate their divine memory with faith.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O apostles, you declared the glory of our God with thoughts higher than heaven. You gazed on God, who became incarnate by his own volition. You were instructors of the just, foundations of the churches, unshakeable pillars and harbours of true belief, and servants of ineffable mysteries. You guide our souls into light.

Glory: Both now:

O Virgin Theotokos, *you are* all-pure, spotless and without equal in holiness. Although I am cursed and impure, a source of every defiled and shameful deed, do not despise me. Rescue me from my passions and save me through repentance.

### 8/9 APRIL

#### Martyr Efpsychios of Caesarea C4

##### Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

The all-wise Efpsychios was struck with a sword and so struck the mindless Julian who had arrogantly boasted with great shame. In this way the martyr was numbered with the heavenly armies and rejoiced. O Saviour, grant great mercy to us all through his intercessions. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
The glorious Efpsychios became a pillar of the Church, an unshakeable tower of true devotion and a destroyer of the enemy. He pours out a fountain of healing for all who are sick and turn to him. O compassionate *Lord*, grant great mercy to us all through his intercessions.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O brave martyr, you perfumed every mind like a lily with the sweet-smelling fragrance of your contest. O wise *saint*, you diminished the stench of error, shone like the sun to the ends of the earth and intercede for us all to be granted salvation and great mercy.

Glory: Both now:

O Virgin Theotokos, you gave birth to the saving Word. Rescue your servants from the temptations of the hostile enemy. Illuminate our hearts and lead us along the path of salvation so that we may glorify you in faith.

### 9/10 APRIL

#### Martyrs Terentios and Companions of Carthage C3

##### Lord I have cried

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

The densely-populated company of athletes endured various tortures with firmness. They departed with rejoicing to the one God and celebrated with a host of holy angelic powers. They overcame many thousands of snakes with firm resistance and the grace of the Spirit. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
Let us honour with hymns the most-glorious Máximos, the great Terentios, the most-wise Pompíos, the divine Makários and Afrikanós, and together with them, the whole company of martyrs. They purchased the highest kingdom by their own blood and were filled with eternal glory.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O glorious *martyrs*, neither starvation, misfortune, life or death were able to separate you from the love which you have towards *the Lord* who created you. Therefore you inherited the Kingdom of Heaven which is inexhaustible sweetness and unending joy. Pray for cleansing and mercy for us.

Glory: Both now:

O Fountain of holiness, O golden Ark resplendent with the radiance of the Spirit, O Lady, send your pure light on my soul which is enslaved by the passions. Rescue me from the bitter tyranny of the demons and show me the way to salvation through your prayers.

#### 10/11 APRIL

#### Hieromartyr Antipas and Companions C1

#### Lord I have cried

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

You abundantly drank the grace of the knowledge of Christ from the inexhaustible source - from the Theologian who lay on the breast of the Master. Therefore, O hierarch, you gave it bountifully to all men and finished a course equal to the apostles. Since you have boldness before God, together with the beloved Apostle, plead with him for all those who praise you. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O just *bishop*, you completed a noble life and gathered a treasury of virtues. O Antipas, when you were filled with blessings, you departed to the Lord through a struggle like Abraham before you. Therefore you were counted worthy to receive a higher glory, rejoice with the initiates of Christ and plead with him for us who honour your struggle with faith.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Antipas, you acquired the bountiful gifts of the Advocate and the grace of healing. You cure the passions of our bodies and souls through your visitation, put pains to sleep, cause all afflictions to cease and redeem from calamities and dangers all those who honour your memory and glorify the Lord.

Glory: Both now:

O Virgin, you were filled with grace by God. You have pity, compassion and an ocean of mercy. O Lady, let it drown my sins and wash away the stains of carelessness. When I am saved from every evil, may I glorify your name throughout all the ages.

