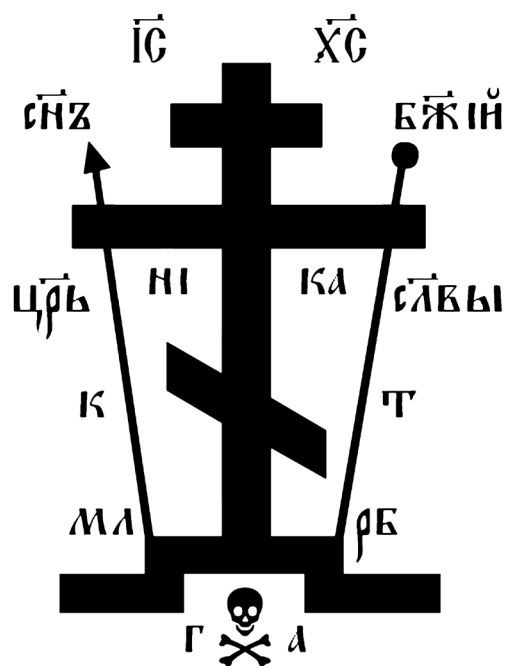


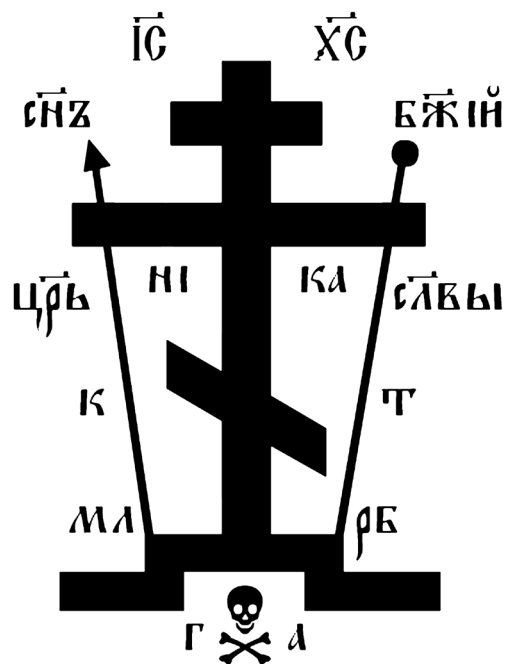


Music for Friday in the First Week of Great Lent **Matins, Hours, Typika and Vespers**

Δόμνι εἰκόνι жєни мѣроноєицѣ
Holy Myrrh-bearers
 Ο Οἶκος τῶν Ἀγίων Μυροφόρων

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Music for Friday in the First Week of Great Lent

Matins, Hours, Typika and Vespers

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The Lenten Triodion

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Choral arrangements from

Music for the Orders of Matins, First Hour, Third Hour, Sixth Hour, Ninth Hour, Typica, Vespers, the Divine Liturgy of the Presanctified Gifts, and the Commemorated of the Departed as used during the first week of Great Lent

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A.D. 2025 Saint Nina, Equal to the Apostles, Enlightener of the Georgians

2025 г. Св. равноапостольная Нины, просветительницы Грузии

Music for Friday in the First Week of Great Lent

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Matins

Priest: Blessed is our God, always now and ever, and unto the ages of ages.

Reader: Amen.

Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

Trisagion

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Lord, have mercy. (*12 times*)

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

O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

Psalm 19

The Lord hear thee in the day of affliction; the name of the God of Jacob defend thee. Let Him send forth unto thee help from His sanctuary, and out of Sion let Him help thee. Let Him remember every sacrifice of thine, and thy whole-burnt offering let Him fatten. The Lord grant thee according to thy heart, and fulfill all thy purposes. We will rejoice in Thy salvation, and in the name of the Lord our God shall we be magnified. The Lord fulfill all thy requests. Now have I known that the Lord hath saved His anointed one; He will hearken unto him out of His holy heaven; in mighty deeds is the salvation of His right hand. Some trust in chariots, and some in horses, but we will call upon the name of the Lord our God. They have been fettered and have fallen, but we are risen and are set upright. O Lord, save the king, and hearken unto us in the day when we call upon Thee.

Psalm 20

O Lord, in Thy strength the king shall be glad, and in Thy salvation shall he rejoice exceedingly. The desire of his heart hast Thou granted unto him, and hast not denied him the requests of his lips. Thou wentest before him with the blessings of goodness, Thou hast set upon his head a crown of precious stone. He asked life of Thee, and Thou gavest him length of days unto ages of ages. Great is his glory in Thy salvation; glory and majesty shalt Thou lay upon him. For Thou shalt give him blessing for ever and ever, Thou shalt gladden him in joy

with Thy countenance. For the king hopeth in the Lord, and through the mercy of the Most High shall he not be shaken. Let Thy hand be found on all Thine enemies; let Thy right hand find all that hate Thee. For Thou wilt make them as an oven of fire in the time of Thy presence; the Lord in His wrath will trouble them sorely and fire shall devour them. Their fruit wilt Thou destroy from the earth, and their seed from the sons of men. For they have intended evil against Thee, they have devised counsels which they shall not be able to establish. For Thou shalt make them turn their backs; among those that are Thy remnant, Thou shalt make ready their countenance. Be Thou exalted, O Lord, in Thy strength; we will sing and chant of Thy mighty acts.

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

Trisagion

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Save, O Lord, Thy people, and bless Thine inheritance; grant Thou unto Orthodox Christians victory over enemies; and by the power of Thy Cross do Thou preserve Thy commonwealth.

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

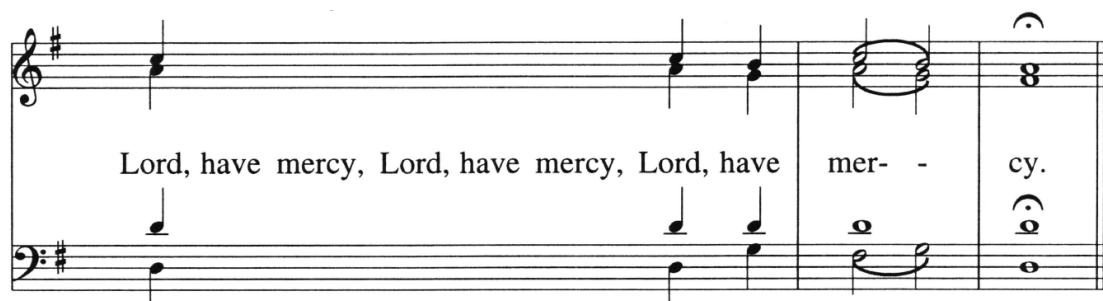
O Thou Who wast lifted up willingly on the Cross, bestow Thy mercies upon the new community named after Thee, O Christ God; gladden with Thy power the Orthodox Christians, granting them victory over enemies; may they have as Thy help the weapon of peace, the invincible trophy.

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

O awesome intercession that cannot be put to shame, O good one, disdain not our prayer; O all-hymned Theotokos, establish the commonwealth of the Orthodox, save the Orthodox Christians, and grant unto them victory from heaven, for thou didst bring forth God, O thou only blessed one.

Litany

Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.



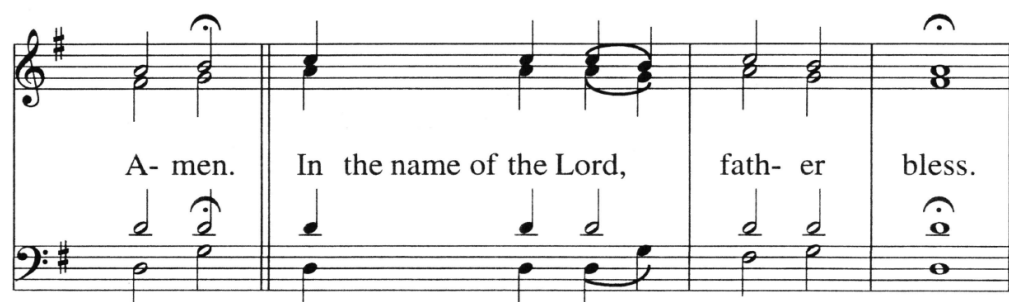
Priest: Again let us pray for our Archbishop *Name*.

Choir: Lord, have mercy. (*Thrice*)

Priest: Again we pray for all the brethren and for all Christians.

Choir: Lord, have mercy. (*Thrice*)

Priest: For a merciful God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



Priest: Glory to the holy, and consubstantial, and life-creating, and indivisible Trinity, always, now and ever, and unto the ages of ages.



The Six Psalms

Reader: Glory to God in the highest, and on earth peace, good will among men. (Thrice)

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. *(Twice)*

Psalm 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

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

Psalm 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mockings, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbours drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftinesses all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord, Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Psalm 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory, For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips of rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee, Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they

shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee, Thy right hand hath been quick to help me.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*) Lord, have mercy. (*Thrice*)

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

Psalm 87

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication. For filled with evils is my soul, and my life unto hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbour, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

Psalm 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered, neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his

sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

Psalm 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord, my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

Hearken unto me, O Lord, in Thy righteousness, and enter not into judgment with Thy servant. *(Twice)*

Thy good Spirit shall lead me in the land of uprightness.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. *(Thrice)*

Great Litany

Deacon: In peace let us pray to the Lord.



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

Choir: Lord, have mercy.

Deacon: For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this holy temple, and for them that with faith, reverence, and the fear of God enter herein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For our Archbishop *Name*; for the venerable priesthood, the diaconate in Christ, for all the clergy and people, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this land, its authorities and armed forces, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the suffering Russian Land and its Orthodox people both in the homeland and in the diaspora, and for their salvation, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: That He may deliver His people from enemies visible and invisible, and confirm in us oneness of mind, brotherly love, and piety, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this city (*or town or holy monastery*), every city and country, and the faithful that dwell therein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For seasonable weather, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For travelers by sea, land, and air, for the sick, the suffering, the imprisoned, and for their salvation, let us pray to the Lord.

Choir: Lord, have mercy.

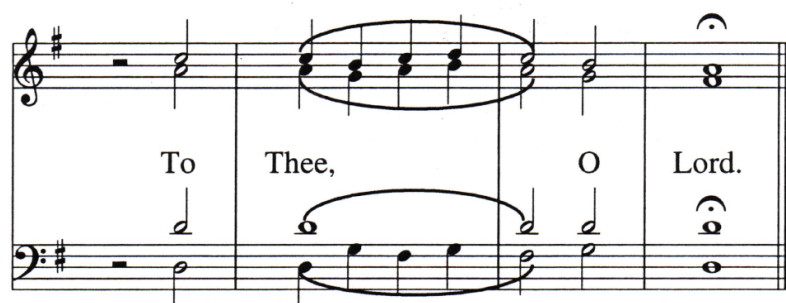
Deacon: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



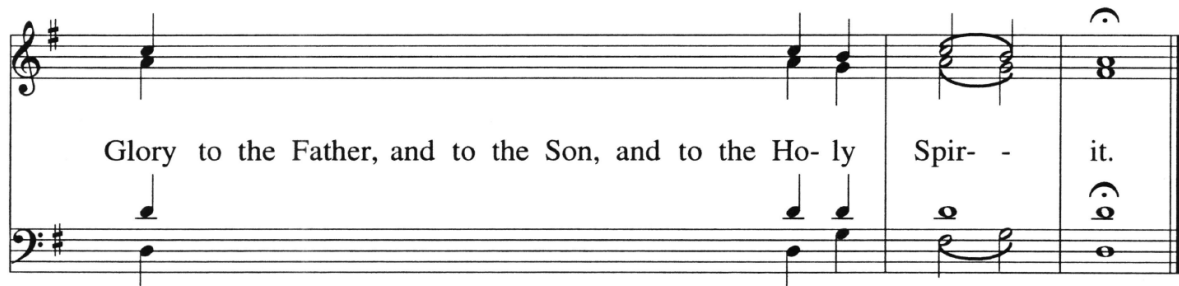
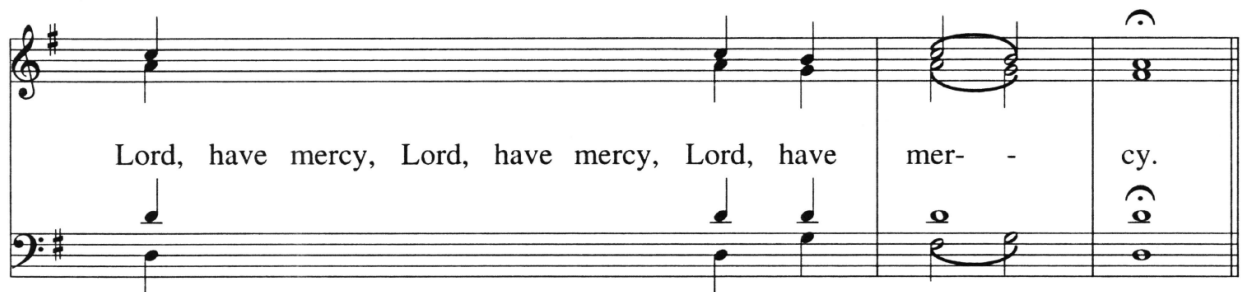
Priest: For unto Thee is due all glory, honour, and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



Alleluia and Hymns to the Trinity

After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week. See Appendix I, Page 93.

First Kathisma



Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XIII, First Stasis

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

Friday in the First Week of Great Lent – Matins

Both now and ever, and unto the ages of a- ges. A- men.

This musical score is for a four-part setting of the Kyrie eleison. It features a soprano, alto, tenor, and bass part. The key signature is one sharp (F#), and the time signature is common time (C). The melody is simple and homophonic, with the lyrics written below the notes. The piece concludes with a final Amen.

Thrice
Alleluia, alleluia, alleluia, glory to Thee, O God.

This musical score is for a four-part setting of the Trisagion. It features a soprano, alto, tenor, and bass part. The key signature is one sharp (F#), and the time signature is common time (C). The melody is simple and homophonic, with the lyrics written below the notes. The piece concludes with a final Amen.

Lord, have mercy, Lord, have mercy, Lord, have mer- - cy.

This musical score is for a four-part setting of the Ite, te igitur. It features a soprano, alto, tenor, and bass part. The key signature is one sharp (F#), and the time signature is common time (C). The melody is simple and homophonic, with the lyrics written below the notes. The piece concludes with a final Amen.

Glory to the Father, and to the Son, and to the Ho- ly Spir- - it.

This musical score is for a four-part setting of the Agnus Dei. It features a soprano, alto, tenor, and bass part. The key signature is one sharp (F#), and the time signature is common time (C). The melody is simple and homophonic, with the lyrics written below the notes. The piece concludes with a final Amen.

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XIII, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XIII, Third Stasis

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Sessional Hymns

After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week. See Appendix II, Page 115.

Second Kathisma

Choir: Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XIV, First Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XIV, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XIV, Third Stasis

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Sessional Hymns

Tone II, by Joseph

Thou hast put to death the passions of my flesh by Thy divine Cross, and by Thy Passion Thou hast given all men freedom from the passions. Count me worthy also, Lord, to see Thy holy Resurrection, that I may receive Thy great and abundant mercy.

Glory to the Father...

Repeat.

Both now...

Stavrotheotokion

Guarded by the precious Cross of thy Son, O pure Lady and Theotokos, easily we turn aside all the assaults of the adversary. Therefore, as is right, we ever call thee blessed, for thou art the Mother of God and the only hope of our souls.

Third Kathisma

Choir: Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XV, First Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XV, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XV, Third Stasis

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Sessional Hymns

Tone II, by Theodore

O merciful Lord, who art the source and fountain of purity, preserve us in the fast. Look upon us as we fall before Thee: be attentive to the lifting up of our hands, O Thou who hast stretched out Thine hands upon the Tree and wast crucified for the sake of all those born on earth, the only Lord of the angelic powers.

Glory to the Father...

Repeat.

Both now...

Stavrotheotokion

Beholding Thee, O Christ, stretched dead upon the Tree, Thy Virgin Mother cried aloud with bitter tears: 'O my Son, what is this fearful mystery? How dost Thou who givest life eternal unto all, suffer willingly a shameful death upon the Cross?'

Psalms 50

Reader: Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightiest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with

hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Save, O God, Thy People

Deacon: Save, O God, Thy people, and bless Thine inheritance; visit Thy world with mercy and compassions; exalt the horn of Orthodox Christians, and send down upon us Thine abundant mercies: through the intercessions of our immaculate Lady Theotokos and Ever-Virgin Mary; through the power of the precious and life-creating Cross; through the mediations of the honourable, heavenly Bodiless Hosts; of the honourable, glorious Prophet, Forerunner, and Baptist John; of the holy, glorious and all-praised Apostles (*if there be commemorated one of the Twelve Apostles or Evangelists, there is said:* of the holy Apostle and Evangelist *Name*, and the other holy, glorious and all-praised Apostles); of our fathers among the saints and great ecumenical teachers and hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom; of our father among the saints, Nicholas the Wonderworker, Archbishop of Myra in Lycia; of the holy Equals-of-the-Apostles Methodius and Cyril, Teachers of the Slavs; of the holy Right-believing and Equal-of-the-Apostles Great Prince Vladimir, and the Blessed Great Princess of Russia, Olga; of our fathers among the saints, the Wonderworkers of All Russia: Michael, Peter, Alexis, Jonah, Philip, Macarius, Demetrius, Metrophanes, Tikhon, Theodosius, Joasaph, Hermogenes, Pitirim, Innocent, and John; of the holy Hieromartyrs and Confessors: Tikhon, Patriarch of Moscow; Vladimir of Kiev, Benjamin and Joseph of Petrograd, Peter of Krutitsa, Cyril of Kazan, Agathangel of Yaroslavl, Andronicus of Perm, Hermogenes of Tobolsk, the priests John, John, Peter and Philosoph, and all the new hieromartyrs and confessors of the Russian Church; of the holy, glorious, and victorious martyrs: the holy, glorious Great-martyr, Trophy-bearer, and Wonderworker George; the holy Great-martyr and Healer Panteleimon; the holy Great-martyr Barbara; and the holy Right-believing Russian Princes and Passion-bearers Boris and Gleb, and Igor; and the holy Right-believing Passion-bearers: Tsar-Martyr Nicholas, Tsaritsa-Martyr Alexandra, the Martyred Crown Prince Alexis, and the Royal Martyrs Olga, Tatiana, Maria, and Anastasia; and the holy nun-martyrs: Grand Duchess Elizabeth and Nun Barbara, and all the New Martyrs of Russia; of our holy and God-bearing fathers: Anthony and Theodosius of the Kiev Caves; Sergius, the Abbot of Radonezh, and Seraphim of Sarov; Job, Abbot and Wonderworker of Pochaev; of the holy Righteous John of Kronstadt; of the holy Blessed Xenia of Saint Petersburg; of our holy and God-bearing Fathers: Herman, of Alaska, Paisius Velichkovsky, Theophilus of Kiev; Leo, Macarius, Ambrose, and the other Elders of Optina; the hierarchs Philaret and Innocent of Moscow, Nicholas of Japan, and John the Wonderworker of Shanghai and San Francisco, Philaret of New York; and Saint *Name*, (*whose temple it is and whose day it is*) whose memory we celebrate today; of the holy and Righteous Ancestors of God, Joachim and Anna; and of all the

saints; we pray Thee, O Lord plenteous in mercy, hearken unto us sinners that pray unto Thee, and have mercy on us.

Choir: Lord, have mercy. (12 times)

Priest: Through the mercy and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thy Most Holy and good and life-creating Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticle Canons from the Triodion.

Ode I

Irmos of the Canon from the Menaion

The Lord is king of the ages, yea, for ever and evermore./ For the horse of Pharaoh with chariots and riders went into the sea,

Troparion from the Canon of the Menaion

And the Lord brought upon them the water of the sea;/ but the sons of Israel walked through dry land in the midst of the sea.

Troparion from the Canon of the Menaion

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

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion from the Canon of the Menaion

Ode III

The Lord hath gone up into the heavens and hath thundered;/ he will judge the ends of the earth, for he is righteous.

Troparion from the Canon of the Menaion

And he will give strength to our kings,/ and he will lift up the horn of his anointed one.

Troparion from the Canon of the Menaion

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

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion from the Canon of the Menaion

Small Litany

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

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thou art our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

Sessional Hymn

Sessional Hymn from the Menaion, if there be one.

Ode IV

Irmos of the Canon from the Menaion

The Lord is my God and my might,/ and he will instruct my feet unto perfection.

Troparion from the Canon of the Menaion

He mounteth me on high,/ that I might be victor with his song.

Troparion from the Canon of the Menaion

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

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

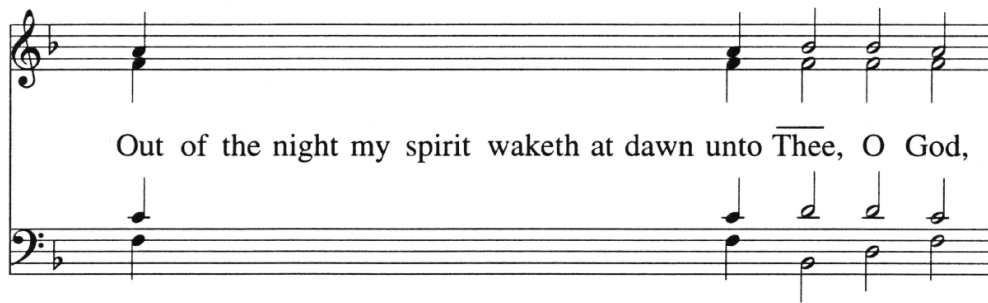
Theotokion from the Canon of the Menaion

Ode V

Fifth Biblical Ode

A Prayer of Esaias (Isaiah)

Esaias 26:9-20



But the dead shall not see life,/ nor shall physicians raise them up;

Troparion from the Canon of the Menaion

Therefore hast thou brought wrath upon them and hast slain them,/ and hast taken every male of them away.

Troparion from the Canon of the Menaion

Add more evils upon them, O Lord;/ add more evils upon them that are glorious upon the earth.

Troparion from the Canon of the Menaion

O Lord, in tribulation we remembered thee; in a small affliction was thine instruction with us.

Triodion, Canon I, Tone II

Seeing the sinfulness that is in me, the deceitful enemy urges me on to sin and works with me: for truly he rejoices over my perdition. But, O Saviour, I entreat Thee, grant me amendment of life that I may destroy him.

And as a woman in travail cometh to her time for giving birth, and because of her travail she crieth out,/ so have we become in the presence of thy beloved one.

By Thy Cross Thou hast triumphed over the powers of darkness, Deliver me from their wickedness, for I am fallen into a depth of sin and a pit of iniquity; but I hope to be saved by Thy mercy.

Because of fear of thee, O Lord, have we conceived and suffered pangs,/ and given birth to the spirit of thy salvation, which we have wrought on the earth.

O Thou who hast hung dead upon the Cross, do Thou restore to life my soul, dead through sin, O Christ, and count me worthy to attain in peace Thy holy Resurrection, obediently fulfilling Thy commandments.

We shall not fail,/ but all they shall fail that dwell upon the earth.

Theotokion

O pure Maiden, thou art a light to me in my infirmity and the salvation of my darkened soul; save me, O save me, for I perish. Do thou clothe me in a garment of incorruption, who am corrupted by my grievous sins.

The dead shall rise, and they that are in the tombs shall awake, and they that be in the earth shall rejoice.

Triodion, Canon II, Tone II

Thou only art immortal, yet Thou hast accepted to be crucified in the flesh at the place of the skull, O Lord, giving immortality to men and fashioning them anew.

For the dew which thou sendest is healing for them, but the land of the ungodly shall perish.

When the creation saw the outrage of Thy Passion, O Lord, it was changed in every part, lamenting the murder committed by the Jews. But Thou hast patiently endured these things to save the whole world.

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

All-holy Trinity, we worship Thee: Thou art our refuge and our strength. We sing Thy praises in Unity of Nature: send down upon us the forgiveness of our sins.

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion

Rejoice, O Theotokos, Maiden of many names: Tabernacle, Vessel of Manna, Table, Candlestick that bears the Light, burning Bush, overshadowed Mountain of God.

Glory to Thee, our God, glory to Thee.