#### 11/12 APRIL

#### Confessor and Bishop Basil of Páron C8

#### Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed Basil, your brilliant memorial has dawned for believers more brightly than the sun and illuminates the whole of creation with divine rays. It drives away the night, the darkness of the Evil One and the passions. Therefore we call you blessed and feté you every year as a shining lamp and fervent intercessor. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O blessed father, you wounded the ungodly crowds with the arrows of your words. Therefore the clouds of heaven made their voice

heard while angelic choirs joyfully praised your courage in trials. Together with them we, the faithful, rejoice and venerate you as a shining lamp and fervent intercessor.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

You wisely exchanged the goods of earth for those of heaven, the perishable for the imperishable. So you gained immortal glory instead of what fades. Instead of your exile and the trials which you endured, you won the ineffable Kingdom of God. There you rejoice with the angels and intercede for the faithful who honour your memory.

Glory: Both now:

O divine Bride, you carried the Ember that once was seen by Isaiah and touched his lips. O divine Mother, he has taken flesh from you in these latter days in order to cleanse the passions of the human race. Consume my sins in the fire of his divinity and purify me from all my stains.

#### 12/13 APRIL

#### Pope Martin of Rome C7

#### Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Martin, how can we address you? The amazing teacher of Orthodoxy, the never-failing guide to sacred belief, the denouncer of error, the lover of truth, the defender of the Word, the courageous advocate, the holy hierarch or the venerable wonderworker? Intercede with God for the salvation of our souls. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O Martin, how can we address you? A river overflowing with spiritual streams which continually refreshes souls and makes them fruitful, a lamp giving out the light of faith, a mountain exuding the dew of God's joy, a preacher of God's word or a chief defender against heresy? Intercede with God for the salvation of our souls.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Martin, how can we address you? An amazing servant within the eternal tabernacle, a most worthy mediator between the creature and his God, a chalice overflowing with divine drink, a sun shining with the word of life which rises in the west and appears in the east? Intercede with God for the salvation of our souls.

Glory: Both now:

What is your most amazing blessing for us? O divine Bride, you heal our diseases, rescue us from passions, repel the criminal attacks of the enemy and save those who honour you from danger as you bring an end to their afflictions. O Virgin you intercede before God for the salvation of our souls and give joy to your servants.

#### 13/14 APRIL

#### Apostles Arístarchos, Poúdis and Tróphimos C1

#### Lord I have cried

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O wise apostles, you preached with divine understanding and completely saved the people from ignorance. You led those who were saved to the Word who shone out from the Father without

beginning. Implore him to grant our souls peace and great mercy.  
*X2*

S2: Every nation, praise the Lord; every people, acclaim him!  
Let us plainly praise the true preachers of Christ, Poúdis, Arístarchos and the divine Tróphimos, for they ended the winter of falsehood with the warmth of divine grace. Now they have made their home in the unfading light, receive the reward of their labours and are made godlike through ineffable communion.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O glorious *apostles*, you followed the glorious disciple Paul and endured many tribulations. You were imprisoned with chains and subjected to torture. Finally you were beheaded with the sword. Implore Christ to grant our souls peace and great mercy.

Glory: Both now:  
You are more spacious than the heavens and God was pleased to rest in you. Rescue me, for I am imprisoned by the stains of my passions, and besieged by temptations and attacks of misfortune. Strengthen me in my sufferings, make my path even and send the gentle breeze of your motherly intercession every day.

**14/15 APRIL**  
**Martyr Kriskens of Myra**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Kriskens, you courageously faced the most painful fights, the most treacherous snares and the most deadly struggles without considering your own flesh; you chose to die for the love of God. Therefore, O marvellous great martyr, the Church calls you blessed as it remembers you. *X2*

S2: Every nation, praise the Lord; every people, acclaim him!  
You never denied the name of Christ, the splendour of the Church and his martyrs, even though you were cruelly wounded. Your body was cut and you were lashed by numerous blows. Therefore, O marvellous great martyr, the Church calls you blessed as it remembers you.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O blessed Kriskens, as you entrusted your soul into the hands of our God, you were not consumed in the midst of the fire, because you were on blaze with holy love for your Creator. Therefore you receive the crown as a victor and intercede for the forgiveness of sins for those who lovingly honour you.

Glory: Both now:  
O virgin Mother of God, you are all-pure, spotless and unequalled in holiness. Although I am cursed and impure, the source of every defiled and shameful deed, do not despise me. Do not allow me to be lost, but rescue me from my passions and save me through repentance.

**15/16 APRIL**  
**Martyrs Agápi, Iríni and Chionía C4**

**Lord I have cried**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O young virgins, namesakes of the sacred virtues, you were raised on those same qualities. You reached the highest standard of devotion with courage. Now you have rapidly ascended the straight path to heaven where you plead with Christ to grant our souls peace and great mercy. *X2*

S2: Every nation, praise the Lord; every people, acclaim him!  
O young virgins, you wisely redeemed the desire of Eve, the first mother, to become like God. You were deified and filled with divine contemplation by your steadfast turning towards God. Now you intercede for our souls to be given peace and great mercy.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
The women, who were steadfast in mind, trampled the strong *enemy* who once had deceived Eve by trickery, because they cherished Christ in their hearts with a noble purpose. They vanquished *the evil one* and all his might. Now they intercede that our souls may be given peace and the great mercy.

Glory: Both now:  
O Virgin worthy of all praise, you gave birth to Christ the Saviour and Physician of us all who brought healing for every illness by striking down our demon enemy. Heal my soul, which is so cruelly assailed by the passions, and rescue us all from death.

**16/17 APRIL**  
**Hieromartyr Simeon and Companions of Persia C4**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

All-blessed Simeon, today your divine memorial has shone brightly like the sun and enlightened the faithful. It has illuminated creation with divine radiance, chased away the gloom of sufferings and *expelled* the darkness of demons. Therefore we bless and honour you every year as a universal light-giver and most fervent intercessor. *X2*

S2: Every nation, praise the Lord; every people, acclaim him!  
O Simeon, you wisely gained the unchanging things of heaven in return for those on earth that are fleeting. You received incorruptible glory instead of corruptible. In exchange for great tortures and every kind of outrage, you received the ineffable things of God. O glorious *hieromartyr*, as you rejoice in them with your fellow contenders, plead with Christ for those who praise you with faith.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O martyr Simeon, you wounded the assemblies of evil *people* with the weapon of your words. Therefore the clouds of heaven spoke and choirs of angels with one voice continually applauded your unyielding struggles. We glorify them as we all celebrate the feast of your holy dormition with faith and glorify the Saviour.

Glory: Both now:  
O Virgin completely worthy of our hymns, you are the most pure home of the great King. I implore you to cleanse my spirit which is stained by such an abundance of sins and make me a worthy home for the Trinity. When I, your unworthy servant, am saved, let me glorify your great power and mercy.

**17/18 APRIL**  
**Monk John of Dekápolis C9**

**Lord I have cried**

Tone 6

S4: Let Israel hope in the Lord from the morning watch until night,



from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O venerable father, you safely sailed round the instincts of the flesh and the bitter tyranny of the passions with the fear of God as your rudder. You discovered your delight in God as you embellished your heart with marvellous virtues. You now live with the hosts of holy monks where you have found the peace for which you always longed. O father John, you constantly remember us who honour your holy memory with faith. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
As you soared on the wings of your holy contemplation and continually directed your spirit to God alone, you sought him with a resolute heart. You had Gregory of Dekapolis, who was vigilant in name and deed, and who was resplendent in miracles and wonders, as your zealous guide. O blessed John, you were enlightened with his radiance and so sailed across the raging ocean of this life

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O venerable father John, you lived as a monk without allowing yourself to be distracted by this passing life. You were adorned with your marvellous deeds and your heart was filled with spiritual fire. You persevered in tranquil silence and spent your time in night-long vigils and prayer until you were completely cleansed and restored in the image of God. After your ascetic struggles you found the pleasure of rest where you seek the joy of God for those who honour you.

Glory: Both now:

O pure and spotless Virgin, most holy Theotokos, ever-virgin Lady, how can I sing to you, for you are the Tabernacle of God, when I am so tarnished in mind and heart? How can I speak about your sublime blessings, the grace and mercy which you have constantly poured on me? Therefore I fall prostrate and cry aloud to you with trembling, "Hail, O consolation of those who call to you with faith!"