Bidding farewell to the world and all that is in it, let us now be crucified with Christ; let us endure outrage, mockery and other sufferings, that we may be glorified with Him.

Katavasia – Ode V

The night is far spent, the day is at hand,

This musical system consists of a treble and bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody begins with a half note G4, followed by a half note F4, and a half note E4. The words 'The night is far spent,' are aligned under these notes. The melody then has a whole note rest, followed by a half note D4, and a half note C4. The words 'the day is at hand,' are aligned under these notes. The system ends with a double bar line.

and the light hath shone up- on the world;

This musical system continues the melody from the first line. It begins with a half note B3, followed by a half note A3, and a half note G3. The words 'and the light hath shone up-' are aligned under these notes. The melody then has a whole note rest, followed by a half note F3, and a half note E3. The words 'on the world;' are aligned under these notes. The system ends with a double bar line.

therefore the ranks of an- gels praise Thee,

This musical system continues the melody. It begins with a half note D3, followed by a half note C3, and a half note B2. The words 'therefore the ranks of an-' are aligned under these notes. The melody then has a whole note rest, followed by a half note A2, and a half note G2. The words 'gels praise Thee,' are aligned under these notes. The system ends with a double bar line.

and all cre- a- tion doth glor- i- fy Thee.

This musical system concludes the Katavasia. It begins with a half note F2, followed by a half note E2, and a half note D2. The words 'and all cre- a- tion doth glor-' are aligned under these notes. The melody then has a whole note rest, followed by a half note C2, and a half note B1. The words 'i- fy Thee.' are aligned under these notes. The system ends with a double bar line.

Ode VI

They that observe vain and false things/ have abandoned mercy for themselves.

Troparion from the Canon of the Menaion

But as for me, with the voice of praise and thanksgiving will I sacrifice unto thee;/ whatsoever I have vowed for my salvation, I will pay unto thee, O Lord.

Troparion from the Canon of the Menaion

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

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion from the Canon of the Menaion

Katavasia – Ode VI

Irmos of the Canon from the Menaion

Small Litany

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

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thou art the King of Peace, and the Saviour of our souls, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

Kontakion or Sessional Hymn

If there is no Kontakion for the saint of the day in the Menaion, the Sessional Hymn to the Martyrs for Friday, in the Tone of the week, is said. See Appendix II, Page 115.

Ode VII

Irmos of the Canon from the Menaion

Blessed art thou upon the throne of the glory of thy kingdom,/ thou who art supremely praised and supremely exalted unto the ages.

Troparion from the Canon of the Menaion

Blessed art thou in the firmament of the heaven,/ thou who art supremely praised and supremely exalted unto the ages.

Troparion from the Canon of the Menaion

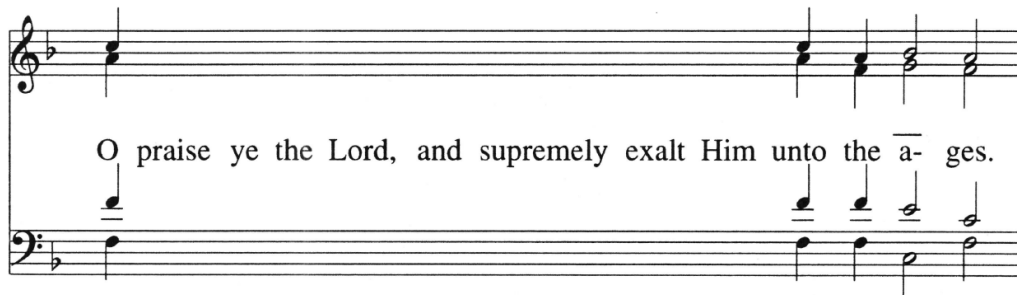
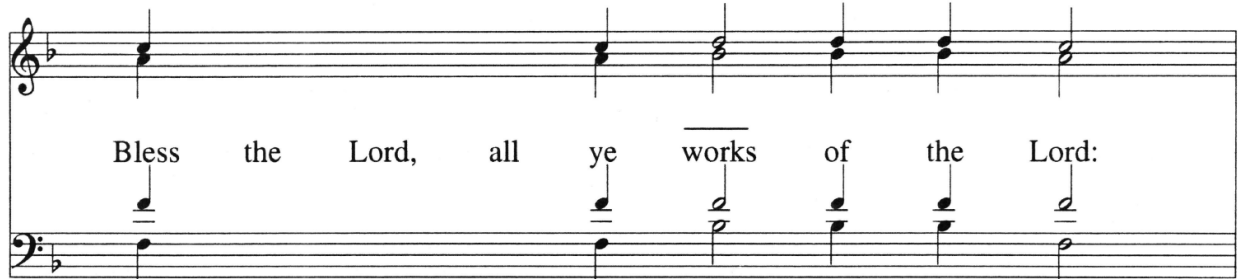
Glory to the Father, and to the Son,/ and to the Holy Spirit.

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion from the Canon of the Menaion

Ode VIII
Eighth Biblical Ode
Hymn of the Three Youths
Daniel 3:57-88



Bless the Lord, ye angels of the Lord,/ and ye heavens of the Lord: O praise ye the Lord and supremely exalt him unto the ages.

Bless the Lord, all ye waters above the heavens, and all ye powers of the Lord:/ O praise ye the Lord and supremely exalt him unto the ages.

Bless the Lord, O sun and moon, and ye stars of heaven:/ O praise ye the Lord and supremely exalt him unto the ages.

Bless the Lord, every rain and dew, and all ye winds:/ O praise ye the Lord and supremely exalt him unto the ages.

Bless the Lord, fire and heat of burning, winter cold and summer heat:/ O praise ye the Lord and supremely exalt him unto the ages.

Irmos of the Canon from the Menaion

Bless the Lord, O falls of dew and snow, O ice and cold:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, O hoar frosts and snows, O lightnings and clouds:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, O light and darkness, O nights and days:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, O earth, mountains and hills, and all things that spring up therein:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, O fountains, seas and rivers, O monsters of the sea, and all things that move in the waters:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, all ye winged creatures of the sky, O beasts and all cattle:/ O praise ye the Lord and supremely exalt him unto the ages.

Triodion, Canon I

In Thy compassion Thou hast humbled Thyself and wast lifted on the Cross, raising up with Thee him who had fallen of old through eating from the tree. Therefore art Thou glorified, O Lord alone supreme in love, and we sing Thy praises for ever.

Bless the Lord, ye sons of men; let Israel bless the Lord:/ O praise ye the Lord and supremely exalt him unto the ages.

Through heedlessness I have fallen into the heavy sleep of sin. But, my Christ, who for my sake hast fallen asleep on the Cross, do Thou awaken me, that the night of death come not upon me.

Bless the Lord, ye priests of the Lord, ye servants of the Lord:/ O praise ye the Lord and supremely exalt him unto the ages.

Blinded by sensual pleasures, I bear within me a darkened soul, and the crafty-minded enemy laughs when he sees me. But give me light, O Christ, and deliver me for ever from his malice.

Bless the Lord, ye spirits and ye souls of the righteous, ye saints, and ye that be humble of heart:/ O praise ye the Lord and supremely exalt him unto the ages.

Theotokion

Carelessly I have wasted my life, and my soul is heavy with the drowsiness of sin. To thine unsleeping intercession, all-pure Virgin, do I Hy: let me not slumber in the sleep of death.

Bless the Lord, O Ananias, Azarias, and Misael:/ O praise ye the Lord and supremely exalt him unto the ages.

Triodion, Canon II

Crowned with thorns, O Christ, and clothed in a scarlet robe, Thou hast shone with glory and surpassed in beauty all the sons of men.

Bless the Lord, ye Apostles, Prophets and Martyrs of the Lord:/ O praise ye the Lord and supremely exalt him unto the ages.

Thou hast drunk gall and vinegar, and from Thy divine side Thou pourest out a double stream of life and incorruption, unto those who praise and glorify Thee in faith for ever.

We bless Father, Son, and Holy Spirit, the Lord.

O Godhead, one in Trinity, undivided in Nature yet divided in Persons, Power that shall never be destroyed, Father, Son and Spirit, we sing Thy praises for ever.

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

Theotokion

O pure Mother of God, Gate of heaven, Door of salvation, accept the prayer of
all Christians who call thee blessed for ever.

Glory to Thee, our God, glory to Thee.

O Cross, sceptre of Christ, strength of the Church, victory of kings, guardian of
Christians! Thou art my light, thou art my boast for ever.

Katavasia – Ode VIII
Tone II

The Lord, Who once to Mo- ses

This musical system consists of a treble and bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The word 'Mo-' is followed by a long melisma that extends across the end of the line.

pre-fig-ured in the bush on Mount Si- nai

This musical system continues the melody from the first line. The treble staff has a key signature of one flat and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The word 'Si-' is followed by a long melisma that extends across the end of the line.

the miracle of the Vir- gin,

This musical system continues the melody from the second line. The treble staff has a key signature of one flat and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The word 'Vir-' is followed by a long melisma that extends across the end of the line.

praise ye, bless, and supremely exalt un- to all a- ges.

This musical system concludes the Katavasia. The treble staff has a key signature of one flat and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The word 'a-' is followed by a long melisma that extends across the end of the line.

The Song of the Most-Holy Theotokos

Deacon: The Theotokos and Mother of the Light let us magnify in song.

My soul doth mag- ni- fy the Lord,

This musical system consists of a treble and bass staff in G major (one sharp). The melody is written in a simple, homophonic style. The lyrics are: "My soul doth mag- ni- fy the Lord,". The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (half).

and my spirit hath rejoiced in God my Sav- iour.

This musical system continues the melody from the first line. The notes are: E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F#3 (half), E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F#3 (half).

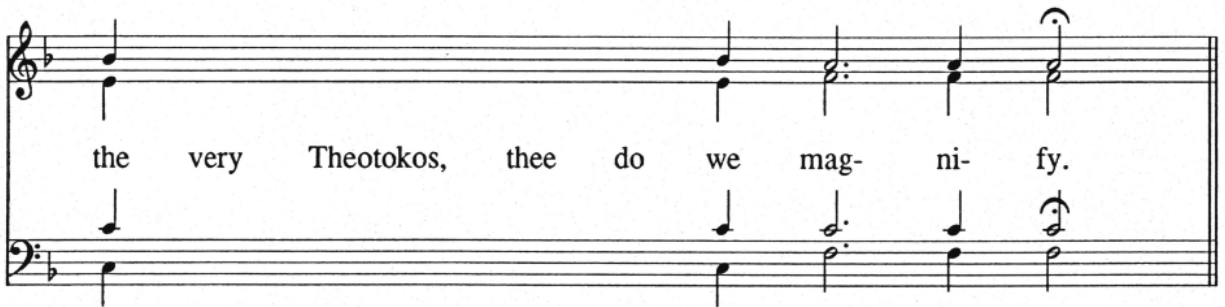
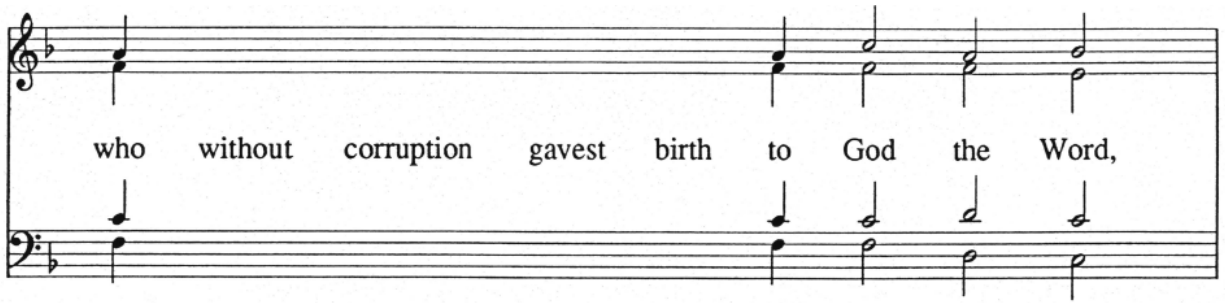
Refrain

More honorable than the Cher- u- bim,

This musical system begins the refrain. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (half).

and beyond compare more glorious than the Ser- a- phim.

This musical system continues the refrain. The notes are: E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F#3 (half), E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F#3 (half).



For He hath looked upon the lowliness of His handmaiden;/ for behold, from henceforth all generations shall call me blessed.

More honorable than the Cherubim...

For the Mighty One hath done great things to me, and holy is His name;/ and His mercy is on them that fear Him unto generation and generation.

More honorable than the Cherubim...

He hath showed strength with His arm,/ and He hath scattered the proud in the imagination of their heart.

More honorable than the Cherubim...

He hath put down the mighty from their seat, and exalted them of low degree;/ He hath filled the hungry with good things, and the rich He hath sent empty away.

More honorable than the Cherubim...

He hath holpen His servant Israel in remembrance of His mercy,/ as He spake to our fathers, to Abraham and his seed forever.

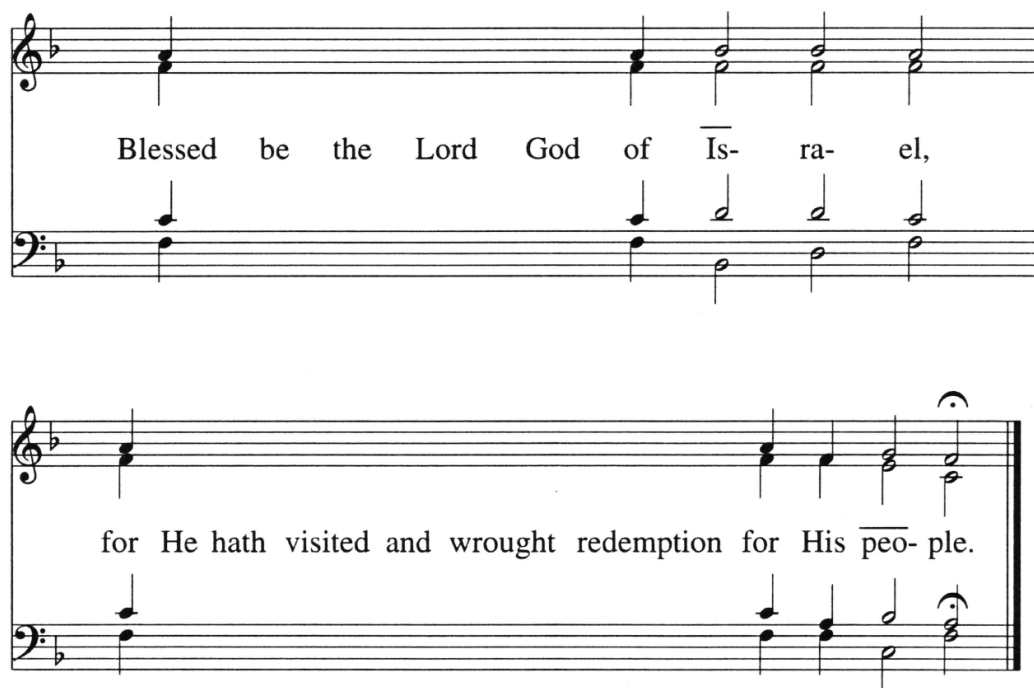
More honorable than the Cherubim...

Ode IX

Irmos of the Canon from the Menaion

Ninth Biblical Ode

*Prayer of Zacharias, the Father of the Forerunner
Luke 1:68-79*



And hath raised up a horn of salvation for us/ in the house of his servant David,
Troparion from the Canon of the Menaion

As he spake by the mouth of his holy ones,/ the prophets of old,

Troparion from the Canon of the Menaion

That we should be saved from our enemies,/ and from the hand of all that hate us.

Troparion from the Canon of the Menaion

To deal mercifully with our fathers,/ and to remember his holy covenant,

Troparion from the Canon of the Menaion

The oath which he sware to our father Abraham,/ that he would grant unto us that we be delivered out of the hand of our enemies,

Triodion, Canon I

Hateful thoughts have covered my soul with leprosy: cleanse it, Word of God,
with the sprinkling of Thy blood, O Christ, who for my sake hast suffered
shameful Crucifixion, make me a partaker in Thy glory.

That we might serve him without fear,/ in holiness and righteousness before him all the
days of our life.

I am bowed down to the earth, O Christ, by the burden of my sinful acts, and
in dark discouragement I cry to Thee who lovest man: By Thy precious blood
heal the incurable wounds of my soul, that I may sing the praises of Thy God-
head.

And thou, O child, shalt be called the prophet of the Most High;/ for thou shalt go before the face of the Lord, to prepare his ways,

I have made iniquity my food and heedlessness my drink, and I continue utterly incorrigible. All to no purpose do I take pleasure in. abstinence from food: for such is not the fast that the Lord has chosen.

To give knowledge of salvation unto his people, by the remission of their sins,/ through the bowels of the mercy of our God,

Theotokion

Thou hast destroyed the sentence of condemnation passed on mankind of old; thou art the restoration of our first Mother Eve, the cause of our reconciliation to God, our bridge to the Creator. Thee, O Theotokos, do we magnify.

Whereby the dayspring from on high hath visited us,/ to give light to them that sit in darkness and in the shadow of death,

Triodion, Canon II

When Thou wast crucified upon the Tree, the creation quaked; Thou, who art God, hast in Thy tender mercy suffered in the flesh for our salvation.

To guide our feet/ into the way of peace.

Great is the might of Thy Cross, O Lord, for signing ourselves with it, we drive away at once the power of the demons.

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

O Unity in three coequal Persons, undivided Trinity, sovereign Nature, Father, Son and divine Spirit, save us all.

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

Theotokion

Rejoice, Theotokos, Mercy-Seat of the world: always fleeing to thee for refuge, all we sinners gain reconciliation with God.

Glory to Thee, our God, glory to Thee.

By the divine power of Thy Cross, O Lord, give me the strength to offer unto Thee this time of fasting blameless and pure.

Katavasia – Ode IX
Tone II

O pure and im- mac- cu- late one, Moth- er and Vir- - gin,

The first system of musical notation for the Katavasia. It consists of two staves, a treble staff and a bass staff, both in G-clef and F-sharp key signature. The melody is written in a simple, homophonic style with quarter and eighth notes. The lyrics are written below the notes, with hyphens indicating syllables that span across notes or bars.

in hymns and songs all we faith- ful

The second system of musical notation. It continues the melody from the first system. The treble staff has a long note on the word 'faith-' that spans across the bar line. The bass staff provides a simple harmonic accompaniment.

piously magnify thee as The- o- tok- os.

The third system of musical notation, which concludes the piece. It features a final cadence with a whole note on the word 'os.' in the treble staff and a corresponding whole note in the bass staff. The system ends with a double bar line.

It is Truly Meet
Tone II

It is tru- ly meet to bless thee, the The- o- tok- - os,

The first line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The first line of the hymn is: "It is tru- ly meet to bless thee, the The- o- tok- - os,".

ev- er- bles- sed and most blameless and Moth- er of our God.

The second line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The second line of the hymn is: "ev- er- bles- sed and most blameless and Moth- er of our God.".

More honorable than the Cher- u- bim

The third line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The third line of the hymn is: "More honorable than the Cher- u- bim".

and beyond compare more glorious than the Ser- a- phim,

The fourth line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The fourth line of the hymn is: "and beyond compare more glorious than the Ser- a- phim,".

Friday in the First Week of Great Lent – Matins

who with- out cor- rup- tion gavest birth to God the Word,

This musical system consists of two staves, treble and bass, in a key with one flat (B-flat). The melody is primarily in the treble staff, with the bass staff providing harmonic support. The lyrics are written below the notes.

the very Theotokos, thee do we mag- ni- fy.

Prostration

This musical system continues the melody from the first system. It also consists of two staves. The lyrics are written below the notes. To the right of the staves, the word "Prostration" is written vertically, indicating a liturgical instruction.

Small Litany

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

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For all the Hosts of Heaven praise Thee, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

Exapostilarion (Photagogicon)

Hymn of Light in the Tone of the week. See Appendix III, Page 123.

Psalms of Praise

Reader: Praise the Lord from the heavens; to Thee is due praise, O God. Praise the Lord from the heavens, praise Him in the highest. To Thee is due praise, O God.

Praise Him, all ye His angels; praise Him, all ye His hosts. To Thee is due praise, O God.

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

Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; for He spake, and they came to be; He commanded, and they were created.

He established them for ever, yea, for ever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons, and all ye abysses,
Fire, hail, snow, ice, blast of tempest, which perform His word,
The mountains and all the hills, fruitful trees, and all cedars,
The beasts and all the cattle, creeping things and winged birds,
Kings of the earth, and all peoples, princes and all the judges of the earth,
Young men and virgins, elders with the younger; let them praise the name of the Lord,
for exalted is the name of Him alone.

His praise is above the earth and Heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Sion rejoice in their King.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.

The high praise of God shall be in their throat, and two-edged swords shall be in their hands,

To do vengeance among the heathen, punishments among the peoples,

To bind their kings with fetters, and their nobles with manacles of iron.

To do among them the judgement that is written. This glory shall be to all His saints.

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

Praise Him for His mighty acts, praise Him according to the multitude of His greatness.

Praise Him with the sound of trumpet, praise Him with the psaltery and harp.

Praise Him with timbrel and dance, praise him with strings and flute.

Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

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

Priest: To Thee is due glory, O Lord our God, and unto Thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Priest: Glory to Thee Who hast showed us the light.

Small Doxology

Reader: Glory to God in the highest, and on earth peace, good will among men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory. O Lord, Heavenly King, God the Father Almighty; O Lord, the Only-begotten Son, Jesus Christ; and O Holy Spirit. O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us; Thou that takest away the sins of the world, receive our prayer; Thou that sittest at the right hand of the Father, have mercy on us. For Thou only art holy, Thou only art the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless Thee, and I will praise Thy name for ever, yea, for ever and ever.

Lord, Thou hast been our refuge in generation and generation. I said: O Lord, have mercy on me, heal my soul, for I have sinned against Thee. O Lord, unto Thee have I fled for refuge, teach me to do Thy will, for Thou art my God; for in Thee is the fountain of life, in Thy light shall we see light. O continue Thy mercy unto them that know Thee.

Vouchsafe, O Lord, to keep us this day without sin. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy name unto the ages. Amen.

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee. Blessed art Thou, O Lord, teach me Thy statutes. Blessed art Thou, O Master, give me understanding of Thy statutes. Blessed art Thou, O Holy One, enlighten me by Thy statutes.

O Lord, Thy mercy endureth for ever; disdain not the work of Thy hands. To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Litany of Fervent Supplication

Deacon: Let us complete our morning prayer to the Lord.

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: That the whole day may be perfect, holy, peaceful, and sinless, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: Pardon and remission of our sins and offences, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: Things good and profitable for our souls, and peace for the world, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: A Christian ending to our life, painless, blameless, peaceful, and a good defense before the dread judgment seat of Christ, let us ask.

Choir: Grant this, O Lord.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thou art a God of mercy, compassion, and love for mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

Priest: Peace be unto all.

Choir: And to thy spirit.

Deacon: Let us bow our heads unto the Lord.

Choir: To Thee, O Lord.

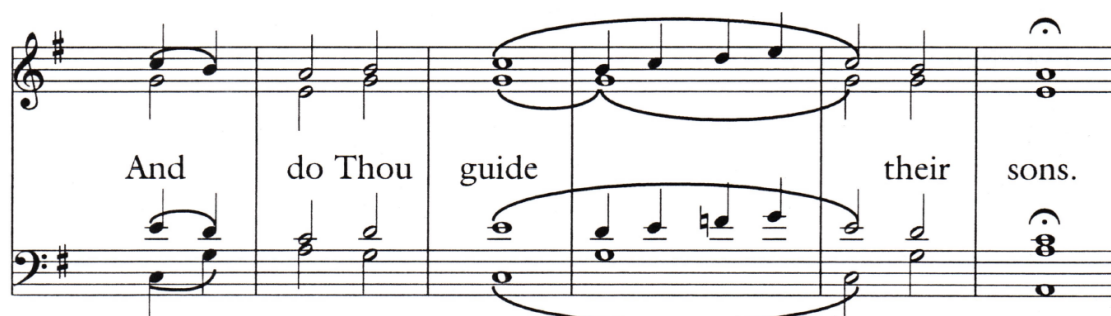
Priest: For Thine it is to show mercy and to save us, O our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages.