#### 18/19 APRIL

#### Hieromartyr Paphnoútios of Jerusalem Hermit John of Palestine C8

#### Lord I have cried

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Paphnoútios, valiant athlete of the Lord, you threw down the strongholds of ungodly behaviour through your patient endurance and received the crown of victory in heaven. Continually intercede for the faithful who honour your great and holy passion. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
We glorify with faith the holy struggles and exploits which you joyfully accomplished as an athlete for the crucified Christ. O thrice-blessed martyr Paphnoútios, we joyfully celebrate your holy memory with our hymns.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O hieromartyr Paphnoútios, your relics are a river which flows with streams of healing to refresh the hearts of the numerous believers who daily approach to sing about the good fight which you fought for Christ.

Glory: Both now:

O pure Virgin, O Theotokos, joy of the heavenly hosts, powerful protector of the human race, save us who take refuge in you, for after God we place all our hope in you.

#### 19/20 APRIL

#### Hairshirt Theodore (Theódoros) of Constantinople C4-5

#### Lord I have cried

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O venerable father Theodore, you offered yourself as a choice gift to God. You gained all-night vigilance, contrition, divine instruction, complete humility, faith, hope, burning love, watchfulness, loving-kindness, true dispassion and prayer. You were revealed as a most radiant pillar of light. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O venerable father Theodore, with a just mind you endeavoured to clothe yourself in the garment of truth and the clothing of salvation. You never stopped covering your body with rags of sackcloth. In this way you were strengthened by the power of the divine Spirit and laid bare the deceit of the one who stripped us naked.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Most blessed *father*, you were poor in spirit and brought yourself as a living sacrifice, an acceptable whole-burnt offering and a precious gift to God, who had assumed our flesh from the virgin Mother and made himself poor for our sake. Therefore, you have received heavenly pleasure. We implore you, "Continually plead with him to have mercy on us."

Glory: Both now:

With what eyes could I regard your noble face, for I have muddied my fleshly sight with my passions? O pure Virgin, how can my profane and sinful lips kiss your God-bearing icon? How can I extend the hands used for my dishonour to plead for your divine grace? O Lady, obtain salvation for me.

#### 20/21 APRIL

#### Hieromartyr Ianouários and Companions of Benevento C4

#### Lord I have cried

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Ianouários, you were a most holy priest and a lawful athlete. Not through the blood of another, but with your own, you entered heaven itself where Jesus is the leader of us all. O father, you always look and gaze at the one whom the angels see. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
You were beheaded by the sword, cast into the fire and thrown to wild beasts. O truly wonderful *bishop*, you were imprisoned for many days, but you remained unshaken in mind through faith in God. O holy wonder-worker, you conversed with the angels, then finished your race with lawful suffering.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Let us honour together Desidérios. Prókoulos, Sóssos, Fáfstos and Eutybios, the glorious Ianouários and wise Akoution. They are wise and holy servants, crowned martyrs, citizens of the holy city and true advocates for those who bless them.

Glory: Both now:

The Virgin Mother of the Lord is the spotless tabernacle, the most holy temple of our God, the bridge over which he alone passed, the room found spacious enough for the Infinite, the golden vessel, the

Ark of the Covenant and the ladder which reaches to heaven. Let us solemnly called her blessed.

**21/22 APRIL**

**Bishop Theódoros of Anastasiouópolis C7**

**Lord I have cried**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O father, you became a holy initiate in the mystery of the Word. O blessed Theódoros, you were resplendent with virtues in the light of the Spirit and grant healing to those who approach you and celebrate your holy memory today. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! You are crowned with heavenly light. O blessed wonderworking father Theódoros, hierarch worthy of our praise, you grant healing through the power of Christ to those who ask in faith when they devoutly celebrate you memory.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O God-bearing father, you have revealed yourself as a labourer in Christ's vineyard by keeping his commandments. O Theódoros, now that you have received the coin of your reward in the Kingdom above, you continually pray for those who honour you.

Glory: Both now:

O Virgin called blessed by our God, you are filled with his grace, are the protector of sinners and shelter for those battered with misfortune. O divine Theotokos to whom we sing, be a strong support for us and the refuge of all believers.

**23 APRIL**

**+ Great-Martyr George the Trophy-bearer C4**

*In Constantinople usage the Feast is never served in the Fast.*

**23/24 APRIL**

**Wonderworker Elizabeth of Constantinople**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O venerable mother Elizabeth, you devoted yourself to a life of asceticism. You received from the Holy Spirit the power to banish diseases of body and soul, and to protect all those who suffer affliction. Therefore request health and great mercy for all of us through your prayers. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! O amazing martyr Elizabeth, the ashes of your holy relics restore sight to the blind and healing to all the sick who come to seek your aid with faith. Therefore request health and great mercy for all of us through your prayers.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O blessed mother, venerable Elizabeth, you showed compassion, true faith and love for the Lord and your neighbour. Therefore the Holy Spirit made his home in you with his divine grace. So request health and great mercy for us all through your prayers.

Glory: Both now:

O Virgin, I place all my hope in you. Do not turn away from me, but in your goodness hurry to rescue me from the passions which trouble me and fight against me every day.

**25 APRIL**

**+Apostle and Evangelist Mark C1**

*In Constantinople the Feast is not served in the Fast.*

**25/26 APRIL**

**Hieromartyr Basil of Amásia C4**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed bishop, you were made steadfast by the law of God and maintained control over all the passions. You made your mind clearly their ruler and became a godly intercessor. O adornment of hierarchs and martyrs, you rightly received holy anointing and were a guide for the reason-endowed flock. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! The evil emperor separated you from your flock like a sheep, because you preached Christ God as our King, who was slaughtered like a lamb. O blessed Basil, *the persecutor* unjustly killed you and commanded you to be thrown into the sea. Therefore you gained the Kingdom of Heaven and eternal glory.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O renowned Basil, you gloriously set the steps of your feet in the waters, for your body was thrown out after your death as you foretold. You crossed the sea with power and honourably entrusted the burden of your relics to your city of Amasea. You are its unashamed intercessor and a river of healing for the cleansing of many illnesses.

Glory: Both now:

O spotless Virgin, I often promise to make reparation for my sins, but evil habits hold me fast. Therefore I fall down before you and cry out, "O Lady, I implore you to snatch me from slavery to evil while you lead me to the supreme Good and salvation."

**26/27 APRIL**

**Hieromartyr Simeon, Relative of the Lord, C2**

**Lord I have cried**

Tone 4

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O Simeon, you were a most holy priest, a lawful athlete and true relative of the Creator. You were truly a wonderworker, an all-radiant beacon, a guide for the lost, an unshakeable pillar of the Church, an heir of the Kingdom of Heaven and an equal with the angels. *X2*

S2: Every nation, praise the Lord; every people, acclaim him! Through the pains of your body, together with many torments and struggles, you approached the cross in imitation of Christ who was willingly crucified. Therefore, all-glorious hierarch, Simeon, as we rejoice and celebrate your holy memory, we receive release from our sins through your intercessions.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O blessed *apostle*, you have entered the heavenly Church in a holy manner and are stained with blood. Most wealthy *martyr*, you now stand before the Trinity and richly glow in its radiance. Therefore, O Simeon, since we receive remission of sins through your prayers, we celebrate your radiant memory today.

Glory: Both now:

All-pure Bride of God, rescue my poor soul from the punishment merited by my sins. Through your prayers snatch me from death and grant that I may be justified with the throng of saints on the Day of Judgement. Purify me before the end through repentance and tears.

**27/28 APRIL**  
**Nine Martyrs of Kyzika C3**

**Lord I have cried**

Tone 8

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

All-praised martyrs of Christ, when once the insensitivity of the Greeks was in control and drew everyone into the depths of sin, you did not leave the straight and narrow path. You did not join yourselves to irreverence, but suffered with courage and character. When you had been killed by the sword, you inherited life. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
Let us celebrate the holy memory of *the nine martyrs* with gladness. Let us honour it with faith and bless with hymns. *They are* Théognis, Roufos and Antípatros, Theóstichos and Artemás, Mágnos and Theódotos, the glorious Thavmásios and godly Philímon. They shone splendidly in their sufferings and enlightened those in darkness.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O beautiful flowers of the martyrs, holy legion, company assembled by God, pre-eminent assembly, chosen meeting, holy choir and blessed council, you struggled for the Trinity. Implore him to grant us forgiveness of sins, peace and great mercy.