Choir: Amen.

Aposticha Tone VIII

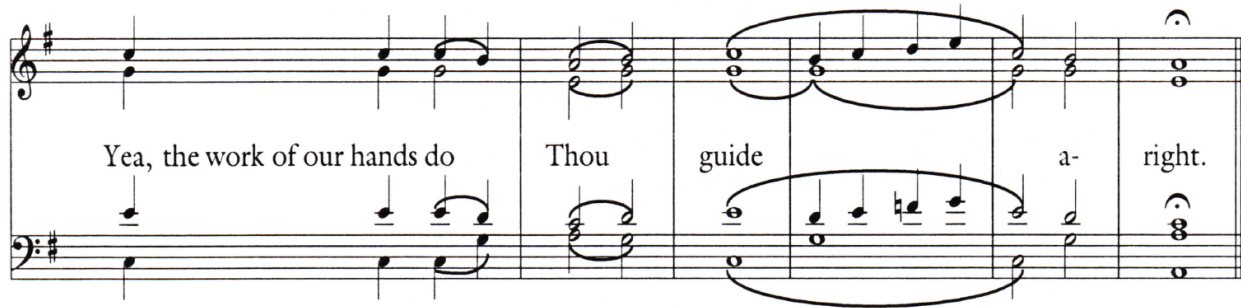
With great gladness let us accept the proclamation of the Fast:/ for if Adam our forefather had fasted,/ we should not have suffered banishment from Eden./ The fruit that brought death upon me/ was pleasant to the eyes and good for food./ Then let us not be taken prisoner by our eyes;/ let not our tongue delight in costly foods,/ for once they have been eaten they are worthless./ Let us shun all greed:/ then we shall not become slaves to the passions/ which follow an excess of food and drink./ Let us sign ourselves with the blood of Him/ who for our sakes willingly was led to death,/ and the destroying angel will not touch us;/ and may we eat the Holy Passover of Christ// for the salvation of our souls.

Stichos: We were filled in the morning with Thy mercy, O Lord, and we rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years wherein we saw evils. And look upon Thy servants, and upon Thy works,



With great gladness let us accept the proclamation of the Fast:/ for if Adam our forefather had fasted,/ we should not have suffered banishment from Eden./ The fruit that brought death upon me/ was pleasant to the eyes and good for food./ Then let us not be taken prisoner by our eyes;/ let not our tongue delight in costly foods,/ for once they have been eaten they are worthless./ Let us shun all greed:/ then we shall not become slaves to the passions/ which follow an excess of food and drink./ Let us sign ourselves with the blood of Him/ who for our sakes willingly was led to death,/ and the destroying angel will not touch us;/ and may we eat the Holy Passover of Christ// for the salvation of our souls.

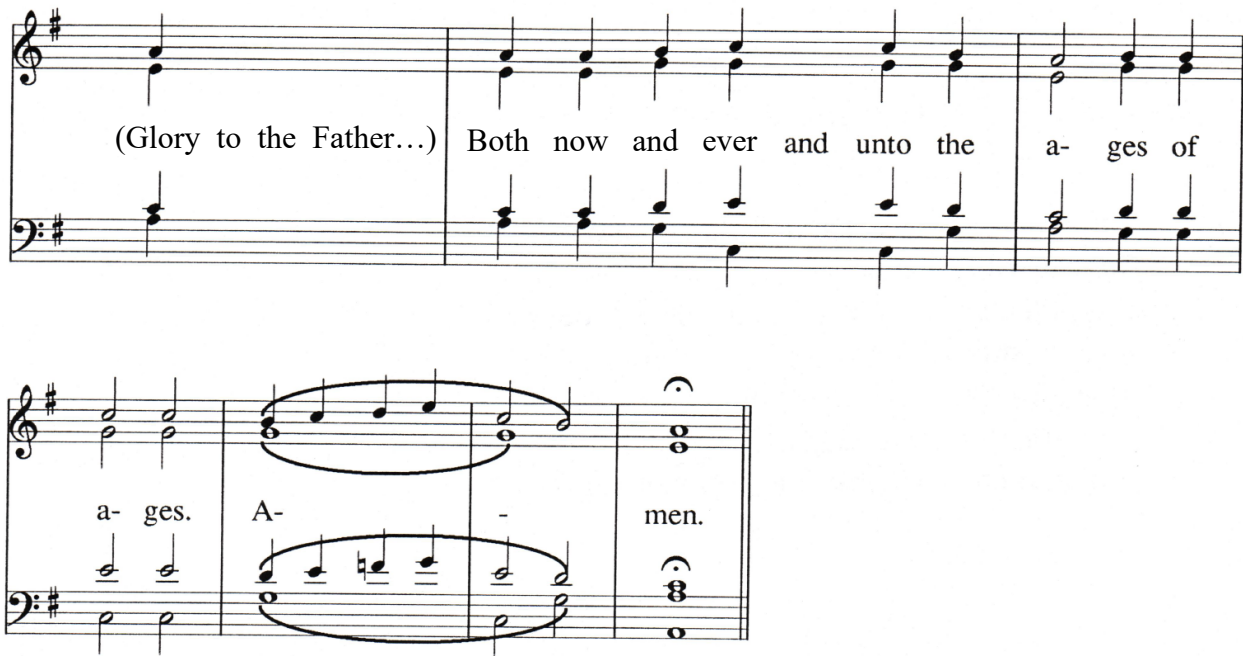
Stichos: And let the brightness of the Lord our God be upon us, and the works of our hands do Thou guide aright upon us,



To the Martyrs

What shall we call you, O saints?/ Cherubim, for Christ rested upon you?/ Seraphim, for ye glorified Him without ceasing?/ Angels, for ye have renounced the body?/ Powers, for ye perform miracles?/ Manifold are your names, but greater are your gifts of grace:// pray for the salvation of our souls.

**(Glory) Both Now
Tone VIII**



Stavrotheotokion

Unable to endure the sight. the whole creation was changed,/ and it quaked and trembled,/ when it beheld Thee, O Saviour, crucified in the place of the skull./ The Virgin, Thy pure Mother,/ cried out to Thee lamenting:/ 'Woe is me, my Child, my sweetest Saviour!// What is this strange and marvellous sight?'

It is Good to Give Praise

Reader: It is good to give praise unto the Lord, and to chant unto Thy name, O Most High, to proclaim in the morning Thy mercy, and Thy truth by night.

Trisagion

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy. (*Thrice*)

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

Our Father, Who art in the Heavens, hallowed be Thy Name. Thy Kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Troparion

Standing in the temple of thy glory, we seem to stand in heaven; O Theotokos, gate of heaven, open to us the door of thy mercy.

Lord, have mercy. (*Forty times*)

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

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim; who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father bless.

Priest: He that is is blessed, Christ our God, always, now and ever, and unto the ages of ages.

Reader: Amen.

O Heavenly King, strengthen Orthodox Christians, establish the faith, subdue the nations, give peace to the world, keep well this city (*or town, or holy habitation*); settle our departed fathers and brethren in the tabernacles of the righteous, and receive us in penitence and confession, for Thou art good and the Lover of mankind.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

The First Hour

Reader: O Come let us worship God, our King!

O Come, let us worship and fall down before Christ, our King and our God!

O Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 5

Unto my words give ear, O Lord; hear my cry. Attend unto the voice of my supplication, O my King and my God; for unto Thee will I pray, O Lord. In the morning Thou shalt hear my voice. In the morning shall I stand before Thee, and Thou shalt look upon me; for not a God that willest iniquity art Thou. He that worketh evil shall not dwell near Thee, nor shall transgressors abide before Thine eyes. Thou hast hated all those who work iniquity; Thou shalt destroy all those who speak a lie. A man that is bloody and deceitful shall the Lord abhor. But as for me, in the multitude of Thy mercy shall I go into Thy house; I shall worship toward Thy holy temple in fear of Thee. O Lord, guide me in the way of Thy righteousness; because of mine enemies, make straight my way before Thee, for in their mouth there is no truth; their heart is vain. Their throat is an open sepulchre, with their tongues have they spoken deceitfully; judge them, O God. Let them fall down on account of their own devisings; according to the multitude of their ungodliness, cast them out, for they have embittered Thee, O Lord. And let all them be glad that hope in Thee; they shall ever rejoice, and Thou shalt dwell among them. And all shall glory in Thee that love Thy name, for Thou shalt bless the righteous. O Lord, as with a shield of Thy good pleasure hast Thou crowned us.

Psalm 2

Why have the heathen raged, and the peoples meditated empty things? The kings of the earth were aroused, and the rulers were assembled together, against the Lord, and against His Christ. Let us break their bonds asunder, and let us cast away their yoke from us. He that dwelleth in the heavens shall laugh them to scorn, and the Lord shall deride them. Then shall He speak unto them in His wrath, and in His anger shall He trouble them. But as for Me, I was established as king by Him, upon Sion His holy mountain, proclaiming the commandment of the Lord. The Lord said unto Me: Thou art My Son, this day have I begotten Thee. Ask of Me, and I will give Thee the nations for Thine inheritance, and the uttermost parts of the earth for Thy possession. Thou shalt herd them with a rod of iron; Thou shalt shatter them like a potter's vessels. And now, O ye kings, understand; be instructed, all ye that judge the earth. Serve ye the Lord with fear, and rejoice in Him with trembling. Lay hold of instruction, lest at any time the Lord be angry, and ye perish from the righteous way. When quickly His wrath be kindled, blessed are all that have put their trust in Him.

Psalm 21

O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions. My God, I will cry by day, and wilt Thou not hearken? and by night, and it shall not be unto folly for me. But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. In Thee have our fathers hoped; they hoped, and Thou didst deliver them. Unto Thee they cried, and were saved; in Thee they hoped, and were not brought to shame. But as for me, I am a worm, and not a man, a reproach of men, and the outcast of the people. All that look upon me have laughed me to scorn; they have spoken with their lips and have wagged their heads: He hoped in the Lord; let Him deliver him, let Him save him, for He desireth him. For Thou art He that drewest me forth from the womb; my hope from the breasts of my mother. On Thee was I cast from the womb; from my mother's womb, Thou art my God. Depart not from me, for tribulation is nigh, for there is none to help me. Many bullocks

have encircled me, fat bulls have surrounded me. They have opened their mouth against me, as might a lion ravenous and roaring. I have been poured out like water, and scattered are all my bones; my heart is become like wax melting in the midst of my bowels. My strength is dried up like a potsherd, and my tongue hath cleaved to my throat, and into the dust of death hast Thou brought me down. For many dogs have encircled me, the congregation of evil doers hath surrounded me; they have pierced my hands and my feet. They have numbered all my bones, and they themselves have looked and stared upon me. They have parted my garments amongst themselves, and for my vesture have they cast lots. But Thou, O Lord, remove not Thy help far from me; attend unto mine aid. Rescue my soul from the sword, even this only-begotten one of mine from the hand of the dog. Save me from the mouth of the lion, and my lowliness from the horns of the unicorns. I will declare Thy name unto my brethren, in the midst of the church will I hymn Thee. Ye that fear the Lord, praise Him; all ye that are of the seed of Jacob, glorify Him; let all fear Him that are of the seed of Israel. For He hath not set at naught nor abhorred the supplications of the pauper, nor hath He turned His face from me; and when I cried unto Him, He hearkened unto me. From Thee is my praise; in the great church will I confess Thee; my vows will I pay before them that fear Thee. The poor shall eat and be filled, and they that seek the Lord shall praise Him; their hearts shall live for ever and ever. All the ends of the earth shall remember and shall turn unto the Lord, and all the kindreds of the nations shall worship before Him. For the kingdom is the Lord's and He Himself is sovereign of the nations. All they that be fat upon the earth have eaten and worshipped; all they that go down into the earth shall fall down before Him. Yea, my soul liveth for Him, and my seed shall serve Him. The generation that cometh shall be told of the Lord, and they shall proclaim His righteousness to a people that shall be born, which the Lord hath made.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

Kathisma

There is no reading from the Psalter on Friday.

In the Morning, Harken Unto My Voice
Tone VI

Priest: In the morning, hearken unto my voice, O my King and my God.

Chanted three times, with a prostration after each.

Thrice

In the morning, hearken un- to my voice, O my

King and my God. *Prostration*

Stichos: Unto my words, give ear, O Lord, hear my cry.

Stichos: For unto Thee will I pray, O Lord.

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

Reader: Both now and ever, and unto the ages of ages. Amen.

What shall we call thee, O thou that art full of grace? Heaven: for thou hast dawned forth the Sun of Righteousness. Paradise: for thou hast blossomed forth the Flower of Immortality. Virgin: for thou hast remained incorrupt. Pure Mother: for thou hast held in thy holy embrace the Son, the God of all. Do thou entreat Him to save our souls.

My Steps Do Thou Direct

Twice

My steps do Thou direct according to Thy say- ing,

This system of musical notation is for the first line of the hymn. It consists of a treble and a bass staff, both in the key of D major (indicated by two sharps). The melody is written in a simple, homophonic style. The lyrics are 'My steps do Thou direct according to Thy say- ing,'.

and let no iniquity have do- min- ion ov- er me.

This system continues the melody from the first system. It features a treble and a bass staff in D major. The lyrics are 'and let no iniquity have do- min- ion ov- er me.'.

Twice

Deliver me from the false ac- cu- sa- tion of men,

This system continues the melody. It features a treble and a bass staff in D major. The lyrics are 'Deliver me from the false ac- cu- sa- tion of men,'.

and I will keep Thy com- mand- ments.

This system concludes the hymn. It features a treble and a bass staff in D major. The lyrics are 'and I will keep Thy com- mand- ments.'.

Friday in the First Week of Great Lent – First Hour

Twice

Make Thy face to shine upon Thy ser- vant, and teach me Thy sta- tutes.

Thrice

Let my mouth be filled with Thy praise, O Lord, that I may hymn Thy glo- - ry

and Thy maj- es- ty all the day long.

Trisagion

Reader: Holy God, Holy Mighty, Holy Immortal, have mercy on us. (Thrice)

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (Thrice)

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Troparion

Hasten to our aid, ere we be enslaved to the enemies that blaspheme Thee and threaten us, O Christ our God. By Thy Cross, destroy them that war against us. Let them learn the might of the Orthodox Faith; through the intercessions of the Theotokos, O only Lover of mankind.

Lord, have mercy. (Forty times)

Prayer of the Hours

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy! (Thrice)

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

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless!

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us and have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (Prostration)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (Prostration)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (Prostration)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

Trisagion

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

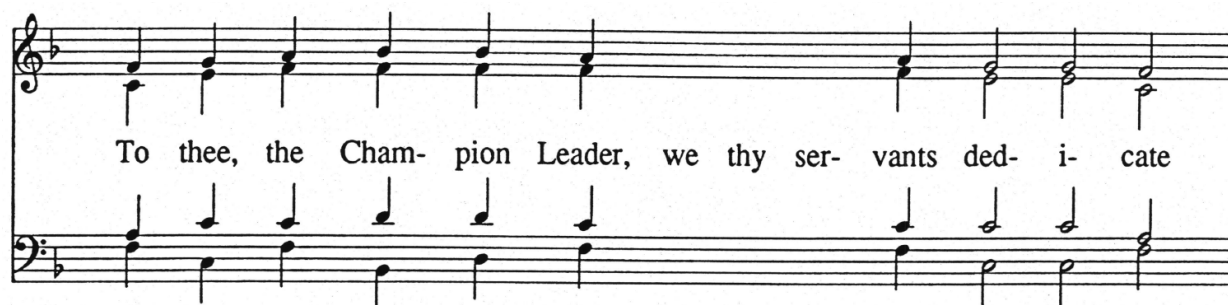
Reader: Amen.

Lord, have mercy. (*12 times*)

Prayer of the First Hour

Priest: O Christ the True Light, Who enlightenest and sanctifiest every man that cometh into the world: Let the light of Thy countenance be signed upon us, that in it we may see the Unapproachable Light, and guide our steps in the doing of Thy commandments, through the intercessions of Thy most pure Mother and of all Thy saints. Amen.

To Thee the Champion Leader
Tone VIII



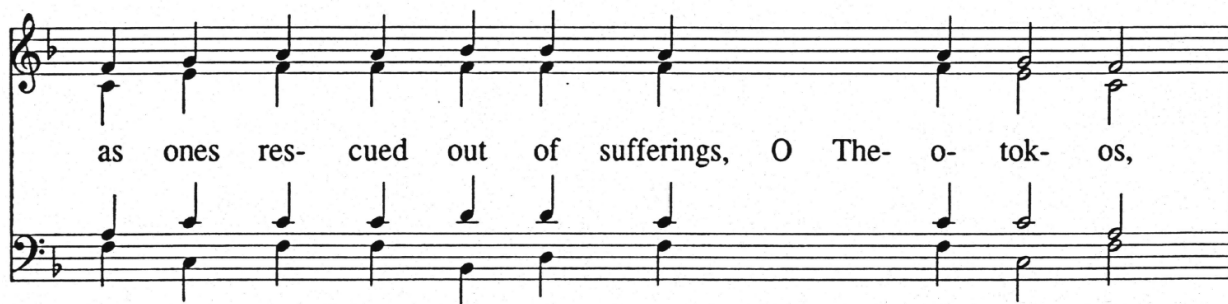
To thee, the Cham- pion Leader, we thy ser- vants ded- i- cate

The first line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, hymn-like style with eighth and quarter notes. The lyrics are written below the notes.



a feast of vic- t'ry, and of thanks- giv- ing

The second line of musical notation. It continues the melody from the first line. The lyrics are written below the notes.



as ones res- cued out of sufferings, O The- o- tok- os,

The third line of musical notation. It continues the melody. The lyrics are written below the notes.



but as thou art one with might which is in- vin- ci- ble

The fourth line of musical notation. It concludes the hymn. The lyrics are written below the notes.

Friday in the First Week of Great Lent – First Hour

from all dan- gers that can be do thou de- liv- er us

This musical system consists of a treble and a bass staff. The treble staff features a series of eighth notes in the right hand, while the left hand provides a simple harmonic accompaniment with eighth and quarter notes. The lyrics are written below the notes, with hyphens indicating syllables that span across multiple notes.

that we may cry to thee: Rejoice, thou Bride un- wed- ded!

This musical system continues the melody from the first system. It concludes with a double bar line and a repeat sign. The treble staff ends with a half note and a fermata, while the bass staff ends with a half note and a fermata. The lyrics are aligned with the notes, with hyphens indicating syllables that span across multiple notes.

Priest: Glory to Thee, O Christ God, our hope, glory to Thee.

Choir: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Lord, have mercy. (*Thrice*)

Father, bless.

Dismissal

Priest: May Christ our true God, through the intercession of His most pure Mother; through the power of the precious and life-creating Cross; of the holy, glorious and all-praised Apostles; of the holy and righteous Ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and the Lover of mankind.

Choir: Amen.

Lord, have mercy. (*Thrice*)

The Third Hour

Reader: O Come let us worship God, our King!

O Come, let us worship and fall down before Christ, our King and our God!

O Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 16

Hearken, O Lord, unto my righteousness, attend unto my supplication. Give ear unto my prayer, which cometh not from deceitful lips. From before Thy face let my judgment come forth, let mine eyes behold uprightness. Thou hast proved my heart, Thou hast visited it in the night, Thou hast tried me by fire, and unrighteousness was not found in me. That my mouth might not speak of the works of men, for the sake of the words of Thy lips have I kept the ways that are hard. Set my footsteps in Thy paths, that my steps may not be shaken. I have cried for Thou hast hearkened unto me, O God. Incline Thine ear unto me, and hearken unto my words. Let Thy mercies be made wonderful, O Thou that savest them that hope in Thee. From them that have resisted Thy right hand, keep me, O Lord, as the apple of Thine eye. In the shelter of Thy wings wilt Thou shelter me from the face of the ungodly which have oppressed me. Mine enemies have surrounded my soul, they have enclosed themselves with their own fat, their mouth hath spoken pride. They that cast me out have now encircled me, they have set their eyes to look askance on the earth. They have taken me as might a lion ready for his prey, and as might a lion's whelp that dwelleth in hiding. Arise, O Lord, overtake them and trip their heels; deliver my soul from ungodly men, Thy sword from the enemies of Thy hand. O Lord, from Thy few do Thou separate them from the earth in their life; yea, with Thy hidden treasures hath their belly been filled. They have satisfied themselves with swine and have left the remnants to their babes. But as for me, in righteousness shall I appear before Thy face; I shall be filled when Thy glory is made manifest to me.

Psalm 24

Unto Thee, O Lord, have I lifted up my soul. O my God, in Thee have I trusted; let me never be put to shame, nor let mine enemies laugh me to scorn. Yea, let none that wait on Thee be put to shame; let them be ashamed which are lawless without a cause. Make Thy ways, O Lord, known unto me and teach me Thy paths. Lead me in Thy truth and teach me, for Thou art God my Saviour; for on Thee have I waited all the day long. Remember Thy compassions, O Lord, and Thy mercies, for they are from everlasting. The sins of my youth and mine ignorances remember not; according to Thy mercy remember Thou me, for the sake of Thy goodness, O Lord. Good and upright is the Lord; therefore will He set a law for them that sin in the way. He will guide the meek in judgment, He will teach the meek His ways. All the ways of the Lord are mercy and truth, unto them that seek after His covenant and His testimonies. For the sake of Thy name, O Lord, be gracious unto my sin; for it is great. Who is the man that feareth the Lord? He will set him a law in the way which He hath chosen. His soul shall dwell among good things, and his seed shall inherit the earth. The Lord is the strength of them that fear Him, and His covenant shall be manifested unto them. Mine eyes are ever toward the Lord, for He it is that will draw my feet out of the snare. Look upon me, and have mercy on me; for I am one only-begotten and poor. The afflictions of my heart are multiplied; bring me out from my necessities. Behold my lowliness and my toil, and forgive all my sins. Look upon mine enemies, for they are multiplied, and with an unjust hatred have they hated me. Keep my soul and rescue me; let me not be put to shame, for I have hoped in Thee. The innocent and the upright have cleaved unto me, for I waited on Thee, O Lord. Redeem Israel, O God, out of all his afflictions.

Psalm 50

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

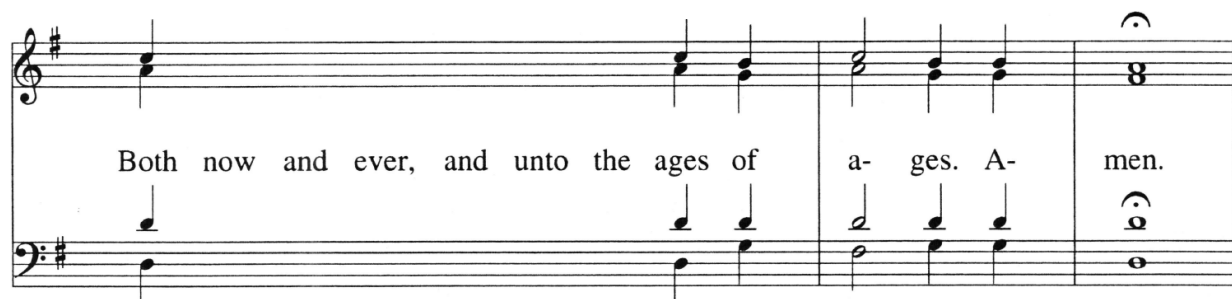
Lord, have mercy. (*Thrice*)

Kathisma

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

Kathisma XIX, First Stasis

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



Thrice

Alleluia, alleluia, alleluia, glory to Thee, O God.

Lord, have mercy, Lord, have mercy, Lord, have mer- - cy.

Glory to the Father, and to the Son, and to the Ho- ly Spir- - it.

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XIX, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XIX, Third Stasis

Reader: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

O Lord, Who Didst Send Down Thy Holy Spirit
Tone VI

Priest: O Lord, who didst send down Thy Most-holy Spirit at the third hour upon Thine apostles: Take Him not from us, O Good One, but renew Him in us who pray unto Thee.