Glory: Both now:

Hail, O Bride of God! Hail, O hope of believers and purification of the world! Hail, for you rescue your servants from every affliction and save them from death! Hail, O Paradise, for you open the gates for us and are the support of all those who call to you! Hail, O holy tabernacle of God and sacred mountain!

**28/29 APRIL**  
**Apostles Iáson and Sosipátros C1**

**Lord I have cried**

Tone 1

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

You renounced the pleasures of this life for the love of Christ to whom you had consecrated yourselves as you followed faithfully in his footsteps. O Iáson and Sosipátros, intercede with him to grant our souls peace and great mercy. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O Iáson and Sosipátros, enlighten my mind which has been darkened by the passions, for you illuminated the whole world with your divine teaching. You banished the shadows of idolatry and led the human race to complete salvation in Christ our God.

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.  
O Iáson and Sosipátros, Christ our God sent you out to recall those who were lost and lead them to salvation through your wise teaching. Plead with him to grant our souls peace and great mercy.

Glory: Both now:

O Virgin you are totally worthy to receive our hymns. Moses saw your mystery with his prophetic eyes; it was the bush that burned without being consumed, for the fire of the Divinity did not devour your pure womb. Therefore, O Mother of God, we implore you to grant peace to the world.

**30 APRIL**  
**+Apostle James, Son of Zebedee C1**  
*In Constantinople usage the Feast is not served in the Fast.*

**MARTYRIKA FOR FRIDAYS**  
*Saturday stichera by anticipation*

**TONE 1**

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
O Lord, only compassionate One, grant us your peace and have mercy on us through the intercessions of all the saints and of the Theotokos.

S7: Let your ears be attentive  
to the voice of my plea.  
O saints, you spat on the strength of demons and freed the whole human race from delusion through your confession of faith in the arenas. When you were being beheaded, you cried, "O Lord, O Lover of the human race, may our sacrifice be acceptable in your sight, for in our love for you, O Lover of the human race, we have despised this temporal life."

S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.  
How good is your trade, O saints! You shed blood and gained heaven. You were assaulted for a time, but rejoice in eternity. Your trade is good indeed. By forsaking corruption, you inherited incorruption. Together with the angels you continually praise the consubstantial Trinity.

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O Martyrs, worthy of praise, the earth did not cover you, but heaven received you. It opened to you the gates of Paradise where you live and delight in the tree of life. Plead with Christ to grant our souls peace and great mercy.

Glory:  
What earthly pleasure is not marked by sorrow? What glory on this earth remains unchanged? All things are feeble shadows and deluding dreams, for in a single moment, death will take everyone away. But in the light of your countenance, O Christ, and in the joy of your beauty, grant rest to those whom you have chosen, since you are the Lover of the human race.

Both now:  
Let us praise the Virgin Mary, the gate of heaven, the glory of the world, the song of the angels and the beauty of the faithful. She was born from man, yet gave birth to God; she was revealed as heaven and the temple of the Divinity. She destroyed the middle wall of enmity. She commenced the peace and opened the palace of the King. Because we hold her as the anchor of faith, our defender is the Lord whom she bore. Courage, courage, O people of God! For Christ will destroy our enemies since he is all-powerful.

**TONE 2**

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
O martyrs, you did not seek earthly things and so were made worthy of heavenly joy. You became fellow-citizens with the angels. O Lord, have mercy on us and save us through their prayers.

S7: Let your ears be attentive  
to the voice of my plea.  
All error has come to an end because the holy martyrs pray for us and sing the praises of Christ. The human race is being saved by faith.

S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.

The company of martyrs challenged their torturers, "We fight for the Lord of hosts. Even though you condemn us to fire and torture, we will not deny the power of the Trinity."

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O saints, great is the glory which you obtained through faith. O physicians of souls and bodies, you not only defeated the enemy in your sufferings, but even after death you drive out spirits and heal the sick. Plead with the Lord to have mercy on our souls.

Glory:  
Woe is me! How great a struggle the soul endures at its parting from the body. Woe is me! How many tears it sheds then. But there is none to show it compassion. It turns to the angels, but prays in vain. It extends its hands to people, but finds no one to help. Therefore, my dear brothers, as we reflect on the shortness of our life, let us plead with Christ to give rest to the departed and to grant great mercy to our souls.