O Lord, Who didst send down Thy Most-Holy Spir- it,

The first line of musical notation is in G major (one sharp) and 4/4 time. It consists of a treble and bass staff. The melody is primarily in the treble staff, with the bass staff providing harmonic support. The lyrics are written below the staves.

at the third hour upon Thine a- pos- tles:

The second line of musical notation continues the melody. It features a melisma on the word 'a-pos-' with a long horizontal line above the notes. The lyrics are written below the staves.

take Him not from us, O Good One,

The third line of musical notation continues the melody. It features a melisma on the word 'Good' with a long horizontal line above the notes. The lyrics are written below the staves.

but renew Him in us who pray un- to Thee.

Prostration

The fourth line of musical notation concludes the hymn. It features a final cadence with a fermata over the final note. The lyrics are written below the staves. The word 'Prostration' is written to the right of the final line of music.

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

Choir: O Lord, Who didst send down Thy Most-holy Spirit/ at the third hour upon Thine apostles:/ Take Him not from us, O Good One,// but renew Him in us who pray unto Thee. (*Prostration*)

Stichos: Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Choir: O Lord, who didst send down Thy Most-holy Spirit/ at the third hour upon Thine apostles:/ Take Him not from us, O Good One,// but renew Him in us who pray unto Thee. (*Prostration*)

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

Reader: Both now and ever, and unto the ages of ages.

O Theotokos, thou art the true vine that hast blossomed forth for us the Fruit of life. Thee do we supplicate: Intercede, O Lady, together with the holy apostles, that our souls find mercy.

Blessed be the Lord God, blessed be the Lord from day to day, and may the God of our salvation prosper us, for He is our God, the God of salvation.

Trisagion

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Troparia of the Triodion

Blessed art Thou, O Christ our God, Who hast shown forth the fishermen as supremely wise, by sending down upon them the Holy Spirit, and through them didst draw the world into Thy net. O Lover of mankind, glory be to Thee.

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

Grant speedy and steadfast consolation unto Thy servants, O Jesus, when our spirits are become despondent. Depart not from our souls when they be in afflictions, nor be Thou afar from our minds when they be in tribulations, but do Thou ever go before us. Draw nigh unto us, draw nigh, O Thou Who art everywhere present: even as Thou wast ever with Thine apostles, so also do Thou unite Thyself to them that long for Thee, O Compassionate One, that, being one with Thee, we may praise and glorify Thine All-holy Spirit.

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

The hope and protection and refuge of Christians, the unassailable battlement, the storm-free haven of the weary art thou, O immaculate Theotokos. But as thou art one that savest the world by thine unceasing intercession, remember us also, O all-hymned Virgin.

Lord, have mercy. (*Forty times*)

Prayer of the Hours

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy! (*Thrice*)

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

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless!

Priest: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

Prayer of Saint Madarius

O Sovereign God, the Father Almighty, O Lord, the Only-begotten Son, Jesus Christ, and Thou, O Holy Spirit, one Godhead, one Power: Have mercy on me a sinner, and by the judgments which Thou knowest, save me, Thine unworthy servant; for blessed art Thou unto the ages of ages. Amen.

The Sixth Hour

Reader: O Come let us worship God, our King!

O Come, let us worship and fall down before Christ, our King and our God!

O Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 53

O God, in Thy name save me, and in Thy strength do Thou judge me. O God, hearken unto my prayer, give ear unto the words of my mouth. For strangers are risen up against me, and mighty men have sought after my soul and have not set God before themselves. For behold, God helpeth me, and the Lord is the protector of my soul. He will bring evils upon mine enemies. Utterly destroy them by Thy truth. Willingly shall I sacrifice unto Thee; I will confess Thy name, O Lord, for it is good. For out of every affliction hast Thou delivered me, and mine eye hath looked down upon mine enemies.

Psalm 54

Give ear, O God, unto my prayer, and disdain not my supplications; attend unto me, and hear me. I was grieved in my meditation, and I was troubled at the voice of the enemy and at the oppression of the sinner; Because they have turned iniquity upon me, and with wrath were they angry against me. My heart is troubled within me, and the terror of death is fallen upon me. Fear and trembling are come upon me, and darkness hath covered me. And I said: Who will give me wings like a dove? And I will fly, and be at rest. Lo, I have fled afar off and have dwelt in the wilderness. I waited for God that saveth me from faint-heartedness and from tempest. Plunge them into the depths, O Lord, and divide their tongues, for I have seen iniquity and gainsaying in the city. Day and night they go round about her upon her walls; iniquity and toil and unrighteousness are in the midst of her. And usury and deceit have not departed from her streets. For if mine enemy had reviled me, I might have endured it. And if he that hateth me had spoken boastful words against me, I might have hid myself from him. But thou it was, O man of like soul with me, my guide and my familiar friend, Thou who together with me didst sweeten my repasts; in the house of God I walked with thee in oneness of mind. Let death come upon such ones, and let them go down alive into hades. For wickedness is in their dwellings, and in the midst of them. As for me, unto God have I cried, and the Lord hearkened unto me. Evening, morning, and noonday will I tell of it and will declare it, and He will hear my voice. He will redeem my soul in peace from them that draw nigh unto me, for they among many were with me. God will hear, and He will humble them, He that is before the ages. For to them there is no requital, because they have not feared God; He hath stretched forth His hand in retribution. They have defiled His covenant; they were scattered by the wrath of His countenance, and their hearts have convened. Their words were smoother than oil, and yet they are darts. Cast thy care upon the Lord, and He will nourish thee; He will never permit the righteous to be shaken. But Thou, O God, shall bring those men down into the pit of destruction. Bloody and deceitful men shall not live out half their days; but as for me, O Lord, I will hope in Thee.

Psalm 90

He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him. For He shall deliver thee from the snare of the hunters and from every troubling word. With His shoulders shall He overshadow thee, and under His wings shalt thou have hope. With a shield will His truth encompass thee; thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day, nor for the thing that walketh in darkness,

nor for the mishap and demon of noonday. A thousand shall fall at thy side, and ten thousand at thy right hand, but unto thee shall it not come nigh. Only with thine eyes shalt thou behold, and thou shalt see the reward of sinners. For Thou, O Lord, art my hope. Thou madest the Most High thy refuge; no evils shall come nigh thee, and no scourge shall draw nigh unto thy dwelling. For He shall give His angels charge over thee, to keep thee in all thy ways. On their hands shall they bear thee up, lest at any time thou dash thy foot against a stone. Upon the asp and basilisk shalt thou tread, and thou shalt trample upon the lion and dragon. For he hath set his hope on Me, and I will deliver him; I will shelter him because he hath known My name. He shall cry unto Me, and I will hearken unto him. I am with him in affliction, and I will rescue him and glorify him. With length of days will I satisfy him, and I will show him My salvation.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

Kathisma

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

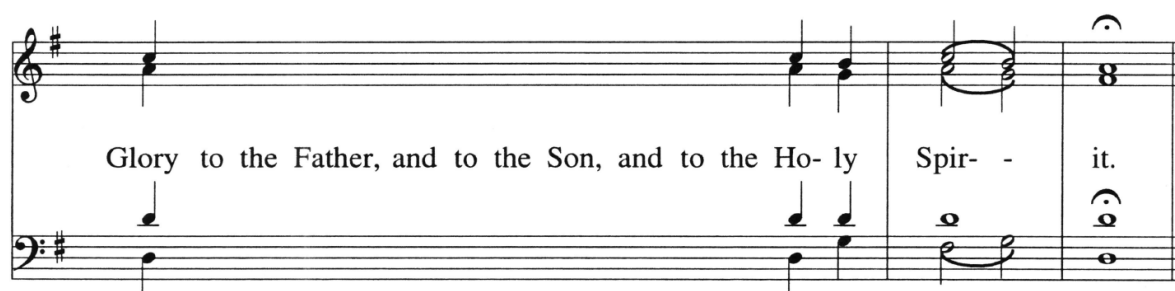
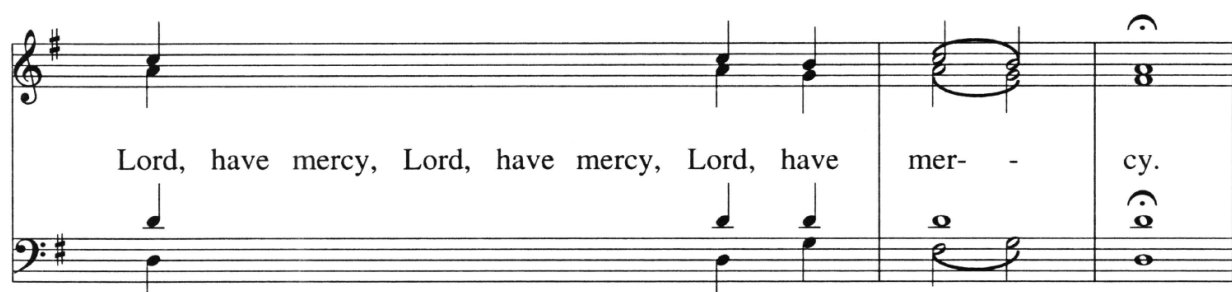
Kathisma XX, First Stasis

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

Both now and ever, and unto the ages of a- ges. A- men.

Thrice

Alleluia, alleluia, alleluia, glory to Thee, O God.



Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XX, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma XX, Third Stasis

Reader: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

O Lord, Who on the Sixth Day and in the Sixth Hour
Tone II

Priest: O Thou Who on the sixth day and in the sixth hour didst nail to the Cross Adam's daring sin in Paradise, tear asunder also the handwriting of our sins, O Christ God, and save us.

O Thou Who on the sixth day and in the sixth hour

The first line of the musical score is written on a grand staff (treble and bass clefs) in the key of D major (one sharp). The melody is primarily in the treble clef, with the bass clef providing a harmonic accompaniment. The lyrics "O Thou Who on the sixth day and in the sixth hour" are written below the staff.

didst nail to the Cross Adam's daring sin in Par-a-dise,

The second line of the musical score continues the melody and accompaniment. The lyrics "didst nail to the Cross Adam's daring sin in Par-a-dise," are written below the staff.

tear a-sun-der al-so the hand-wri-ting of our sins,

The third line of the musical score continues the melody and accompaniment. The lyrics "tear a-sun-der al-so the hand-wri-ting of our sins," are written below the staff.

O Christ God, and save us.

The fourth line of the musical score concludes the hymn. The melody features a final, sustained note in the treble clef. The lyrics "O Christ God, and save us." are written below the staff.

Prostration

Stichos: Give ear, O God, unto my prayer, and disdain not my supplication.

Choir: O Thou Who on the sixth day and in the sixth hour/ didst nail to the Cross Adam's daring sin in Paradise,/ tear asunder also the handwriting of our sins,/ O Christ God, and save us. (*Prostration*)

Stichos: As for me, unto God have I cried, and the Lord hearkened unto me.

Choir: O Thou Who on the sixth day and in the sixth hour/ didst nail to the Cross Adam's daring sin in Paradise,/ tear asunder also the handwriting of our sins,/ O Christ God, and save us. (*Prostration*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Theotokion

Seeing that we have no boldness on account of our many sins, do thou beseech Him that was born of thee, O Virgin Theotokos; for the supplication of a mother availeth much to win the Master's favour. Disdain not the prayers of sinners, O all-pure one, for merciful and mighty to save is He, Who deigned also to suffer for our sake.

Troparion of the Prophecy

Reader: Our lives are full of sin and empty of repentance. In Thy mercy, Lord, come swiftly to our help. None other do we know but Thee that is ruler over life and death: save us in Thy love for mankind.

Choir: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Tone V

Our lives are full of sin/ and empty of repentance./ In Thy mercy, Lord, come swiftly to our help./ None other do we know/ but Thee that is ruler over life and death:// save us in Thy love for mankind.

Prokimenon
Tone VII

I will love Thee, O Lord, my strength; the Lord is my foundation.



Stichos: God is my Helper, and I will hope in Him.

Paroemia

Prophecy of Esaias 3:1-14

Behold now, the Lord, the Lord of hosts, will take away from Jerusalem and from Judea the mighty man and mighty woman, the strength of bread, and the strength of water, 2 the great and mighty man, the warrior and the judge, and the prophet, and the counsellor, and the elder, 3 the captain of fifty also, and the honourable counsellor, and the wise artificer, and the intelligent hearer. 4 And I will make youths their princes, and mockers shall have dominion over them. 5 And the people shall fall, man upon man, and *every* man upon his neighbor: the child shall insult the elder man, and the base the honourable. 6 For a man shall lay hold of his brother, as one of his father's household, saying, Thou hast raiment, be thou our ruler, and let my meat be under thee. 7 And he shall answer in that day, and say, I will not be thy ruler; for I have no bread in my house, nor raiment: I will not be the ruler of this people. 8 For Jerusalem is ruined, and Judea has fallen, and their tongues *have spoken* with iniquity, disobedient *as they are* towards the Lord. 9 Wherefore now their glory has been brought low, and the shame of their countenance has withstood them, and they have proclaimed their sin as Sodom, and made it manifest. 10 Woe to their soul, for they have devised an evil counsel against themselves, saying against themselves, Let us bind the just, for he is burdensome to us: therefore shall they eat the fruits of their works. 11 Woe to the transgressor! evils shall happen to him according to the works of his hands. 12 O my people, your exactors strip you, and extortioners rule over you: O my people, they that pronounce you blessed lead you astray, and pervert the path of your feet.

13 But now the Lord will stand up for judgement, and will enter into judgement with his people. 14 The Lord himself shall enter into judgement with the elders of the people.

Prokimenon
Tone VI

O Lord, my Helper and my Redeemer.



Stichos: The heavens declare the glory of God: and the firmament proclaimeth the work of His hands.

Let Thy Companions Quickly Go Before Us

Reader: Let Thy compassions quickly go before us, O Lord, for we are become exceedingly poor. Help us, O God our Saviour, for the sake of the glory of Thy name; O Lord, deliver us and be gracious unto our sins for Thy name's sake.

Trisagion

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Troparia

Thou hast wrought salvation in the midst of the earth, O Christ God; Thou didst stretch out Thine immaculate hands upon the Cross, thereby gathering all the nations that cry to Thee; O Lord, glory be to Thee.

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

We worship Thine immaculate icon, O Good One, asking the forgiveness of our failings, O Christ God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou mightest deliver from slavery to the enemy those whom Thou hadst fashioned. Wherefore we cry to Thee thankfully: Thou didst fill all things with joy, O our Saviour, when Thou camest to save the world.

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

Stavrotheotokion

Most glorified art thou, O Virgin Theotokos; we praise thee, for by the Cross of thy Son, hades was cast down and death slain. Having been put to death, we were raised up, and were deemed worthy of life. We received paradise, the ancient bliss. Wherefore, in thanksgiving, we glorify Christ our God, since He is mighty and alone abundant in mercy.

Lord, have mercy. (*Forty times*)

Prayer of the Hours

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy! (*Thrice*)

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

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless!

Priest: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

Prayer of Saint Basil the Great

O God and Lord of hosts, and Maker of all creation, Who by the tender compassion of Thy mercy which transcendeth comprehension, didst send down Thine Only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and by His precious Cross didst tear asunder the handwriting of our sins, and thereby didst triumph over the principalities and powers of darkness: Do Thou Thyself, O Master, Lover of mankind, accept also from us sinners these prayers of thanksgiving and entreaty, and deliver us from every destructive and dark transgression, and from all enemies, both visible and invisible, that seek to do us evil. Nail down our flesh with the fear of Thee, and incline not our hearts unto words or thoughts of evil, but pierce our souls with longing for Thee, so that ever looking to Thee, and being guided by Thy light as we behold Thee, the Unapproachable and Everlasting Light, we may send up unceasing praise and thanksgiving unto Thee, the unoriginate Father, with Thine only-begotten Son, and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

The Ninth Hour

Reader: O Come let us worship God, our King!

O Come, let us worship and fall down before Christ, our King and our God!

O Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 83

How beloved are Thy dwellings, O Lord of hosts; my soul longeth and fainteth for the courts of the Lord. My heart and my flesh have rejoiced in the living God. For the sparrow hath found herself a house, and the turtledove a nest for herself where she may lay her young, Even Thine altars, O Lord of hosts, my King and my God. Blessed are they that dwell in Thy house; unto ages of ages shall they praise Thee. Blessed is the man whose help is from Thee; he hath made ascents in his heart, in the vale of weeping, in the place which he hath appointed. Yea, for the lawgiver will give blessings; they shall go from strength to strength, the God of gods shall be seen in Sion. O Lord of hosts, hearken unto my prayer; give ear, O God of Jacob. O God, our defender, behold, and look upon the face of Thine anointed one. For better is one day in Thy courts than thousands elsewhere. I have chosen rather to be an outcast in the house of my God than to dwell in the tents of sinners. For the Lord loveth mercy and truth, God will give grace and glory; the Lord will not withhold good things from them that walk in innocence. O Lord God of hosts, blessed is the man that hopeth in Thee.

Psalm 84

Thou hast been gracious, O Lord, unto Thy land; Thou hast turned back the captivity of Jacob. Thou hast forgiven the iniquities of Thy people, Thou hast covered all their sins. Thou hast made all Thy wrath to cease, Thou hast turned back from the wrath of Thine anger. Turn us back, O God of our salvation, and turn away Thine anger from us. Wilt Thou be wroth with us unto the ages? Or wilt Thou draw out Thy wrath from generation to generation? O God, Thou wilt turn and quicken us, and Thy people shall be glad in Thee. Show us, O Lord, Thy mercy, and Thy salvation do Thou give unto us. I will hear what the Lord God will speak in me; for He will speak peace to His people and to His saints and to them that turn their heart unto Him. Surely nigh unto them that fear Him is His salvation, that glory may dwell in our land. Mercy and truth are met together, righteousness and peace have kissed each other. Truth is sprung out of the earth, and righteousness hath looked down from heaven. Yea, for the Lord will give goodness, and our land shall yield her fruit. Righteousness shall go before Him and shall set His footsteps in the way.

Psalm 85

Bow down Thine ear, O Lord, and hearken unto me, for poor and needy am I. Preserve my soul, for I am holy; save Thy servant, O my God, that hopeth in Thee. Have mercy on me, O Lord, for unto Thee will I cry all the day long; make glad the soul of Thy servant, for unto Thee have I lifted up my soul. For Thou, O Lord, art good and gentle, and plenteous in mercy unto all those who call upon Thee. Give ear, O Lord, unto my prayer, and attend unto the voice of my supplication. In the day of mine affliction have I cried unto Thee, for Thou hast heard me. There is none like unto Thee among the gods, O Lord, nor are there any works like unto Thy works. All the nations whom Thou hast made shall come and shall worship before Thee, O Lord, and shall glorify Thy name. For Thou art great and workest wonders; Thou alone art God. Guide me, O Lord, in Thy way, and I will walk in Thy truth; let my heart rejoice that I may fear Thy name. I will confess Thee, O Lord my God, with all my heart, and I will glorify Thy name forever. For great is Thy mercy upon me, and Thou hast delivered my soul from the nethermost hades. O God, transgressors have risen up against me, and the assembly

of the mighty hath sought after my soul, and they have not set Thee before them. But Thou, O Lord my God, art compassionate and merciful, long-suffering and plenteous in mercy, and true. Look upon me and have mercy upon me; give Thy strength unto Thy servant, and save the son of Thy handmaiden. Work in me a sign unto good, and let those who hate me behold and be put to shame; for Thou, O Lord, hast holpen me and comforted me.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

Kathisma

There is no reading from the Psalter on Friday.

O Thou, Who at the Ninth Hour

Tone VIII

Priest: O Thou Who at the ninth hour for our sake didst taste of death in the flesh, mortify our carnal mind, O Christ God, and save us

O Thou Who at the ninth hour for our sake didst taste of death in the flesh:

Mortify our carnal mind, O Christ God, and save us.

Stichos: Let my supplication draw nigh before Thee, O Lord; according to Thine oracle give me understanding.

Choir: O Thou Who at the ninth hour/ for our sake didst taste of death in the flesh,/ mortify our carnal mind,/ O Christ God, and save us. (*Prostration*)

Stichos: Let my petition come before Thee, O Lord; according to Thine oracle deliver me.

Choir: O Thou Who at the ninth hour/ for our sake didst taste of death in the flesh,/ mortify our carnal mind,/ O Christ God, and save us. (*Prostration*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Theotokion

O Thou Who for our sake wast born of a Virgin, and didst suffer crucifixion, O Good One, and didst despoil death by death, and, as God, didst reveal the resurrection: Disdain not them which Thou hast fashioned with Thy hand; show forth Thy love for mankind, O Merciful One; accept the Theotokos who gave Thee birth, who intercedeth for us; and do Thou, our Saviour, save a despairing people.

Deliver us not up utterly, for Thy holy name's sake, neither disannul Thou Thy covenant, and cause not Thy mercy to depart from us, for Abraham's sake, Thy beloved, and for Isaac's sake, Thy servant, and for Israel's, Thy holy one.

Trisagion

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Troparia of the Triodion

Seeing the Author of life hanging on the Cross, the thief said: Were it not God incarnate Who is crucified with us, the sun would not have hid its rays, nor would the earth have quaked and trembled. But do Thou Who endurest all things remember me, O Lord, in Thy kingdom.

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

In the midst of two thieves, Thy Cross was found to be a balance of justice; for the one was borne down to hades by the weight of his blasphemy; the other was raised up from his sins to the knowledge of theology. O Christ God, glory be to Thee.

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

Stavrotheotokion

When she who bare the Lamb and Shepherd and Saviour of the world beheld Him on the Cross, she said with tears: The world rejoiceth at receiving redemption, but my bowels burn as I see Thy crucifixion which Thou endurest for all, O my Son and my God.

Lord, have mercy! (*Forty times*)

Prayer of the Hours

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels that, guarded and guided by their array, we may attain to the

unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy! (*Thrice*)

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

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless!

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us, and have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

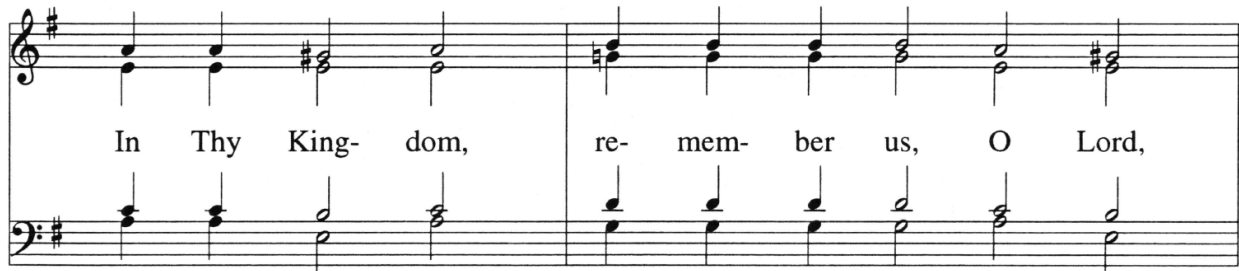
Prayer of Saint Basil the Great

O Master, Lord Jesus Christ, our God, Who art long-suffering in the face of our transgressions, and Who hast brought us even unto this present hour, wherein Thou didst hang upon the life-giving Tree, and didst make a way into paradise for the wise thief, and by death didst destroy death: Be gracious unto us sinners and Thine unworthy servants; for we have sinned and committed iniquity, and are not worthy to lift up our eyes and behold the height of heaven, for we have abandoned the way of Thy righteousness, and have walked in the desires of our hearts. But we beseech Thy boundless goodness: Spare us, O Lord, according to the multitude of Thy mercy and save us for Thy holy name's sake; for our days were consumed in vanity. Rescue us from the hand of the adversary, and forgive us our sins, and mortify our carnal mind; that, putting aside the old man, we may be clad with the new, and live for Thee, our Master and Benefactor; and that thus by following in Thy commandments, we may attain to rest everlasting, wherein is the dwelling-place of all them that rejoice. For Thou art indeed the true joy and gladness of them that love Thee, O Christ our God, and unto Thee we send up glory, with Thine unoriginate Father, and Thy Most-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

The Typika

The Beatitudes

In Thy kingdom remember us, O Lord, when Thou comest in Thy kingdom.



Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are they that mourn, for they shall be comforted.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are the meek, for they shall inherit the earth.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are they that hunger and thirst after righteousness, for they shall be filled.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are the merciful, for they shall obtain mercy.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are the pure in heart, for they shall see God.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are the peacemakers, for they shall be called sons of God.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are they that are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are ye when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for My sake.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Rejoice and be exceeding glad, for great is your reward in the heavens.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Glory to the Father, and to the Son, and to the Holy Spirit.

Remember us, O Lord,/ when Thou comest in Thy kingdom.
Both now and ever, and unto the ages of ages. Amen.
Remember us, O Lord,/ when Thou comest in Thy kingdom.

Remember Us, O Lord

Re- - mem- ber us, O Lord

The first line of the musical score is written on a grand staff (treble and bass clefs). The melody is in the treble clef, featuring a series of eighth notes in the fourth measure, which are grouped by a slur and a bracket. The lyrics are placed below the notes: 'Re- - mem- ber us, O Lord'.

when Thou com- est in Thy King- - dom

Prostration

The second line of the musical score continues the melody. It features a series of eighth notes in the fourth measure, which are grouped by a slur and a bracket. The lyrics are placed below the notes: 'when Thou com- est in Thy King- - dom'. The word 'Prostration' is written vertically on the right side of the staff.

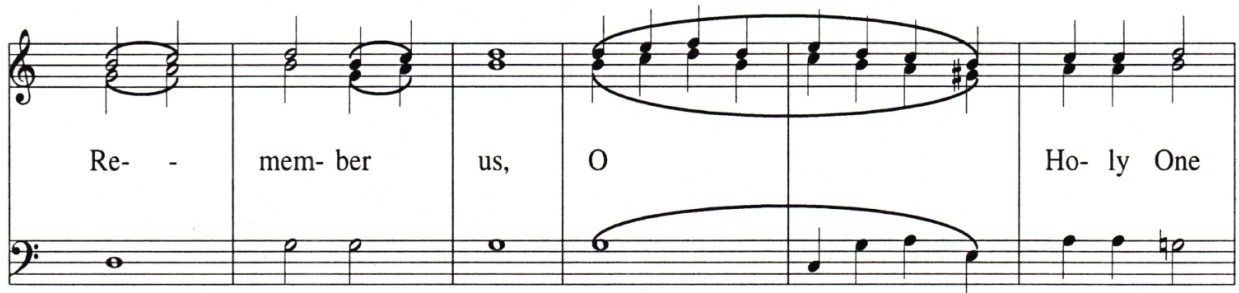
Re- - mem- ber us, O Mas- ter

The third line of the musical score continues the melody. It features a series of eighth notes in the fourth measure, which are grouped by a slur and a bracket. The lyrics are placed below the notes: 'Re- - mem- ber us, O Mas- ter'.

when Thou com- est in Thy King- - dom

Prostration

The fourth line of the musical score continues the melody. It features a series of eighth notes in the fourth measure, which are grouped by a slur and a bracket. The lyrics are placed below the notes: 'when Thou com- est in Thy King- - dom'. The word 'Prostration' is written vertically on the right side of the staff.



The Heavenly Choir

Reader: The Heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Stichos: Come unto Him, and be enlightened, and your faces shall not be ashamed.

The Heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

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

The choir of holy Angels and Archangels, with all the Heavenly Hosts, praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

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

Symbol of the Faith

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages: Light of Light, true God of true God; begotten, not made; of one essence with the Father; by Whom all things were made; Who for us men, and for our salvation, came down from the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; and was crucified under Pontius Pilate, and suffered, and was buried; and arose again on the third day according to the Scriptures; and ascended into the heavens, and sitteth at the right hand of the Father; and shall come again, with glory, to judge both the living and the dead; Whose kingdom shall have no end. And in the Holy Spirit, the Lord and Giver of life, Who proceedeth from the Father; Who with the Father and the Son is worshipped and glorified; Who spake by the prophets. In One, Holy, Catholic and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead and the life of the age to come. Amen.

Remit, Pardon, Forgive, O God

Remit, pardon, forgive, O God, our offences, both voluntary and involuntary, in deed and word, in knowledge and ignorance, by day and by night, in mind and thought; forgive us all

things, for Thou art good and the Lover of mankind.

Our Father

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Kontakion

Reader: O Thou Who wast lifted up willingly on the Cross, bestow Thy mercies upon the new Nation called after Thee, O Christ God; gladden with Thy power Orthodox Christians, granting them victory over enemies. May they have as their help in war the weapon of peace, the invincible Trophy.

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

Kontakion for the Departed

With the saints give rest, O Christ, to the souls of Thy servants, where there is neither sickness, nor sorrow, nor sighing, but life everlasting.

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

Kontakion to the Theotokos

O protection of Christians that cannot be put to shame, O mediation unto the Creator unfailing, disdain not the suppliant voices of sinners; but be thou quick, O good one, to help us who in faith cry unto thee; Hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honour thee.

Lord, have mercy! (*Forty times*)

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

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless.

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us and have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

Trisagion

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Lord, have mercy. (*12 times*)

O All-Holy Trinity, the Consubstantial Dominion, the Indivisible Kingdom, and Cause of every good: Show Thy good will even unto me, the sinner; make steadfast my heart and grant it understanding, and take away mine every defilement; enlighten my mind that I may glorify, hymn, worship, and say: One is Holy, One is Lord, Jesus Christ, to the glory of God the Father. Amen.

If the priest so chooses, a Litya for the Departed may be served. See Appendix IV, Page 137.

Deacon: Wisdom!

Choir: It is truly meet to bless thee, the Theotokos, ever-blessed and most-blameless, and Mother of our God.

Priest: O most holy Theotokos, save us!

Choir: More honourable than the Cherubim, and beyond compare glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

Priest: Glory to Thee, O Christ God, our hope, glory to Thee.

Choir: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Lord, have mercy. (*Thrice*)

Father, bless.

Dismissal

Priest: May Christ our true God, through the intercession of His most pure Mother; through the power of the precious and life-creating Cross; of the holy, glorious and all-praised Apostles; of the holy and righteous Ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and the Lover of mankind.

Choir: Amen.

Lord, have mercy. (*Thrice*)

Vespers, with the Liturgy of Presanctified Gifts

Reader: O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

Psalm 103

Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly. Confession and majesty hast Thou put on, Who coverest Thyself with light as with a garment, Who stretchest out the heaven as it were a curtain; Who supporteth His chambers in the waters, Who appointeth the clouds for His ascent, Who walketh upon the wings of the winds, Who maketh His angels spirits, and His ministers a flame of fire, Who establisheth the earth in the sureness thereof; it shall not be turned back for ever and ever. The abyss like a garment is His mantle; upon the mountains shall the waters stand. At Thy rebuke they will flee, at the voice of Thy thunder shall they be afraid. The mountains rise up and the plains sink down, unto the place where Thou hast established them. Thou appointedst a bound that they shall not pass, neither return to cover the earth. He sendeth forth springs in the valleys; between the mountains will the waters run. They shall give drink to all the beasts of the field; the wild asses will wait to quench their thirst. Beside them will the birds of the heaven lodge, from the midst of the rocks will they give voice. He watereth the mountains from His chambers; the earth shall be satisfied with the fruit of Thy works. He causeth the grass to grow for the cattle, and green herb for the service of men, To bring forth bread out of the earth; and wine maketh glad the heart of man. To make his face cheerful with oil; and bread strengtheneth man's heart. The trees of the plain shall be satisfied, the cedars of Lebanon, which Thou hast planted. There will the sparrows make their nests; the house of the heron is chief among them. The high mountains are a refuge for the harts, and so is the rock for the hares. He hath made the moon for seasons; the sun knoweth his going down. Thou appointedst the darkness, and there was the night, wherein all the beasts of the forest will go abroad. Young lions roaring after their prey, and seeking their food from God. The sun ariseth, and they are gathered together, and they lay them down in their dens. But man shall go forth unto his work, and to his labor until the evening. How magnified are Thy works, O Lord! In wisdom hast Thou made them all; the earth is filled with Thy creation. So is this great and spacious sea, therein are things creeping innumerable, small living creatures with the great. There go the ships; there this dragon, whom Thou hast made to play therein. All things wait on Thee, to give them their food in due season; when Thou givest it them, they will gather it. When Thou openest Thy hand, all things shall be filled with goodness; when Thou turnest away Thy face, they shall be troubled. Thou wilt take their spirit, and they shall cease; and unto their dust shall they return. Thou wilt send forth Thy Spirit, and they shall be created; and Thou shalt renew the face of the earth. Let the glory of the Lord be unto the ages; the Lord will rejoice in His works. Who looketh on the earth and maketh it tremble, Who toucheth the mountains and they smoke. I will sing unto the Lord throughout my life, I will chant to my God for as long as I have my being. May my words be sweet unto Him, and I will rejoice in the Lord. O that sinners would cease from the earth, and they that work iniquity, that they should be no more. Bless the Lord, O my soul.

The sun knoweth his going down, Thou appointedst the darkness, and there was the night. How magnified are Thy works, O Lord! In wisdom hast Thou made them all.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Great Litany

Deacon: In peace let us pray to the Lord.



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

Choir: Lord, have mercy.

Deacon: For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this holy temple, and for them that with faith, reverence, and the fear of God enter herein, let us pray to the Lord

Choir: Lord, have mercy.

Deacon: For our Archbishop *Name*; for the venerable priesthood, the deaconate in Christ, for all the clergy and people, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this land, its authorities and armed forces, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the suffering Russian land and its Orthodox people both in the homeland and in the diaspora, and for their salvation, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: That He may deliver His people from enemies both visible and invisible, and confirm in us oneness of mind, brotherly love and piety, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this city, for every city and country, and the faithful that dwell therein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For seasonable weather, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

Deacon: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

Choir: Lord, have mercy.

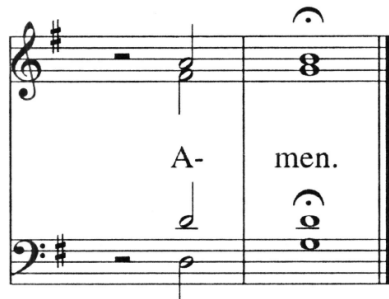
Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



Priest: For unto Thee is due all glory, honor and worship; to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



Eighteenth Kathisma

Psalm 119

Reader: Unto the Lord in mine affliction have I cried, and He heard me. O Lord, deliver my soul from unrighteous lips and from a crafty tongue. What shall be given unto thee and what shall be added unto thee for thy crafty tongue? The arrows of the mighty one, sharpened with coals of the desert. Woe is me, for my sojourning is prolonged; I have tented with the tentings of Kedar, my soul hath long been a sojourner. With them that hate peace I was peaceable; when I spake unto them, they warred against me without a cause.

Psalm 120

I have lifted up mine eyes to the mountains, from whence cometh my help. My help cometh from the Lord, Who hath made heaven and the earth. Give not thy foot unto moving, and may He not slumber that keepeth thee. Behold, He shall not slumber nor shall He sleep, He that keepeth Israel. The Lord shall keep thee; the Lord is thy shelter at thy right hand. The sun shall not burn thee by day, nor the moon by night. The Lord shall keep thee from all evil, the Lord shall guard thy soul. The Lord shall keep thy coming in and thy going out, from henceforth and for evermore.

Psalm 121

I was glad because of them that said unto me: Let us go into the house of the Lord. Our feet have stood in thy courts, O Jerusalem. Jerusalem is builded as a city which its dwellers share in concord. For there the tribes went up, the tribes of the Lord, as a testimony for Israel, to give thanks to the name of the Lord. For there are set thrones unto judgement,

thrones over the house of David. Ask now for the things which are for the peace of Jerusalem, and for the prosperity of them that love thee. Let peace be now in thy strength, and prosperity in thy palaces. For the sake of my brethren and my neighbours, I spake peace concerning thee. Because of the house of the Lord our God, I have sought good things for thee.

Psalm 122

Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaid look unto the hands of her mistress, so do our eyes look unto the Lord our God, until He take pity on us. Have mercy on us, O Lord, have mercy on us, for greatly are we filled with abase-ment. Greatly hath our soul been filled there-with; let reproach come upon them that prosper, and abasement on the proud.

Psalm 123

Had it not been that the Lord was with us, let Israel now say, had it not been that the Lord was with us, when men rose up against us, then had they swallowed us up alive. When their wrath raged against us, then had the water overwhelmed us. Our soul hath passed through a torrent; then had our soul passed through the water that is irresistible. Blessed be the Lord Who hath not given us to be a prey to their teeth. Our soul like a sparrow was delivered out of the snare of the hunters. The snare is broken, and we are delivered. Our help is in the name of the Lord, Who hath made heaven and the earth.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Small Litany

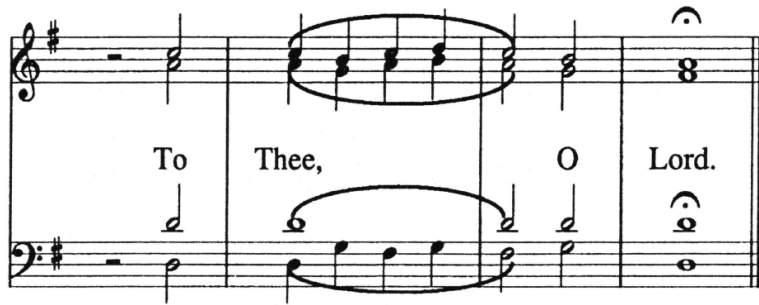
Deacon: Again and again, in peace let us pray to the Lord.



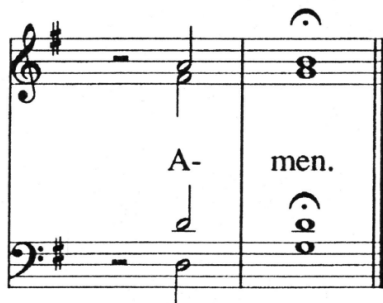
Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



Priest: For Thine is the dominion, and Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.



Psalm 124

They that trust in the Lord shall be as Mount Sion; he that dwelleth at Jerusalem, nevermore shall he be shaken. Mountains are round about her, and the Lord is round about His people from henceforth and for evermore. For the Lord will not permit the rod of sinners to be upon the lot of the righteous, lest the righteous stretch forth their hands unto iniquities. Do good, O Lord, unto them that are good and unto the upright of heart. But them that turn aside unto crooked ways shall the Lord lead away with the workers of iniquity; peace be upon Israel.

Psalm 125

When the Lord turned again the captivity of Sion, we became as men that are comforted. Then was our mouth filled with joy, and our tongue with rejoicing. Then shall they say among the nations: The Lord hath done great things unto them. The Lord hath done great things among us, and we are become glad. Turn again, O Lord, our captivity, like streams in the south. They that sow with tears shall reap with rejoicing. In their going they went, and they wept as they cast their seeds. But in their coming shall they come with rejoicing, bearing their sheaves.

Psalm 126

Except the Lord build the house, in vain do they labour that build it. Except the Lord guard the city, in vain doth he watch that guardeth her; it is vain for you to rise at dawn. Ye that eat the bread of sorrow, rouse yourselves after resting, when He hath given sleep to His beloved. Lo, sons are the heritage of the Lord, the reward of the fruit of the womb. Like arrows in the hand of a mighty man, so are the sons of them that were outcasts. Blessed is he that shall fulfil his desires with them; they shall not be put to shame when they speak to their enemies in the gates.

Psalm 127

Blessed are all they that fear the Lord, that walk in His ways. Thou shalt eat the fruit of thy labours; blessed art thou, and well shall it be with thee. Thy wife shall be as a fruitful vine on the sides of thy house, Thy sons like young olive trees round about thy table. Behold, so shall the man be blessed that feareth the Lord. The Lord bless thee out of Sion, and mayest thou see the good things of Jerusalem all the days of thy life. And mayest thou see thy children's children; peace be upon Israel.

Psalm 128

Many a time have they warred against me from my youth, let Israel now say, many a time have they warred against me from my youth, and yet they have not prevailed against me. The sinners wrought upon my back, they lengthened out their iniquity. The Lord is righteous; He hath cut asunder the necks of sinners. Let them be put to shame and turned back, all they that hate Sion. Let them be as the grass upon the housetops, which before it is plucked up is withered away. Wherefore the reaper filleth not his hand, nor he that gathereth sheaves his bosom. Nor have they that passed by said: The blessing of the Lord come upon you; we have blessed you in the name of the Lord.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Small Litany

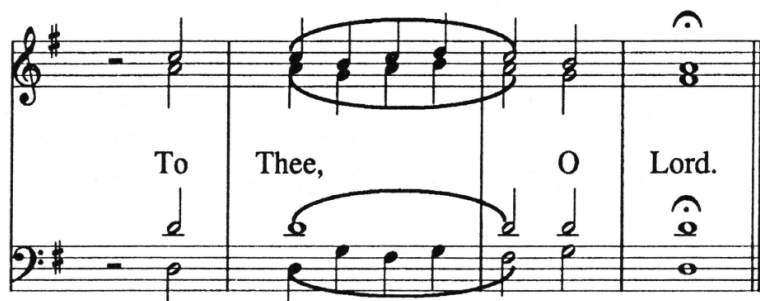
Deacon: Again and again, in peace let us pray to the Lord.



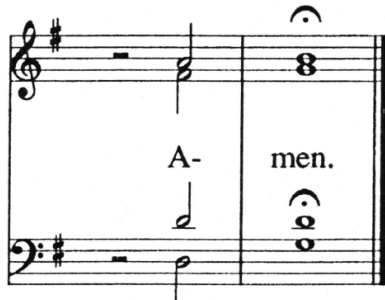
Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



Priest: For a good God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



The people make a prostration and remain prostrated until the Lamb is transferred and the curtain is opened.

Psalm 129

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice. Let Thine ears be attentive to the voice of my supplication. If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand? For with Thee there is forgiveness. For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word, my soul hath hoped in the Lord. From the morning watch until night, from the morning watch let Israel hope in the Lord. For with the Lord there is mercy, and with Him is plenteous redemption; and He shall redeem Israel out of all his iniquities.

Psalm 130

O Lord, my heart is not exalted, nor are mine eyes become lofty. Nor have I walked in things too great or too marvelous for me. If I were not humble-minded but exalted my soul, as one weaned from his mother, so wouldst Thou requite my soul. Let Israel hope in the Lord, from henceforth and for evermore.

Psalm 131

Remember, O Lord, David and all his meekness. How he made an oath unto the Lord, and vowed unto the God of Jacob: I shall not go into the dwelling of my house, I shall not ascend upon the bed of my couch, I shall not give sleep to mine eyes, nor slumber to mine eyelids, nor rest to my temples, until I find a place for the Lord, a habitation for the God of Jacob. Lo, we have heard of it in Ephratha, we have found it in the plains of the wood. Let us go forth into His tabernacles, let us worship at the place where His feet have stood. Arise, O Lord, into Thy rest, Thou and the ark of Thy holiness. Thy priests shall be clothed with righteousness, and Thy righteous shall rejoice. For the sake of David Thy servant, turn not Thy face away from Thine anointed one. The Lord hath sworn in truth unto David, and He will not annul it: Of the fruit of thy loins will I set upon thy throne. If thy sons keep My covenant and these testimonies which I will teach them, their sons also shall sit for ever on thy throne. For the Lord hath elected Sion, He hath chosen her to be a habitation for Himself. This is My rest for ever and ever; here will I dwell, for I have chosen her. Blessing, I will bless her pursuit; her beggars will I satisfy with bread. Her priests will I clothe with salvation, and her saints with rejoicing shall rejoice. There will I make to spring forth a horn for David, I have prepared a lamp for My Christ. His enemies will I clothe with shame, but upon

Him shall My sanctification flourish.

Psalm 132

Behold now, what is so good or so joyous as for brethren to dwell together in unity? It is like the oil of myrrh upon the head, which runneth down upon the beard, upon the beard of Aaron, which runneth down to the fringe of his raiment. It is like the dew of Aermom, which cometh down upon the mountains of Sion. For there the Lord commanded the blessing, life for evermore.

Psalm 133

Behold now, bless ye the Lord, all ye servants of the Lord. Ye that stand in the house of the Lord, in the courts of the house of our God, in the nights lift up your hands unto the holies, and bless the Lord. The Lord bless thee out of Sion, He that made heaven and the earth.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Small Litany

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



Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



Priest: For Thou art our God, the God Who hath mercy and saveth, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Friday in the First Week of Great Lent – Vespers



Lord, I Have Cried
Tone V

Lord, I have cried un- to Thee, hear- ken un- to me.

This musical system consists of a treble and bass staff joined by a brace on the left. Both staves are in the key of D major, indicated by two sharps (F# and C#). The melody is written in the treble staff using a series of half notes, while the bass staff provides a simple harmonic accompaniment with half notes. The lyrics are written below the treble staff, with hyphens indicating syllables that span across multiple notes.

Hear- ken un- to me, O Lord.

This musical system continues the melody and accompaniment from the first system. It maintains the same key signature and rhythmic pattern of half notes. The lyrics 'Hear- ken un- to me, O Lord.' are aligned with the notes in the treble staff.

Lord, I have cried un- to Thee, hear- ken un- to me;

This musical system continues the melody and accompaniment. The key signature remains D major. The lyrics 'Lord, I have cried un- to Thee, hear- ken un- to me;' are written below the treble staff.

at- tend to the voice of my sup- pli- ca- tion when I cry un- to Thee.

This musical system concludes the hymn. It features a double bar line after the first phrase, 'at- tend to the voice of my sup- pli- ca- tion', and then continues with the second phrase, 'when I cry un- to Thee.' The key signature and rhythmic pattern are consistent with the previous systems.

Friday in the First Week of Great Lent – Vespers

Hear-ken un-to me, O Lord. Let my prayer be set forth

as in-cense be-fore Thee, the lift-ing up of my hands

as an eve-ning sac-ri-fice. Hear-ken un-to me, O Lord.

Verses of Lord, I Have Cried

Reader: Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity; and I will not join with their chosen.

The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto hades.

For unto Thee, O Lord, O Lord, are mine eyes, in Thee have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity.

The sinners shall fall into their own net; I am alone until I pass by.

With my voice unto the Lord have I cried, with my voice unto the Lord have I made supplication.

I will pour out before Him my supplication, mine affliction before Him will I declare.

When my spirit was fainting within me, then Thou knewest my paths.

In this way wherein I have walked they hid for me a snare.

I looked upon my right hand, and beheld, and there was none that did know me.

Flight hath failed me, and there is none that watcheth out for my soul.

I have cried unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land of the living.

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me, for they are stronger than I.

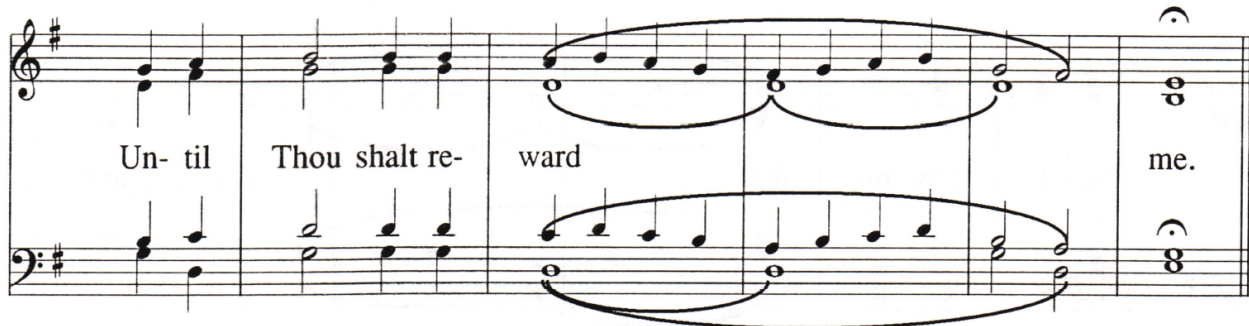
Tone V

Stichos: Bring my soul out of prison.



Come, ye faithful, and in the light let us perform the works of God;/ let us walk honestly as in the day./ Let us cast away every unjust accusation against our neighbour,/ not placing any cause of stumbling in his path./ Let us lay aside the pleasures of the flesh,/ and increase the spiritual gifts of our soul./ Let us give bread to those in need,/ and let us draw near unto Christ, crying in penitence:// O our God, have mercy on us.

Stichos: The righteous shall wait patiently for me.



Come, ye faithful, and in the light let us perform the works of God;/ let us walk honestly as in the day./ Let us cast away every unjust accusation against our neighbour,/ not placing any cause of stumbling in his path./ Let us lay aside the pleasures of the flesh,/ and increase the spiritual gifts of our soul./ Let us give bread to those in need,/ and let us draw near unto Christ, crying in penitence:// O our God, have mercy on us.

Then four stichera to the Martyrs in the Tone of the week. See Appendix V, Page 143.

Stichos: Out of the depths have I cried unto Thee, O Lord;/ O Lord, hear my voice.

Sticheron to the Martyrs.

Stichos: Let Thine ears be attentive/ to the voice of my supplication.

Sticheron to the Martyrs.

Stichos: If Thou shouldst mark iniquities, O Lord, O Lord, who shall stand?/ For with Thee there is forgiveness.

Sticheron to the Martyrs.

Stichos: For Thy name's sake have I patiently waited for Thee, O Lord, my soul hath waited patiently for Thy word,/ my soul hath hoped in the Lord.

Sticheron to the Martyrs.

Then the four following stichera to Saint Theodore:

Tone II

Stichos: From the morning watch until night, from the morning watch:



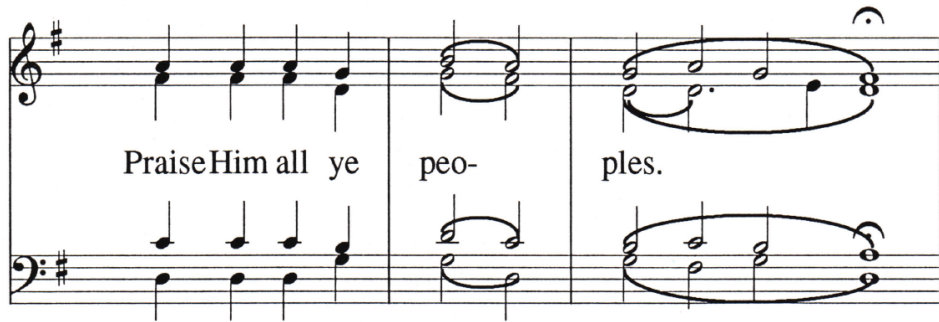
Come, all ye who love the martyrs,/ let us rejoice in spirit and keep festival./ For today Theodore the martyr has set before us a table laden with mystic food,/ bringing joy to all of us who gladly celebrate his memory./ Unto him we cry: Rejoice, victorious champion,/ who hast trampled underfoot the tyrants' threats./ Rejoice, thou who gavest thy body of clay to torture for the sake of Christ our God./ Rejoice, thou who hast shown thyself, in manifold tribulations, a tested warrior of the heavenly host.// O glory of the martyrs, we entreat thee to pray for our souls.

Stichos: For with the Lord there is mercy, and with Him is plenteous redemption:



The God-given grace of thy miracles, O martyr Theodore,/ thou dost grant to all who turn to thee in faith./ We therefore praise thee, saying:/ Thou dost deliver prisoners/ and heal the sick; thou givest riches to the poor/ and guardest those who sail the seas./ Thou restrainest slaves from useless flight,/ and showest robbers what their punishment will be;/ thou teachest soldiers to abstain from plunder./ In thy loving compassion thou dost grant the prayers of children,/ and thou art the fervent protector of all who keep thy holy memory./ With them we also sing the praises of thy martyrdom, O saint of God:// pray to Christ that He may show us His great mercy.

Stichos: O praise the Lord, all ye nations:



O martyr Theodore, thou art a matchless gift from God:/ for after thy death as during thy lifetime,/ thou dost grant the petitions of those who turn to thee./ Thus once it happened that the son of a poor widow/ was carried off by soldiers of another faith;/ and she came weeping to thy shrine./ Mounted upon a white horse, in loving compassion/ thou hast defended her child with thine invisible protection./ And, now as then, never dost thou cease from working wonders:// pray to Christ our God, for the salvation of our souls.

Stichos: For He hath made His mercy to prevail over us:



O thrice-blessed Theodore, I honour thee:/ rightly art thou named 'Gift from God'./ For thou hast shown thyself a never-setting star of the divine Light,/ and through thy sufferings thou dost shine on all the world./ Proving thyself stronger than fire,/ thou hast quenched the flames; and thou hast crushed the head of the deceitful serpent./ Therefore, in the midst of thy sufferings,/ Christ came and set a crown upon thy holy head./ O Great Martyr,/ who hast boldness before God,// do thou offer fervent intercession for our souls.

Tone VI

The musical score for Tone VI is presented in two systems. Each system consists of a treble and a bass staff, both with a key signature of one sharp (F#). The first system contains the lyrics "Glory to the Father, and to the Son, and to the Ho- ly". The second system contains the lyrics "Spir- it." The music is written in a simple, homophonic style with block chords and single notes. The lyrics are placed below the corresponding staves.

Using as his tool the Apostate Emperor,/ the enemy devised a cruel plot:/ with food polluted by unclean sacrifices/ he sought to defile the people of God/ as they purified themselves through fasting./ But thou hast defeated his design by a more skillful plan:/ appearing in a dream to the Archbishop,/ thou hast revealed to him the evil plot./ Therefore we offer thee a sacrifice of thanksgiving,/ honouring thee as our protector/ and keeping the yearly memorial of what then was done./ May we be kept safe, we pray,/ from the designs of the enemy at thine intercessions,// O martyr Theodore.

Both now... *the Dogmatic Theotokion in the Tone of the week. See Appendix VI, Page 146.*

Entrance with the censer.

Deacon: Let us attend.

Priest: Peace be unto all.

Deacon: Wisdom! Aright!

Vesper Hymn to the Son of God

O Gentle Light of the holy glory of the immortal, heavenly,

The first line of the hymn is written on a grand staff (treble and bass clefs). The melody is in G major (one sharp) and 4/4 time. It begins with a half note G4 in the treble and a half note G3 in the bass. The lyrics are: "O Gentle Light of the holy glory of the immortal, heavenly,"

holy blessed Father, O Je- sus Christ:

The second line continues the melody. The treble staff has a half note G4, a half note A4, a half note B4, and a half note C5. The bass staff has a half note G3, a half note A3, a half note B3, and a half note C4. The lyrics are: "holy blessed Father, O Je- sus Christ:"

Having come to the setting of the sun, having beheld the eve- ning light,

The third line continues the melody. The treble staff has a half note G4, a half note A4, a half note B4, and a half note C5. The bass staff has a half note G3, a half note A3, a half note B3, and a half note C4. The lyrics are: "Having come to the setting of the sun, having beheld the eve- ning light,"

we praise the Father, the Son, and the Holy Spir- it: God.

The fourth line continues the melody. The treble staff has a half note G4, a half note A4, a half note B4, and a half note C5. The bass staff has a half note G3, a half note A3, a half note B3, and a half note C4. The lyrics are: "we praise the Father, the Son, and the Holy Spir- it: God."

Friday in the First Week of Great Lent – Vespers

Meet it is for Thee at all times to be hymned with rev'rent voi- ces.

The first system of the musical score consists of two staves, treble and bass, in a key of one flat (B-flat major or D minor). The melody is primarily composed of whole notes and half notes. The lyrics are: "Meet it is for Thee at all times to be hymned with rev'rent voi- ces." The word "ces." is at the end of the line, suggesting the phrase continues.

O Son of God, Giv- er of life. Wherefore, the world doth glor- i- fy Thee

The second system of the musical score continues the melody from the first system. It also consists of two staves, treble and bass. The lyrics are: "O Son of God, Giv- er of life. Wherefore, the world doth glor- i- fy Thee". The system ends with a double bar line. The melody for "Thee" is marked with a fermata, indicating a sustained note.

Prokimenon
Tone V

The Lord hear thee in the day of affliction.



Stichos: The Name of the God of Jacob defend thee.

Paroemia

Book of Genesis 2:20 – 3:20

Adam gave names to all the cattle and to all the birds of the sky, and to all the wild beasts of the field, but for Adam there was not found a help like to himself. 21 And God brought a trance upon Adam, and he slept, and he took one of his ribs, and filled up the flesh instead thereof. 22 And God formed the rib which he took from Adam into a woman, and brought her to Adam. 23 And Adam said, This now is bone of my bones, and flesh of my flesh; she shall be called woman, because she was taken out of her husband. 24 Therefore shall a man leave his father and his mother and shall cleave to his wife, and they two shall be one flesh.

3:1 And the two were naked, both Adam and his wife, and were not ashamed.

2 Now the serpent was the most crafty of all the brutes on the earth, which the Lord God made, and the serpent said to the woman, Wherefore has God said, Eat not of every tree of the garden? 3 And the woman said to the serpent, We may eat of the fruit of the trees of the garden, 4 but of the fruit of the tree which is in the midst of the garden, God said, Ye shall not eat of it, neither shall ye touch it, lest ye die. 5 And the serpent said to the woman, Ye shall not surely die. 6 For God knew that in whatever day ye should eat of it your eyes would be opened, and ye would be as gods, knowing good and evil. 7 And the woman saw that the tree was good for food, and that it was pleasant to the eyes to look upon and beautiful to contemplate, and having taken of its fruit she ate, and she gave to her husband also with her, and they ate. 8 And the eyes of both were opened, and they perceived that they were naked, and they sewed fig leaves together, and made themselves aprons to go round them. 9 And they heard the voice of the Lord God walking in the garden in the afternoon; and both Adam and his wife hid themselves from the face of the Lord God in the midst of the trees of the garden. 10 And the Lord God called Adam and said to him, Adam, where art thou? 11 And he said to him, I heard thy voice as thou walkedst in the garden, and I feared because I was naked and I hid myself. 12 And God said to him, Who told thee that thou wast naked, unless thou hast eaten of the tree concerning which I charged thee of it alone not to eat? 13 And Adam said, The woman whom thou gavest to be with me—she gave me of the tree and I ate. 14 And the Lord God said to the woman, Why hast thou done this? And the woman said, The serpent deceived me and I ate.

15 And the Lord God said to the serpent, Because thou hast done this thou art cursed above all cattle and all the brutes of the earth, on thy breast and belly thou shalt go, and thou shalt eat earth all the days of thy life. 16 And I will put enmity between thee and the woman and between thy seed and her seed, he shall watch against thy head, and thou shalt watch against his heel. 17 And to the woman he said, I will greatly multiply thy pains and thy groanings; in pain thou shalt bring forth children, and thy submission shall be to thy husband, and he shall rule over thee. 18 And to Adam he said, Because thou hast hearkened to the voice of thy wife, and eaten of the tree concerning which I charged thee of it only not to eat—of that thou hast eaten, cursed is the ground in thy labours, in pain shalt thou eat of it all the days of thy life. 19 Thorns and thistles shall it bring forth to thee, and thou shalt eat the herb of the field. 20 In the sweat of thy face shalt thou eat thy bread until thou return to the earth out of which thou wast taken, for earth thou art and to earth thou shalt return.

Prokimenon
Tone VI

Be Thou exalted, O Lord, in Thy strength; we will sing and chant of Thy mighty acts.

Be Thou exalted, O Lord, in Thy strength; we will sing and chant of Thy

migh- ty acts.

Stichos: The King shall rejoice in Thy strength, O Lord.

Paroemia

Book of Proverbs 3:19-34

God by wisdom founded the earth, and by prudence he prepared the heavens. 20 By understanding were the depths broken up, and the clouds dropped water.

21 *My* son, let *them* not pass from *thee*, but keep my counsel and understanding: 22 that thy soul may live, and that there may be grace round thy neck; and it shall be health to thy flesh, and safety to thy bones: 23 that thou mayest go confidently in peace in all thy ways, and that thy foot may not stumble. 24 For if thou rest, thou shalt be undismayed; and if thou sleep, thou shalt slumber sweetly. 25 And thou shalt not be afraid of alarm coming upon thee, neither of approaching attacks of ungodly men. 26 For the Lord shall be over all thy ways, and shall establish thy foot that thou be not moved.

27 Forbear not to do good to the poor, whensoever thy hand may have *power* to help *him*. 28 Say not, Come back another time, to-morrow I will give; while thou art able to do *him* good: for thou knowest not what the next day will bring forth. 29 Devise not evil against thy friend, living near thee and trusting in thee.

30 Be not ready to quarrel with a man without a cause, lest he do thee some harm.

31 Procure not the reproaches of bad men, neither do thou covet their ways. 32 For every transgressor is unclean before the Lord; neither does he sit among the righteous. 33 The curse of God is in the houses of the ungodly; but the habitations of the just are blessed. 34 The Lord resists the proud; but he gives grace to the humble.

And the rest of the Liturgy of Presanctified Gifts.

Appendix I – Alleluia and Hymns to the Trinity in the Eight Tones

After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.

Tone I

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Through bodily images let us ascend to the spiritual and immaterial understanding of the bodiless powers; singing the Thrice-Holy Hymn and awaiting the illumination of the God-head in three Persons, let us cry aloud as the cherubim to the one and only God: Holy, holy, holy art Thou, our God;

Wednesday and Friday

Through the pow- er of Thy Cross pre- serve

This musical system consists of two staves, treble and bass, in the key of D major (one sharp). The melody is primarily in the treble staff, featuring a series of quarter notes and some beamed eighth notes. The lyrics are placed below the notes. The system ends with a fermata over the final note.

us, O Lord.

This musical system continues the melody from the first system. It features a final cadence with a fermata over the final note, which is a whole note. The lyrics are placed below the notes.

Glory to the Father, and to the Son, and to the Holy Spirit.
With all the heavenly hosts, let us offer the Thrice-Holy Hymn of praise and cry aloud as the cherubim to Him who dwells on high: Holy, holy, holy art Thou, our God;

Through the in- ter- ces- sions of all Thy

This musical system continues the melody. It features a series of quarter notes and some beamed eighth notes. The lyrics are placed below the notes. The system ends with a fermata over the final note.

saints, have mer- cy on us.

This musical system continues the melody. It features a final cadence with a fermata over the final note, which is a whole note. The lyrics are placed below the notes.

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

Rising from sleep, we fall down before Thee, loving Lord, and with the angels' song we cry to Thee, All-powerful: Holy, holy, holy art Thou, our God;

Through the The- o- tok- os, have

The first system of the musical score consists of two staves, treble and bass, in the key of D major (indicated by two sharps). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the notes. The first measure contains the word 'Through' with a whole note chord. The second measure contains the word 'the' with a half note chord. The third measure contains the words 'The-' and 'o-' with a half note chord. The fourth measure contains the words 'tok-' and 'os, have' with a half note chord. The system ends with a double bar line.

mer- cy on us.

The second system of the musical score consists of two staves, treble and bass, in the key of D major. The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the notes. The first measure contains the words 'mer-' and 'cy on' with a half note chord. The second measure contains the word 'us.' with a half note chord. The system ends with a double bar line.

Tone II

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Doing as the powers on high, we on earth offer Thee, O loving Lord, a hymn of victory:
Holy, holy, holy art Thou our God;

Wednesday and Friday

Through the pow- er of Thy Cross, pre- serve

us, O Lord.

Glory to the Father, and to the Son, and to the Holy Spirit.
 O uncreated Nature, Maker of all things, open our lips that we may proclaim Thy praises,
 crying: Holy, holy, holy art Thou, our God;

Through the in- ter- ces- sions all of Thy saints, have mer-

cy on us.

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

Thou, O Lord, hast raised me from my bed and sleep; enlighten my mind and my heart,
and open my lips that I may praise Thee, Holy Trinity: Holy, holy, holy art Thou, our God;

Through the The- o- tok - os, have mer-

The first system of the musical score is written on two staves, treble and bass, in the key of D major (indicated by two sharps). The melody is in the treble staff, and the bass line is in the bass staff. The lyrics are: "Through the The- o- tok - os, have mer-". The music features a mix of eighth and sixteenth notes, with some measures containing beamed sixteenth notes. There are fermatas over the notes for "o-" and "mer-".

cy on us.

The second system of the musical score continues the melody and bass line from the first system. The lyrics are: "cy on us.". The music concludes with a double bar line. The key signature remains D major.

Tone III

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

The musical score for the Alleluia in Tone III is presented in two systems. The first system consists of two staves (treble and bass clef) with a key signature of one sharp (F#). The lyrics "Al- le- lu- ia, Al- le- lu- ia, Al- - - le-" are written below the staves. The second system also consists of two staves with the same key signature. The lyrics "lu- - - i- - - a." are written below the staves. The music is written in a simple, melodic style with various note values and rests.

Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

O Trinity, one in Essence and undivided, Unity in three co- eternal Persons, to Thee as God we sing the angels' hymn: Holy, holy, holy art Thou, our God;

Wednesday and Friday

Through the pow- er of Thy Cross, pre- serve

This musical system consists of two staves, treble and bass, in the key of D major (one sharp). The melody is primarily in the treble staff, with the bass staff providing harmonic support. The lyrics are written below the notes. The first measure contains the words 'Through the pow- er of Thy'. The second measure contains 'Cross,' and the third measure contains 'pre-'. The system ends with a double bar line.

us, O Lord.

This musical system continues the melody from the first system. It consists of two staves. The lyrics are 'us, O Lord.' The system ends with a double bar line.

Glory to the Father, and to the Son, and to the Holy Spirit.
Daring to give glory to the one Godhead, to the eternal Father, the coeternal Son, and the timeless Spirit, as the cherubim we say: Holy, holy, holy art Thou, our God;

Through the intercessions of all Thy Saints, have

This musical system continues the melody. It consists of two staves. The lyrics are 'Through the intercessions of all Thy Saints, have'. The system ends with a double bar line.

mer- cy on us.

This musical system concludes the hymn. It consists of two staves. The lyrics are 'mer- cy on us.' The system ends with a double bar line.

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

Suddenly the Judge will come, and the acts of every man will be laid bare. But at midnight let us cry with fear: Holy, holy, holy art Thou, our God;

Through the The- o- tok- - - os, have mer- -

The first system of the musical score consists of two staves, treble and bass, in the key of D major (indicated by two sharps). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the notes. The first measure contains the words "Through the The- o-". The second measure contains "tok- - - os, have". The third measure contains "mer- -". There are ellipses between "tok-" and "os", and between "mer-" and the next measure. The notes are mostly quarter and eighth notes, with some rests.

cy on us.

The second system of the musical score continues the melody and bass line from the first system. It consists of two staves, treble and bass, in the key of D major. The lyrics are "cy on us.". The first measure contains "cy on". The second measure contains "us.". The notes are mostly quarter and eighth notes, with some rests. The system ends with a double bar line.

Tone IV

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstruced people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

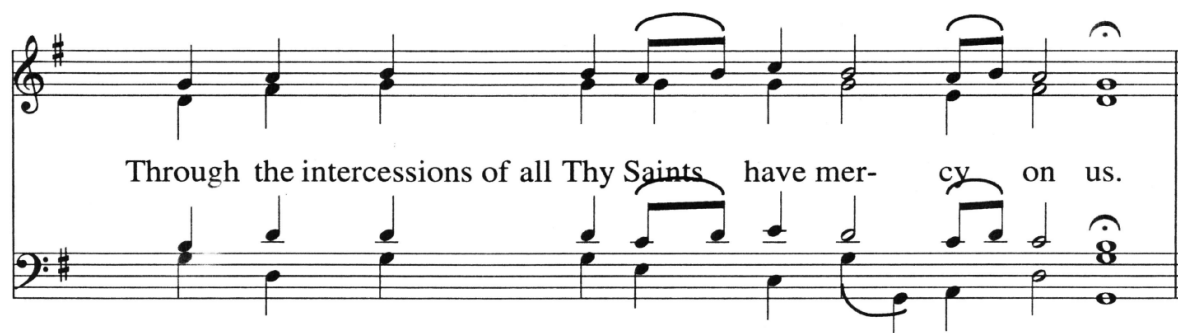
Hymns to the Trinity

Daring, mortal though we are, to offer unto Thee the hymn of Thine angelic ministers, we say: Holy, holy, holy art Thou, our God;

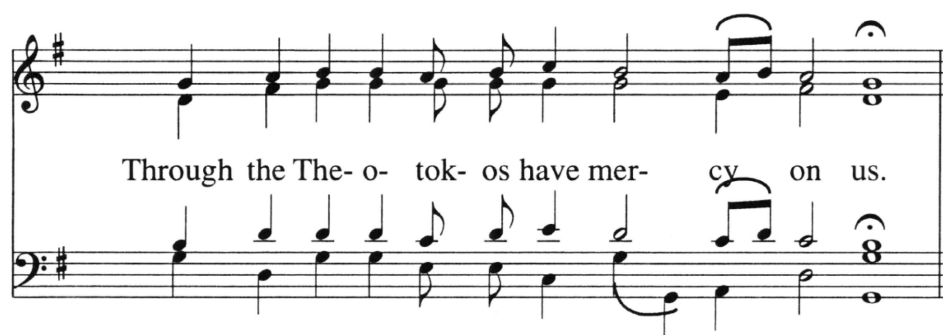
Wednesday and Friday



Glory to the Father, and to the Son, and to the Holy Spirit.
As the angelic hosts in heaven, we men on earth, standing now with fear, offer unto Thee,
O loving Lord, a hymn of victory: Holy, holy, holy art Thou, our God;



Both now and ever, and unto the ages of ages. Amen.
Daring to give glory to Thine eternal Father, and to Thee, O Christ our God, and to Thy
Most Holy Spirit, as the cherubim we say: Holy, holy, holy art Thou, our God;



Tone V

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Now is the hour for praise and prayer; let us cry fervently to the one and only God: Holy, holy, holy art Thou, our God;

Wednesday and Friday

Through the pow'r of Thy Cross, pre-serve us, O Lord.

This musical score is for the first line of the hymn. It consists of two staves, a treble staff and a bass staff, both in the key of D major (indicated by two sharps). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the notes. The first measure contains the words 'Through the pow'r of Thy', the second 'Cross, pre-', the third 'serve us,', and the fourth 'O Lord.'.

Glory to the Father, and to the Son, and to the Holy Spirit.
We dare to act as ikons of Thy spiritual hosts, and with our un- worthy mouths we cry to
Thee, O Trinity without beginning: Holy, holy, holy art Thou, our God;

Through the intercessions of all Thy saints, have

This musical score is for the second line of the hymn. It consists of two staves, a treble staff and a bass staff, both in the key of D major. The melody continues from the first line. The lyrics are 'Through the intercessions of all Thy saints, have'.

mer-cy on us.

This musical score is for the third line of the hymn. It consists of two staves, a treble staff and a bass staff, both in the key of D major. The melody continues from the previous lines. The lyrics are 'mer-cy on us.'.

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

O Christ our God, who though contained within a virgin womb wast not divided from the Father, accept us as we call upon Thee with the angels: Holy, holy, holy art Thou, our God;

Through the The- o- tok- os, have mer- cy on us.

Tone VI

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

With fear and trembling standing in Thy presence, the cherubim and seraphim offer the Thrice-Holy Hymn with voices that are never still. And with them we sinners also cry aloud: Holy, holy, holy art Thou, our God;

Wednesday and Friday

Through the pow'r of Thy Cross pre-serve us, O

This musical score is for a hymn in G major (one sharp). It consists of two staves, treble and bass. The melody is primarily in the treble staff, with the bass staff providing a harmonic accompaniment. The lyrics are: 'Through the pow'r of Thy Cross pre-serve us, O'. The music features a mix of eighth and sixteenth notes, with some rests and a final cadence.

Lord.

This musical score is for the word 'Lord.' It consists of two staves, treble and bass. The melody is in the treble staff, and the bass staff provides a harmonic accompaniment. The music is a simple, short phrase ending with a final cadence.

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

In never-silent hymns of glory, with their bodiless mouths the six-winged seraphim sing to Thee our God the Thrice-Holy Hymn; and we on earth offer praise to Thee from our unworthy lips: Holy, holy, holy art Thou, our God;

Through the intercessions of all Thy saints, have

This musical score is for a hymn in G major (one sharp). It consists of two staves, treble and bass. The melody is primarily in the treble staff, with the bass staff providing a harmonic accompaniment. The lyrics are: 'Through the intercessions of all Thy saints, have'. The music features a mix of eighth and sixteenth notes, with some rests and a final cadence.

mer-cy on us.