Both now:  
The shadow of the law passed when grace came. As the bush burned, yet was not consumed, so the Virgin gave birth, yet remained a virgin. The Sun of justice has risen instead of a pillar of flame and Christ, the salvation of our souls, instead of Moses.

**TONE 3**

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
O Christ, great is the might of your martyrs, for although they lie in their tombs, they drive away demons and defeat the power of the enemy! They have lived their lives in a battle for true devotion through faith in the Trinity.

S7: Let your ears be attentive  
to the voice of my plea.  
The prophets, apostles and martyrs of Christ taught us to sing the praises of the consubstantial Trinity. They enlightened the nations who had gone astray and made the children of the human race companions with the angels.

S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.  
O Lord, your martyrs were confirmed by faith and strengthened by hope. Because they were spiritually united in the love of your cross, they overcame the tyranny of the enemy. They have obtained crowns of glory and, together with the angels, pray for our souls.

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O Lord, great is the might of your cross! It is set in one place, but acts throughout the world. It made fishermen into apostles and the Gentiles into martyrs. May they always pray for our souls.

Glory:  
No human deception will remain after death. Wealth will not remain, nor will glory go with us on the way. When death comes it will swallow them. Therefore let us sing to Christ, the immortal King, "Grant rest to those who have departed from us, for you are the home of all those who rejoice in you."

Both now:  
All-honoured One, how can we not wonder at your giving birth to the One who is God and man? For without experience of man, all-spotless One, you gave birth to a son in the flesh who was begotten without mother from the Father before time. He underwent no mingling, change or division, but preserved the attributes of each nature. Therefore, O Lady and Virgin Mother, plead with him to save the souls of those who confess you in the Orthodox manner to be the Theotokos.

**TONE 4**

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

You are glorified in the memory of your saints. O Christ *our* God, may they plead with you to send us great mercy.

S7: Let your ears be attentive  
to the voice of my plea.

O Lover of the human race, receive our song just as you accepted the patience of the holy martyrs. Grant us great mercy through their pleas.

S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.

O saints, pray continually for us sinners since you have boldness before the Saviour. Ask remission for our offences and great mercy for our souls.

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.

O martyrs of the Lord, *you are* living sacrifices, reasonable offerings, perfect incense burnt to God, sheep that know God and are known by him, into whose fold the wolves cannot break. Pray that we may be led with you to rest beside the still waters.

Both now:

O *Virgin*, the prophet David was a forefather of God through you. He spoke beforehand about you in songs to the *Lord* who worked wonders in you, "At your right hand stood the queen." God, who was well-pleased to be incarnate from you without a father, announced you as mother and source of Life. He wanted to renew his fallen image, which had been made corrupt by passion, so he found the lost sheep wandering on the mountain, placed it on his shoulders and brought it to his Father. He joined it to the heavenly powers by his own will. O Theotokos, Christ who has great and rich mercy has saved the world.

**TONE 5**

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

All-praised martyrs, you did not rejoice in earthly things, but courageously went out to tortures and did not fail in your blessed hopes. Since you now have boldness before God, the Lover of the human race, beg peace for the world and great mercy for our souls.

S7: Let your ears be attentive  
to the voice of my plea.

O Lord, the saints, put on the shield of faith, strengthened themselves with the sign of the cross and courageously by their own choice went to torture. They laid low the pride and error of the Devil. O almighty God, send peace to the world and great mercy to our souls through their prayers.

S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.

O holy martyrs, intercede for us, so that we may be rescued from our sins, for the grace to pray for us is given to you

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.

Your souls were filled with unquenchable love. You endured the most terrible sufferings without denying Christ and demolished the tyrant's pride. You kept the faith unchanged and unharmed; you have gone to live in heaven. Since you have boldness before the Lord, pray that he may grant us great mercy.

Glory:

I remembered the prophet's words, "I am dust and ashes." I went also to the tombs, saw the naked bones and said, "Who now is the King or the soldier, the rich or the poor, the just or the sinners?" O Lord, grant rest to your servants with the saints, for you are the Lover of the human race.

Both now:

In the Red Sea of old, a type of the Virgin Bride was prefigured. There Moses divided the waters; here Gabriel assisted in the miracle. There Israel crossed the sea without getting wet, here the Virgin gave birth to Christ without seed. After Israel's passage, the sea remained impassable; after Emmanuel's birth, the spotless One remained a virgin. O ever-existing God, O Lord, who appeared as man, have mercy on us.

**TONE 6**

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

O Lord, your martyrs did not deny you, nor did they turn from your commandments. Have mercy on us through their prayers.

S7: Let your ears be attentive  
to the voice of my plea.

O Christ, those who suffered martyrdom for you, endured great torments. O Lord, preserve us through their prayers and intercessions.

S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.

Your victorious martyrs endured great torments when they fought on this earth. Now they live in heaven where they have received a perfect crown, so that they can offer prayers for our souls.

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.

O Lord, your cross was an invincible weapon for the martyrs. They saw death before them, but looked for the life to come. They were strengthened by their hope in you. Have mercy on us through their prayers.

Glory:

Your creating command was my origin and my foundation, for you determined to form me as a living creature from visible and invisible natures. You made my body from the earth and gave me a soul by your divine and life-creating breath. Therefore, O Saviour, grant rest to your servants in the land of the living, in the mansions of the just.

Both now:

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honoured and all-blessed Lady, implore him to have mercy on our souls.

**TONE 7**

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

Glory to you, O Christ God! *You are* the boast of the apostles and the joy of the martyrs, whose preaching was the consubstantial Trinity.

S7: Let your ears be attentive  
to the voice of my plea.

O holy martyrs, who fought the good fight and have received your crowns, plead with the Lord to have mercy on our souls.

S6: O Lord *our* Lord, if you mark offences,  
who will stand?

God and perfect man, and we acknowledge Christ our God. O unwedded Mother, implore him to have mercy on our souls.

But there is forgiveness with you.  
O holy martyrs, because you despised earthly things and courageously preached Christ in the arena, you received from him the due reward for your sufferings. Since you have boldness in the presence of almighty God, we implore you to pray to him for the salvation of our souls.

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.

O martyrs, worthy of all praise and sheep of Christ's spiritual flock, you are a living offering and acceptable sacrifice pleasing to the Lord. Although the earth did not cover you, heaven received you. Now that you are companions with the angels, we implore you to pray with them to God our Saviour to grant peace to the world and salvation to our souls.

Glory:  
Our Saviour, Giver of life, grant rest to our departed brothers who cry out to you, "O Lord, glory to you!"

Both now:  
O Theotokos, you were revealed as a mother above nature, for you remained a virgin beyond reason and understanding. No tongue can speak of your wonderful childbearing, for the order of nature was overruled by God. O pure *Lady*, your conceiving was most glorious. O Virgin, the manner of your giving birth was ineffable. We know that you are the Mother of God and pray fervently to you, "Implore him to save our souls."

#### TONE 8

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

O martyrs of the Lord, you sanctify every place and heal every sickness. We implore you to intercede for our souls to be freed from the snares of the enemy.

S7: Let your ears be attentive  
to the voice of my plea.  
O martyrs of the Lord, plead with our God and beg great bounties for our souls and cleansing from our many offences.

S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.  
O Lord, your martyrs forgot the concerns of this life and endured tortures for the sake of the life to come. They were revealed as its inheritors and now rejoice with the angels. Grant your people great mercy through their prayers.

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
Fame and praise are correct for the saints! For they bowed their necks beneath the sword for your sake, who bowed the heavens and came down. They shed blood for you, for you emptied yourself and took the form of a servant. They also humbled themselves even to death by emulating your poverty. O God, through their prayers have mercy on us according to the abundance of your great mercies.

Glory:  
I contemplate death in tears and sorrow. I see our beauty, created in God's image, laid in the grave without form, honour, or comeliness. How great is the mystery and fearful end awaiting us! How have we been handed over to corruption? How has death been wedded to us? Truly, as it is written, it is by the commandment of God, who grants rest to the departed.

Both now:  
The King of Heaven, appeared on earth and lived with men because of his love for the human race. He took flesh from the pure Virgin and, after assuming it, he came out from her. The Son is one in two natures, yet one person. Therefore we truly proclaim him as perfect