This musical score is for a hymn in G major (one sharp). It consists of two staves, treble and bass. The melody is primarily in the treble staff, with the bass staff providing a harmonic accompaniment. The lyrics are: 'mer-cy on us.'. The music features a mix of eighth and sixteenth notes, with some rests and a final cadence.

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

Let us glorify the Godhead, three in one, united and yet unconfused, and let us sing the angels' hymn: Holy, holy, holy art Thou, our God;

Through the The- o- tok- os, have mer- cy on

us.

Tone VII

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

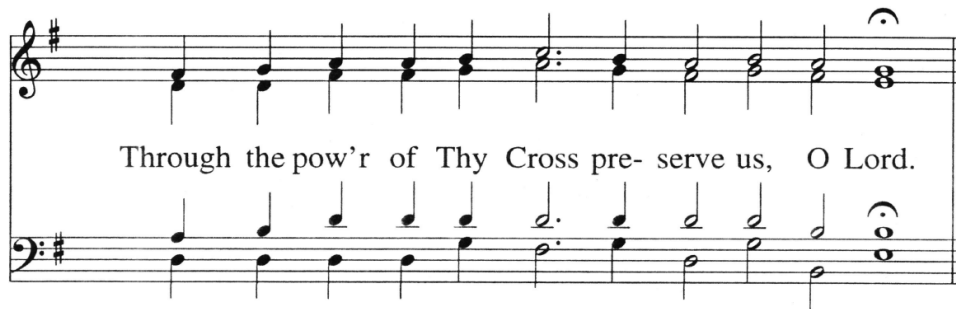
Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

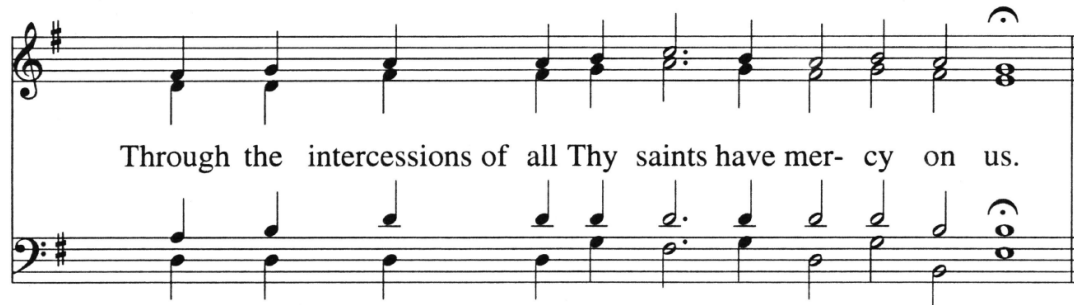
Praised by the cherubim in Thine almighty power, and worshipped by the angels in Thy divine glory, do Thou accept us sinners also who, unworthy, dare to cry to Thee: Holy, holy, holy art Thou, our God;

Wednesday and Friday



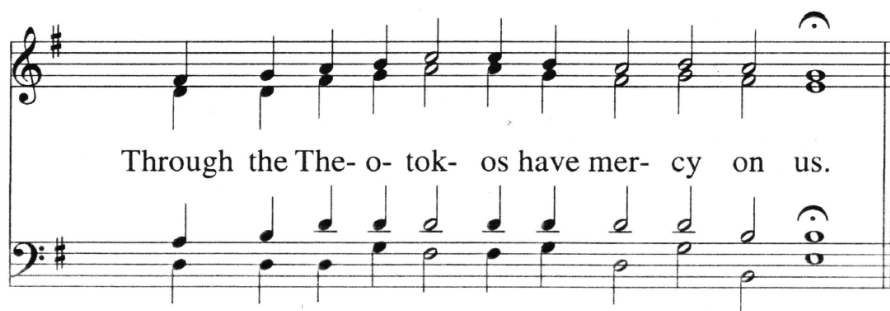
Through the pow'r of Thy Cross pre-serve us, O Lord.

Glory to the Father, and to the Son, and to the Holy Spirit.
Casting off both sleep and slothfulness, my soul, bring to the Judge more fervent hymns of praise, and cry aloud with fear: Holy, holy, holy art Thou, our God;



Through the intercessions of all Thy saints have mer-cy on us.

Both now and ever, and unto the ages of ages. Amen.
To the Godhead that no man can approach, to the Trinity in Unity, let us offer the Thrice-Holy Hymn of the seraphim, and cry aloud with fear: Holy, holy, holy art Thou, our God;



Through the The- o- tok- os have mer- cy on us.

Tone VIII

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia, Al- le- lu- - - ia, Al- le- lu- - - i- a.

Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Lifting up our hearts to heaven, let us imitate the hierarchy of angels. Let us fall down with fear before the righteous Judge, singing a triumphal hymn of praise: Holy, holy, holy art Thou, our God;

Wednesday and Friday

Through the pow- er of Thy Cross, pre-

This musical system consists of two staves, treble and bass, in the key of D major. The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are placed below the notes. The first measure contains the words 'Through the pow- er' and the second measure contains 'of Thy Cross, pre-'. The music features a variety of note values including quarter, eighth, and half notes, as well as rests.

serve us, O Lord.

This musical system continues the hymn on two staves. The lyrics 'serve us, O Lord.' are placed below the notes. The music concludes with a double bar line. The melody and bass line are clearly defined, with the melody often featuring longer note values and the bass line providing harmonic support.

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

Daring not to gaze upon Thee, the winged cherubim cry out in the words of the Thrice-Holy Hymn inspired by God; and with them we sinners also cry to Thee: Holy, holy, holy art Thou, our God;

Through the in- ter- ces- sions of all Thy Saints, have

This musical system continues the hymn on two staves. The lyrics 'Through the in- ter- ces- sions of all Thy Saints, have' are placed below the notes. The music features a variety of note values and rests, maintaining the melodic and harmonic structure of the previous systems.

mer- cy on us.

This musical system concludes the hymn on two staves. The lyrics 'mer- cy on us.' are placed below the notes. The music ends with a double bar line. The melody and bass line are clearly defined, with the melody often featuring longer note values and the bass line providing harmonic support.

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

Bent beneath the multitude of our iniquities, we dare not look up at the height of heaven;
but, bowing down in soul and body, with the angels we sing unto Thee: Holy, holy, holy art
Thou, our God;

Through the The- o- tok- os, have

This musical system consists of two staves, treble and bass, in the key of D major (indicated by two sharps). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are placed below the notes. The first measure contains the words 'Through the'. The second measure contains 'The-'. The third measure contains 'o-'. The fourth measure contains 'tok-'. The fifth measure contains 'os, have'. The music features various note values, including quarter, eighth, and half notes, as well as rests and ties.

mer- - cy on us.

This musical system continues the hymn on two staves. The melody is in the treble staff, and the bass line is in the bass staff. The lyrics are 'mer- - cy on us.'. The music includes various note values, including quarter, eighth, and half notes, as well as rests and ties. The system concludes with a double bar line.

Appendix II – Sessional Hymns in the Eight Tones

After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.

Tone I

Friday

Sessional Hymns of the Cross

When Thou wast crucified, O Christ, the tyranny of the devil was destroyed, the power of the enemy was trampled underfoot. For it was not an angel or a man that saved us, but Thou Thyself, O Lord: glory be to Thee.

Stichos: Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Putting his trust in the weapon of the Cross, the pious Emperor Constantine was victorious in battle over his enemies. This weapon makes the powers of hell to tremble; it is the salvation of the faithful and the glory of Saint Paul.

Glory to the Father... Both now...

Stavrotheotokion

Gaining thy protection, O Most Pure, by thine intercessions we are released from danger. Guarded always by the Cross of thy Son, we all of us magnify thee with the reverence that is thy due.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

The victorious martyrs clothed themselves in Thee, O Lord: Thou wast their glory in their sufferings, their crown and their reward. Steadfastly enduring torment, they overthrew the wicked; and through the power of God they were granted victory from heaven. At their prayers, O God, give us Thy great mercy.

Tone II

Friday

Sessional Hymns of the Cross

We venerate Thy holy ikon, loving Lord, asking Thee to pardon our transgressions, Christ our God. For Thou of Thine own will wast pleased in the flesh to ascend upon the Cross, so to deliver from the bondage of the enemy those whom Thou hast fashioned. Therefore in thanksgiving we cry aloud to Thee: Thou hast filled all things with joy, our Saviour, when Thou hast come to save the world.

Stichos: Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Thou, O Christ our God, hast worked salvation in the midst of the earth: Thou hast stretched out Thy most pure hands upon the Cross, gathering together all the nations that cry out: O Lord, glory to Thee.

Glory to the Father ... Both now...

Stravrotheotokion

Most glorious art thou, O Virgin Theotokos; we sing thy praises. For through the Cross of thy Son, hell was laid low and death put to death; we who were dead have risen and been granted life, receiving the joy of Paradise that was ours at the beginning. Therefore with thanksgiving we glorify Christ our God, for He is strong and alone rich in mercy.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

Founded on the Rock that cannot be shaken, the saints resisted tyrants bravely, and through torment they obtained their crowns. At their prayers save us, O God.

Tone III

Friday

Sessional Hymns of the Cross

Choosing to suffer Crucifixion and death, Thou hast set up the Cross in the midst of the creation. When Thou hast consented, O Saviour, that Thy body should be nailed to the wood, the sun hid its rays. Seeing this, the thief confessed Thee as God and cried to Thee, 'O Lord, remember me'; and because of his faith he was granted Paradise.

Stichos: Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Thou wast exalted, Lamb of God, upon the cypress, the pine and the cedar, so as to save those who worship in faith Thy voluntary Crucifixion. Glory be to Thee, O Christ our God.

Glory to the Father... Both now...

Stavrotheotokion

By Thine own free choice, O compassionate Christ, Thou hast endured a shameful death upon the Cross; and when Thy Mother saw Thee, she was wounded in her heart. At her prayers, O Lord alone supreme in love, through Thy tender mercy have pity on the world and save it, for Thou dost take away its sin.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

Through your faith ye shine as radiant lights, O physicians of the true worship of God, holy and glorious martyrs. Ye were not terrified by the torments of the tyrants, but ye cast down the blasphemous teachings of idolatry, taking up the true Cross as your emblem of victory.

Tone IV

Friday

Sessional Hymns of the Cross

The Jews nailed Thee, O Saviour, to the Cross, and through this Cross, O loving Lord, Thou hast called us Gentiles back to Thee. In the abundance of Thy tender mercies, Thou hast of Thine own will stretched out Thine hands upon it, and hast consented that the lance should pierce Thy side. O longsuffering Lord, glory to Thee.

Stichos: Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Looking now upon Thy most pure Cross, that is the light of our souls, O Christ, and venerating it with joy, we cry aloud to Thee: Glory be to Thee, whose will it was to be exalted on it; glory be to Thee, who through the Cross hast granted light to all creation. Rejoicing in the Cross, with hymns that never cease we give Thee glory.

Glory to the Father... Both now...

Stavrotheotokion

When Thine all-pure Mother saw Thee raised upon the Cross, O Word of God, with a mother's grief she cried: 'What is this new and strange wonder, O my Son? How canst Thou suffer death, O Life of all? It is because in Thy compassion Thou dost will to bring the dead to life.'

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

The solemn feast of those who suffered martyrdom has made the Church into an earthly heaven, and the angels now rejoice with men. At Thy martyrs' intercessions, save our souls, O Christ our God.

Tone V

Friday

Sessional Hymns of the Cross

The place of the skull has become Paradise; for as soon as the wood of the Cross was planted there, at once it bore the fruit of life, even Thee, O Saviour who hast brought us joy. Glory be to Thee.

Stichos: Exalt ye the Lord our God: and worship at His footstool, for He is holy.

The wood of Thy Cross, O our Saviour, has brought salvation to the world; for Thou, the joy of all, wast nailed upon it willingly, and hast delivered from the curse those that dwell on earth. O Lord, glory be to Thee.

Glory to the Father... Both now...

Stavrotheotokion

When Thy Mother beheld Thee, O Christ, hanging by Thine own free choice upon the Cross between two thieves, then with a mother's grief her heart was pierced and she cried out: 'O sinless Son, how art Thou nailed unjustly to the Cross as an evildoer? It is because *in* Thy surpassing love Thou willest to restore mankind to life.'

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

Today the memorial of the victorious martyrs shines with light from heaven. The choir of angels keeps the festival, and mankind celebrates the feast with them. For they intercede before the Lord, that He may have mercy on our souls.

Tone VI

Friday

Sessional Hymns of the Cross

No sooner had the wood of Thy Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but it let Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy on us.

Stichos: Exalt ye the Lord our God: and worship at His footstool, for He is holy.

O Lord, the Jews condemned Thee to death, who art the Life of all; with Moses' rod Thou hast led them on dry ground through the Red Sea, yet they nailed thee to the Cross; Thou hast suckled them with honey from the rock, yet they gave Thee gall. But Thou hast willingly endured these things, to free us from the bondage of the enemy. O Christ our God, glory to Thee.

Glory to the Father... Both now...

Stavrotheotokion

O Virgin Theotokos, thy Son, Christ our God, was nailed of His own will upon the Cross, and He has risen from the dead. Pray to Him for the salvation of our souls.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

The Lord has given glory to those who preached Christ in the arena and who did not fear the threats of the ungodly. With fortitude they suffered and so cast down the pride of the transgressors. Christ gave them as their due reward the grace of healing, and without ceasing they make intercession for the salvation of our souls.

Tone VII

Friday

Sessional Hymns of the Cross

Thou hast made Thy Cross, O Christ, more bright than any fire, more clear than any flame. Burning up the sins of those in sickness, it enlightens all men's hearts, as they sing the praises of Thy voluntary Crucifixion. Glory be to Thee, O Christ our God.

Stichos: Exalt ye the Lord our God: and worship at His footstool, for He is holy.

O Ruler of the spiritual powers, Thou knowest well how slothful is my soul. Save me by Thy Cross, O Christ my God who lovest mankind.

Glory to the Father... Both now...

Stavrotheotokion

To Christ our God, who was crucified for us and has destroyed the power of death, do thou pray without ceasing, O Virgin Theotokos; for the salvation of our souls.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

Thy Martyrs, O Lord, defeated the enemy, and armed with the power of the Cross they put to shame the error of idolatry. Therefore with the angels we cry out to Thee, O Christ, giving glory to Thee in a hymn of victory. At their intercessions, we beseech Thee, save us.

Tone VIII

Friday

Sessional Hymns of the Cross

In the midst of Eden, a tree put forth the flower of death; in the midst of all the earth, a tree has flowered with life. Eating from the first tree, we who were immortal fell into corruption; but through the second tree incorruption is bestowed on us again. For by the Cross, O God, Thou dost save mankind.

Stichos: Exalt ye the Lord our God: and worship at His footstool, for He is holy.

In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on the earth, and the whole world is filled with boundless joy. Beholding it exalted, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.

Glory to the Father... Both now...

Stavrotheotokion

O holy Virgin, Christ took flesh from thy pure womb and was born from thee in ways beyond our understanding. Seeing Him hang between two evildoers on the Cross, thy heart was filled with anguish, and with a mother's grief thou hast cried out: 'Woe is me, my Child! What is this divine and ineffable act of Thy loving providence, whereby Thou hast restored to life Thy creature? I sing the praises of Thy deep compassion.'

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

Through their self-restraint the martyrs of Christ put to death the fiery impulses of passion. They received the grace to drive out diseases from the sick, and to work miracles both when alive and after they were dead. O marvellous wonder! For their bare bones are a source of healing. Glory be to God, the only wise Creator.

Appendix III – Exapostilaria in the Eight Tones

At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times. The ending of these Hymns varies according to the day of the week.

Tone I

O Christ who makest light to shine, cleanse my soul from every sin;

Wednesday and Friday

Through the pow- er of Thy Cross, O Lord, and

This musical notation is for the first part of the hymn. It consists of two staves, a treble staff and a bass staff, both with a key signature of one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the notes. The first measure contains the words 'Through the pow- er', the second 'of Thy', the third 'Cross, O', and the fourth 'Lord, and'. The melody is a simple, slow-moving line, with the bass line providing a steady accompaniment.

save me.

This musical notation is for the second part of the hymn. It consists of two staves, a treble staff and a bass staff, both with a key signature of one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the notes. The first measure contains the word 'save' and the second 'me.'. The melody is a simple, slow-moving line, with the bass line providing a steady accompaniment.

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

O Christ who makest light to shine, cleanse my soul from every sin;

Through the in-ter-ces-sions of Thy Saints, O

Lord, and save me.

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

O Christ who makest light to shine, cleanse my soul from every sin;

Through the in-ter-ces-sions of the The-o-tok-os, O

Lord, and save me.

Tone II

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart;

Wednesday and Friday

Through the pow- er of Thy Cross, O Lord, and

save me.

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

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart;

Through the in-ter-ces-sions of Thy saints, O Lord, and

save me.

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

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart;

Through the The-o-tok - os, have mer-

cy on us.

Tone III

Send forth Thy light, O Christ my God, and illumine my heart;

Wednesday and Friday

Through the pow- er of Thy Cross, O Lord,

This musical system consists of two staves, treble and bass, in the key of D major (one sharp). The melody is primarily in the treble staff. The lyrics are: "Through the pow- er of Thy Cross, O Lord,". The first measure contains the words "Through the pow- er of Thy". The second measure contains "Cross," and the third measure contains "O Lord,". The melody features a series of eighth notes in the first measure, followed by a half note in the second, and a half note in the third. The bass staff provides a simple accompaniment of quarter notes.

and save me.

This musical system continues the melody from the first system. It consists of two staves, treble and bass, in the key of D major. The lyrics are: "and save me.". The first measure contains the word "and" and the second measure contains "save". The third measure contains "me." and ends with a double bar line. The melody continues with eighth notes in the treble staff, and the bass staff provides a simple accompaniment of quarter notes.

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

Send forth Thy light, O Christ my God, and illumine my heart;

Through the intercessions of Thy Saints, O Lord,

and save me.

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

Send forth Thy light, O Christ my God, and illumine my heart;

Through the intercessions of the The- o- tok- - os, O

Lord, and save me.

Tone IV

O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;

Wednesday and Friday

Through the power of Thy Cross, O Lord, and save me.

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

O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;

Through the intercessions of Thy Saints, O Lord, and save me.

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

O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;

Through the intercessions of the Theotokos, O Lord, and save me.

Tone V

O Lord the Giver of Light, send down Thy light and illumine my heart;

Wednesday and Friday

Through the pow'r of Thy Cross, O

Lord, and save me.

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

O Lord the Giver of Light, send down Thy light and illumine my heart;

Through the intercessions of Thy saints, O

Lord, and save me.

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

O Lord the Giver of Light, send down Thy light and illumine my heart;

Through the intercessions of the The- o- tok- os, O

Lord, and save me.

Tone VI

Send down upon our souls Thine everlasting light;

Wednesday and Friday

Through the power of Thy Cross, O Lord, send down

This musical notation is for the first line of the Exapostilarion. It consists of a single measure on a grand staff (treble and bass clefs). The melody is a single note on the G line of the treble clef. The bass line consists of two notes: a G on the second line and a D on the first space. The lyrics "Through the power of Thy Cross, O Lord, send down" are written below the staff.

up- on our souls Thy light ev- er- last- ing.

This musical notation is for the second line of the Exapostilarion. It consists of two measures on a grand staff. The melody is a single note on the G line of the treble clef. The bass line consists of two notes: a G on the second line and a D on the first space. The lyrics "up- on our souls Thy light ev- er- last- ing." are written below the staff.

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

Send down upon our souls Thine everlasting light;

Through the intercessions of Thy Saints, O Lord, send down

This musical system consists of a treble and bass staff in G major (one sharp). The treble staff has a whole note on G4, and the bass staff has a whole note on G2. The lyrics "Through the intercessions of Thy Saints, O Lord, send down" are written below the notes.

up- on our souls Thy light ev- er- last- ing.

This musical system continues the melody from the first system. The treble staff features a series of chords and single notes, including a half note on G4, a half note on A4, a half note on B4, and a half note on C5. The bass staff provides a harmonic accompaniment with notes like G2, A2, B2, and C3. The lyrics "up- on our souls Thy light ev- er- last- ing." are written below the notes.

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

Send down upon our souls Thine everlasting light;

Through the intercessions of the Theotokos, O Lord, send down

This musical system is identical in notation to the first system of the first Exapostilarion, with a treble staff on G4 and a bass staff on G2. The lyrics "Through the intercessions of the Theotokos, O Lord, send down" are written below the notes.

up- on our souls Thy light ev- er- last- ing.

This musical system is identical in notation to the second system of the first Exapostilarion, featuring the same melodic and harmonic structure. The lyrics "up- on our souls Thy light ev- er- last- ing." are written below the notes.

Tone VII

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;

Wednesday and Friday

Through the power of Thy Cross , O Lord, and save me.

This musical notation is for the first Exapostilarion. It consists of a two-staff system in G major (one sharp). The melody is written on the treble staff, and the bass line is on the bass staff. The text 'Through the power of Thy Cross , O Lord, and save me.' is written below the staves. The melody features a series of eighth and quarter notes, followed by a half note and a final cadence. The bass line provides a simple harmonic accompaniment with quarter and half notes.

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

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;

Through the intercessions of Thy Saints, O Lord, and save me.

This musical notation is for the second Exapostilarion. It follows the same two-staff system and key signature as the first. The text 'Through the intercessions of Thy Saints, O Lord, and save me.' is written below the staves. The melody and bass line are similar in structure to the first, with a series of eighth and quarter notes leading to a half note and a final cadence.

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

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;

Through the intercessions of the Theotokos, O Lord, and save me.

This musical notation is for the third Exapostilarion. It follows the same two-staff system and key signature. The text 'Through the intercessions of the Theotokos, O Lord, and save me.' is written below the staves. The melody and bass line are consistent with the previous two Exapostilaria, maintaining the same rhythmic and melodic patterns.

Tone VIII

Thou art the Light, O Christ, fill me with Thy radiance;

Wednesday and Friday

Through the pow- er of Thy Cross, O

Lord, and save me.

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

Thou art the Light, O Christ, fill me with Thy radiance;

Through the in-ter-ces-sions of Thy Saints, O

Lord, and save me.

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

Thou art the Light, O Christ, fill me with Thy radiance;

Through the in-ter-ces-sions of the The-o-tok-os, O

Lord, and save me.

Appendix IV – Litya for the Departed

On Wednesday and Friday, a Litya for the Departed may be served during Typika.

With the Souls of the Righteous, Tone IV

With the souls of the righteous that have finished their course,

This musical system consists of a treble and bass staff. The treble staff begins with a G-clef and a key signature of one flat (B-flat). The melody is composed of half notes: G4, B-flat4, D5, E5, F5, and G5. The bass staff begins with an F-clef and a key signature of one flat. The accompaniment consists of half notes: F3, A2, B-flat2, C3, D3, and E3.

give rest, O Saviour, to the souls of Thy ser- vants,

This musical system continues the melody and accompaniment. The treble staff melody includes a half note G5, followed by a half note B-flat4 tied to the previous measure, and then half notes D5, E5, and F5. The bass staff accompaniment continues with half notes F3, A2, B-flat2, C3, D3, and E3.

preserving them in the blessed life which is with Thee, O Lov- er of man- kind.

This musical system continues the melody and accompaniment. The treble staff melody includes a half note G5, followed by a half note B-flat4 tied to the previous measure, and then half notes D5, E5, and F5. The bass staff accompaniment continues with half notes F3, A2, B-flat2, C3, D3, and E3.

In the place of Thy rest, O Lord,

This musical system continues the melody and accompaniment. The treble staff melody includes a half note G5, followed by a half note B-flat4 tied to the previous measure, and then half notes D5, E5, and F5. The bass staff accompaniment continues with half notes F3, A2, B-flat2, C3, D3, and E3.

Appendix V –Litya for the Departed

where all Thy saints repose, give rest also to the souls of Thy ser- vants,

This musical system consists of a treble and bass staff in G major (one sharp). The treble staff begins with a G4 chord, followed by a sequence of chords: A4, B4, C5, and a final G4 chord with a fermata. The bass staff provides a simple harmonic accompaniment with notes G2, A2, B2, C3, and D3.

for Thou alone art the Lov- er of man- kind.

This musical system continues the melody and accompaniment. The treble staff features a sequence of chords: A4, B4, C5, D5, E5, and a final G4 chord with a fermata. The bass staff continues with the same harmonic accompaniment.

Glory to the Father, and to the Son, and to the Holy Spir- it.

This musical system continues the melody and accompaniment. The treble staff features a sequence of chords: A4, B4, C5, D5, and a final G4 chord. The bass staff continues with the same harmonic accompaniment.

Thou art the God Who descended into hades and loosed the chains of the cap- tives;

This musical system continues the melody and accompaniment. The treble staff begins with a G4 chord, followed by a sequence of chords: A4, B4, C5, and a final G4 chord with a fermata. The bass staff continues with the same harmonic accompaniment.

Appendix V –Litya for the Departed

do Thou Thyself give rest also to the souls of Thy ser- vants.

This musical system consists of a treble and bass staff in G major (one sharp). The treble staff features a half note G4, a half note A4, a whole note chord of B4 and D5, and a half note E5 with a fermata. The bass staff features a half note G3, a half note A3, a whole note chord of B3 and D4, and a half note E4 with a fermata.

Both now and ever, and unto the ages of a- ges. A- men.

This musical system consists of a treble and bass staff in G major. The treble staff features a half note G4, a half note A4, a half note B4, a half note A4, and a half note G4. The bass staff features a half note G3, a half note A3, a half note B3, a half note A3, and a half note G3.

O only pure and blameless Virgin, who without seed gavest birth to God,

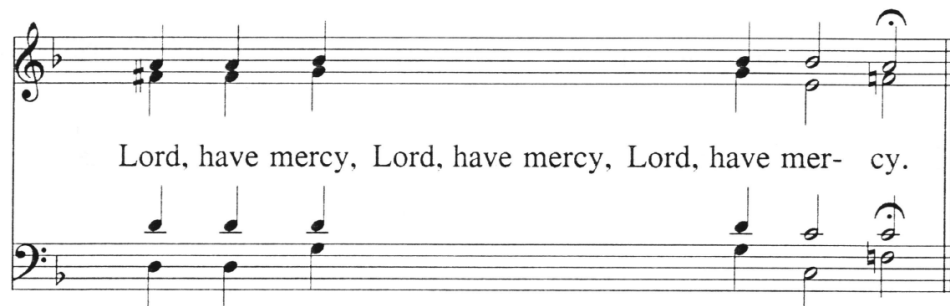
This musical system consists of a treble and bass staff in G major. The treble staff features a half note G4, a half note A4, a half note B4, a half note A4, a half note G4, a half note F#4, a half note E4, and a half note D4. The bass staff features a half note G3, a half note A3, a half note B3, a half note A3, a half note G3, a half note F#3, a half note E3, and a half note D3.

pray that their souls be saved.

This musical system consists of a treble and bass staff in G major. The treble staff features a half note G4, a half note A4, a half note B4, a half note A4, and a half note G4 with a fermata. The bass staff features a half note G3, a half note A3, a half note B3, a half note A3, and a half note G3 with a fermata.

Litany of Fervent Supplication

Deacon: Have mercy on us, O God, according to thy great mercy, we pray Thee, hearken and have mercy.



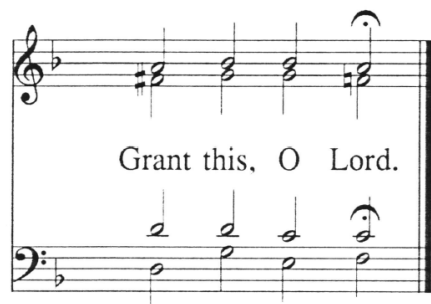
Deacon: Again we pray for the repose of the souls of the departed servants of God *Names*, and that they may be forgiven every transgression, both voluntary and involuntary.

Choir: Lord, have mercy. (*Thrice*)

Deacon: That the Lord God will commit their souls to where the righteous repose.

Choir: Lord, have mercy. (*Thrice*)

Deacon: The mercy of God, the kingdom of Heaven, and the remission of their sins, let us ask of Christ, our Immortal King and our God.



Deacon: Let us pray to the Lord.



Priest: O God of spirits and of all flesh, Who hast trampled down death, and overthrown the devil, and given life to Thy world: Do Thou Thyself, O Lord, give rest to the souls of Thy departed servants, *Names*, in a place of light, a place of green pasture, a place of repose, whence all sickness, sorrow and sighing are fled away. Pardon every sin committed by them in word, deed, or thought, in that Thou art a good God, the Lover of mankind; for there is no man that liveth and sinneth not, for Thou alone art without sin, and Thy righteousness is an everlasting righteousness, and Thy word is truth.

Exclamation

For Thou art the resurrection, and the life, and the repose of Thy departed servants, *Names*, O Christ our God, and unto Thee we send up glory, together with Thine unoriginate Father, and Thy most holy and good and life-creating Spirit, now and ever, and to the ages of ages.



May Your Memory Be Eternal
Tone VIII

Chanted three times, with a prostration after each.

Thrice

May your mem- o- ry be e- ter- nal,

our fathers, brothers and sisters worthy of hon- our

who are commemorated at all times. *Prostration*

Appendix V – Stichera to the Martyrs in the Eight Tones

On Friday, at Lord, I Have Cried, stichera to the Martyrs in the Tone of the week.

Tone I

At the prayers, O Lord, of all the saints/ and of the Theotokos,/ grant us Thy peace and have mercy upon us,// for Thou only art compassionate.

The confession of faith that ye made in the arena, O ye saints,/ filled with fear the hosts of demons/ and set men free from error./ As ye were beheaded ye cried out:/ 'May the sacrifice of our souls be acceptable in Thy sight, O Lord;/ for, desiring Thee who lovest man,// we have despised this quickly passing life.'

Wise was the exchange ye made, O saints!/ Ye gave your blood, and received heaven as your reward;/ ye suffered tribulation for a time,/ and now make glad eternally./ Wisely have ye traded:/ forsaking things corruptible,/ ye have received things incorruptible;/ and rejoicing with the choirs of angels// ye sing continually the praises of the consubstantial Trinity.

Tone II

Not desiring earthly pleasure,/ the victorious martyrs were granted heavenly blessings,/ and they have become fellow-citizens with the angels./ At their prayers, O Lord,// have mercy on us and save us.

Because the holy martyrs intercede for us/ and sing in praise of Christ,// all error is destroyed and mankind is saved by faith.

The company of martyrs resisted tyrants, saying:/ 'We are soldiers of the Ruler of the powers on high;/ though ye give us up to fire and torment,// we shall not deny the power of the Trinity.'

Tone III

Great is the power of Thy Cross, O Lord!/ It was set up in the place of the skull, and it acts in all the world;/ it made the fishermen into apostles/ and the Gentiles into martyrs,// that they might intercede for our souls.

Great is the power of Thy martyrs, O Christ!/ Though they lie in their tombs, they drive out evil spirits/ and fight in defence of true devotion,/ subduing the dominion of the enemy// through faith in the Trinity.

The prophets, the apostles of Christ and the martyrs/ have taught mankind to sing the praises of the consubstantial Trinity;/ they have given light to the nations that were gone astray,// and they have made the sons of men companions of the angels.

Tone IV

O martyrs of the Lord, living oblations, spiritual burnt-offerings,/ perfect victims sacrificed to God,/ sheep that know God and are known by Him,/ whose fold no wolf can enter:/ pray that we be led with you// to feed beside the waters of repose.

Precious is the death of Thy saints, O Lord./ Slain by the sword, by fire or frost,/ they poured out their blood, putting all their trust in Thee/ and awaiting from Thy hand the reward of their labours./ They endured to the end// and from Thee, O Saviour, they received great mercy.

Since, O saints, ye have boldness in the presence of the Saviour,/ pray without ceasing for us sinners,// asking that remission of offences and great mercy may be granted to our souls.

Tone V

Taking up the shield of faith,/ strengthening themselves with the sign of the Cross,/ Thy saints, O Lord, went willingly and bravely to torture,/ and they overthrew the pride and error of the devil./ At their supplications, O almighty God,/ send down peace upon the world,// and on our souls great mercy.

Despising every earthly thing,/ brave]y withstanding torture,/ ye attained the blessedness for which ye hoped,/ and were made heirs of the Kingdom of heaven,/ O martyrs worthy of all praise,/ Since ye have boldness before God who loves mankind,/ pray that peace be given to the world,// and to our souls great mercy.

Tone VI

Thy martyrs, O Lord,/ denied Thee not/ and forsook not Thy commandments:// at their intercessions have mercy upon us.

Thy victorious martyrs,/ when they contended on this earth,/ endured great torments;/ but now they dwell in heaven/ and have received a perfect crown,// that they may offer intercession for our souls.

Tone VII

When Thou comest to judge all the world; O Saviour,/ put me not to shame,// though I have done shameful deeds.

Glory be to Thee, O Christ our God,/ boast of the apostles,/ joy of the martyrs,// whose preaching was the consubstantial Trinity.

O holy martyrs, who have fought the good fight/ and received your crowns,// pray to the Lord for mercy on our souls.

Tone VIII

Thy martyrs, O Lord, forgetting the things of the present life,/ and despising torture in their longing for the life to come,/ were granted this eternal life as their inheritance,/ and now they rejoice with the angels.// At their supplications bestow upon Thy people Thy great mercy.

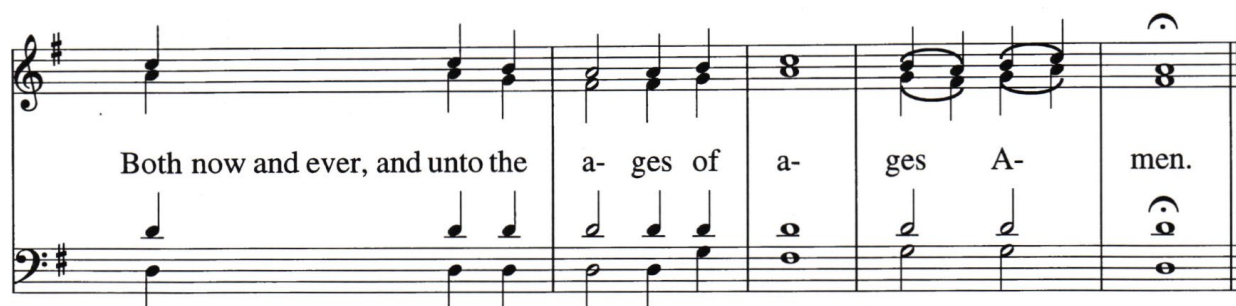
If there be any virtue and if there be any praise,/ rightly are these things ascribed to the saints./ They bowed their necks beneath the sword,/ for Thy sake who hast bowed the heavens and come down./ They shed their blood for Thee,/ who hast emptied Thyself and taken the form of a servant;/ they humbled themselves even unto death,/ following the example of Thy poverty./ At their prayers have mercy upon us, O God,// according to the multitude of Thy tender mercies.

When Thou sittest in Thy glory,/ as King of all,/ upon the throne of judgement,/ with Thine holy angels in fear standing beside Thee,/ and all mankind appears before Thee, O Christ, to be judged:/ then at the prayers of Thy Mother, O Lord,// deliver from all torment those who fell asleep in faith.

Appendix VI – Dogmatic Theotokia in the Eight Tones

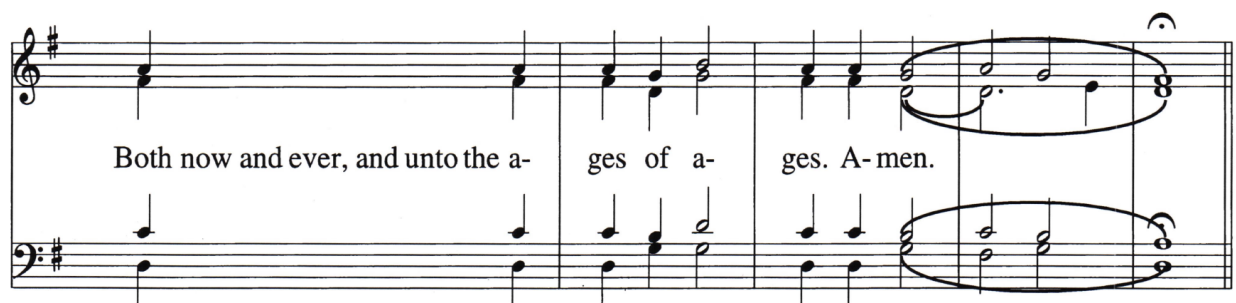
On Friday, at Lord, I Have Cried, the Dogmatic Theotokion in the Tone of the week.

Tone I



Let us hymn the Virgin Mary,/ the glory of the whole world,/ who sprang forth from men and gave birth unto the Master,/ the portal of heaven,/ and the subject of the hymnody of the incorporeal hosts/ and adornment of the faithful,/ for she hath been shown to be heaven and the temple of the Godhead./ Having destroyed the middle-wall of enmity,/ she hath brought forth peace and opened wide the kingdom./ Therefore, having her as the confirmation of our faith,/ we have as champion the Lord born of her./ Wherefore, be of good courage!/ Yea, be ye of good cheer, O people of God,// for He vanquisheth the foe, in that He is almighty!

Tone II



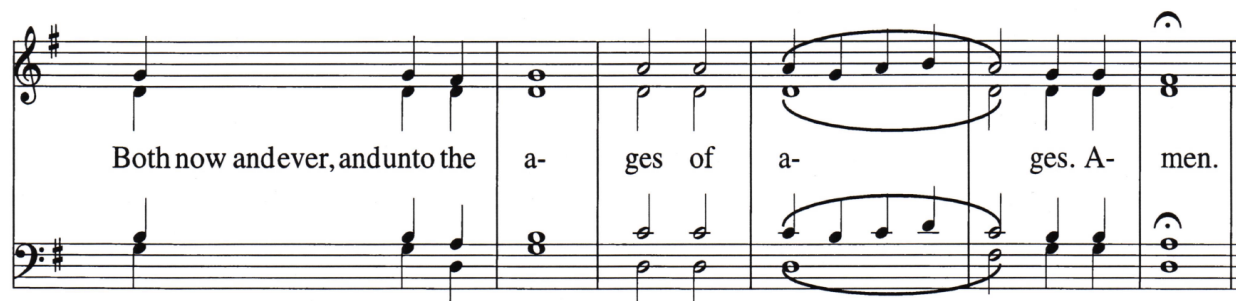
The shadow of the law passed away when grace arrived;/ for, as the bush wrapped in flame did not burn,/ so did the Virgin give birth and yet remain a virgin./ In place of the pillar of fire,/ the Sun of righteousness hath shone forth./ Instead of Moses, Christ is come,// the salvation of our souls.

Tone III



How can we not marvel at thy giving birth to the God-man, O all-honored one./ For without having accepted the temptation of a man,/ O all immaculate one,/ without a father thou gavest birth in the flesh to a Son/ Who was begotten without a mother before the ages,/ without His undergoing change, confusion or division,/ yet preserving intact the character of both essences./ Wherefore, O Virgin Mother and Mistress,/ entreat Him, that the souls of those who in Orthodox manner// confess thee to be the Theotokos be saved.

Tone IV



The Prophet David, the forefather of God,/ for thy sake gave voice beforehand in psalmody concerning thee,/ unto Him Who in thee accomplished mighty works:/ the Queen stood at Thy right hand./ For God Whose good pleasure it was to become incarnate of thee without father/ showed thee, His Mother, to be the mediatr^{ess} of life,/ that He might renew His image which had become corrupt through the passions;/ and having found the sheep which had strayed among the mountains and become lost,/ He taketh it upon His shoulders/ and bringeth it to His Father;/ and Christ, Who is possessed of great and rich mercy,/ in accordance with His will, uniteth it with the hosts of heaven,// and saveth the world, O Theotokos.

Tone V

Both now and ever, and unto the a- ges of a- ges. A- men.

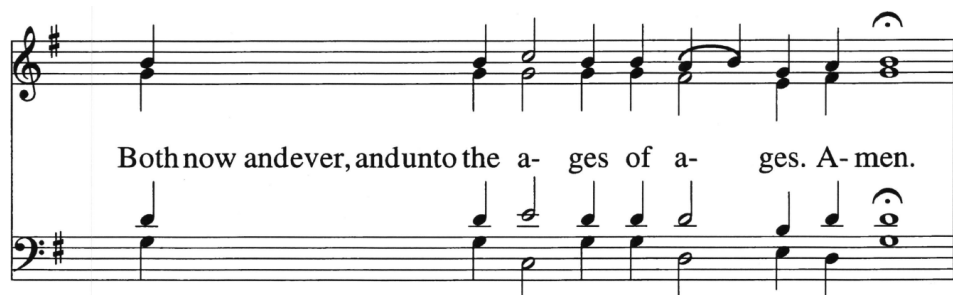
Once the image of the Bride who knoweth not wedlock/ was inscribed in the Red Sea./ There Moses was the parter of the waters;/ and here Gabriel is the minister of a miracle./ There Israel traversed the deep dryshod;/ and now the Virgin giveth birth unto Christ without seed./ The sea remained impassable after Israel had crossed;/ and the immaculate one remaineth incorrupt after the birth of Emmanuel./ O God Who hast appeared as a man,/ who existest and hast existed from the beginning:// Have mercy upon us!

Tone VI

Both now and ever, and unto the a- ges of a- ges. A- men.

Who doth not call thee blessed, O all-holy Virgin?/ Who will not hymn thine all-pure birthgiving?/ For the only-begotten Son who shone forth timelessly from the Father,/ came forth, ineffably incarnate, from thee,/ the pure one;/ and being God by nature, He became man by nature for our sake,/ not divided into two Persons,/ but known in two natures without confusion./ Him do thou beseech, O pure and most blessed one,// that our souls find mercy!

Tone VII



Thou hast been known to have become a Mother in supernatural manner, O Theotokos,/ and hast remained a Virgin in manner past recounting and understanding;/ and no tongue can describe the wonder of thy birthgiving./ For as thy conceiving is all-glorious,/ so is the manner of thy birthgiving beyond comprehension;/ for where God so willeth, the order of nature is over-ruled./ Wherefore, knowing thee to be the Mother of God,/ we all earnestly entreat thee:// Pray thou that our souls be saved!

Tone VIII



In His love for mankind, the King of heaven appeared on earth and dwelt among men;/ for He Who received flesh from the pure Virgin/ and came forth from her having received human nature,/ is the only Son of God,/ two in nature but not hypostasis./ Therefore, proclaiming Him to be truly perfect God/ and perfect man,/ we confess Christ our God./ Him do thou beseech, O Mother unwedded,// that our souls find mercy!

Appendix VII – Friday Vespers, if the Presanctified Liturgy is Not Served

Reader: O come, let us worship God our King...

Psalm 103

Reader: Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly...

Great Litany

Deacon: In peace let us pray to the Lord.

Eighteenth Kathisma

Reader: Unto the Lord in mine affliction have I cried, and He heard me...

Small Litany

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

Lord, I Have Cried

In the Tone of the week from the Octoechos

Stichera to the Martyrs

In the Tone of the week. See Appendix IV, Page 137.

Stichos: If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?/ For with Thee there is forgiveness. *Sticheron to the Martyrs*

Stichos: For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word./ My soul hath hoped in the Lord. *Sticheron to the Martyrs*

Stichos: From the morning watch until night, from the morning watch./ Let Israel hope in the Lord. *Sticheron to the Martyrs*

Stichera to Saint Theodore, Tone II

Stichos: For with the Lord there is mercy, and with Him is plenteous redemption,/ and He shall redeem Israel out of all his iniquities.

Come, all ye who love the martyrs,/ let us rejoice in spirit and keep festival./ For today Theodore the martyr has set before us a table laden with mystic food,/ bringing joy to all of us who gladly celebrate his memory./ Unto him we cry: Rejoice, victorious champion,/ who hast trampled underfoot the tyrants' threats./ Rejoice, thou who gavest thy body of clay to torture for the sake of Christ our God./ Rejoice, thou who hast shown thyself, in manifold tribulations, a tested warrior of the heavenly host.// O glory of the martyrs, we entreat thee to pray for our souls.

Stichos: O praise the Lord, all ye nations;/ praise Him all ye peoples.

The God-given grace of thy miracles, O martyr Theodore,/ thou dost grant to all who turn to thee in faith./ We therefore praise thee, saying:/ Thou dost deliver prisoners/ and heal the sick; thou givest riches to the poor/ and guardest those who sail the seas./ Thou restrainest slaves from useless flight,/ and showest robbers what their punishment will be;/ thou teachest soldiers to abstain from plunder./ In thy loving compassion thou dost grant the prayers of children,/ and thou art the fervent protector of all who keep thy holy memory./ With them we also sing the praises of thy martyrdom, O saint of God:// pray to Christ that He may show us His great mercy.

Stichos: For He hath made His mercy to prevail over us,/ and the truth of the Lord abideth forever.

O martyr Theodore, thou art a matchless gift from God:/ for after thy death as during thy lifetime,/ thou dost grant the petitions of those who turn to thee./ Thus once it happened that the son of a poor widow/ was carried off by soldiers of another faith;/ and she came weeping to thy shrine./ Mounted upon a white horse, in loving compassion/ thou hast defended her child with thine invisible protection./ And, now as then, never dost thou cease

from working wonders:// pray to Christ our God, for the salvation of our souls.

Tone VI

Glory to the Father...

Using as his tool the Apostate Emperor,/ the enemy devised a cruel plot:/ with food polluted by unclean sacrifices/ he sought to defile the people of God/ as they purified themselves through fasting./ But thou hast defeated his design by a more skillful plan:/ appearing in a dream to the Archbishop,/ thou hast revealed to him the evil plot./ Therefore we offer thee a sacrifice of thanksgiving,/ honouring thee as our protector/ and keeping the yearly memorial of what then was done./ May we be kept safe, we pray,/ from the designs of the enemy at thine intercessions, // O martyr Theodore.

Both now...

The Dogmatic Theotokion

In the Tone of the week. See Appendix VI, Page 146.

Vesper Hymn to the Son of God

Reader: O Gentle Light of the holy glory of the immortal, heavenly, holy, blessed Father...

Prokimenon, Tone V and Paroemia

The Lord hear thee/ in the day of trouble.

Stichos: The Name of the God of Jacob defend thee.

Book of Genesis 2:20 – 3:20

Prokimenon, Tone VI and Paroemia

Be Thou exalted, O Lord, in Thy strength:/ we will sing and praise Thy mighty acts.

Stichos: The King shall rejoice in Thy strength, O Lord.

Book of Proverbs 3:19-34

Prayer at the Coming of Evening

Reader: Vouchsafe, O Lord, to keep us this evening without sin...

Litany of Fervent Supplication

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

Aposticha, Tone V

Come, ye faithful, and in the light let us perform the works of God;/ let us walk honestly as in the day./ Let us cast away every unjust accusation against our neighbour,/ not placing any cause of stumbling in his path./ Let us lay aside the pleasures of the flesh,/ and increase the spiritual gifts of our soul./ Let us give bread to those in need,/ and let us draw near unto Christ, crying in penitence:// O our God, have mercy on us.

Stichos: We were filled in the morning with Thy mercy, O Lord, and we rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years wherein we saw evils. And look upon Thy servants, and upon Thy works,/ and do Thou Guide their sons.

Come, ye faithful... *Repeat.*

Stichos: And let the brightness of the Lord our God be upon us, and the works of our hands do Thou guide aright upon us,/ yea, the work of our hands do Thou guide aright.

Blessed is the army of the Heavenly King:/ for though the passion-bearers were born of this earth,/ spurning the pangs of their bodies/ they hastened to attain to the dignity of the angels;/ and through their sufferings/ were deemed worthy of the honour of the incorporeal hosts.// By their prayers, O Lord, send down upon us great mercy.

Doxasticon to Saint Theodore, Tone II

Glory to the Father...

O thrice-blessed Theodore, I honour thee:/ rightly art thou named 'Gift from God'./ For

thou hast shown thyself a never-setting star of the divine Light,/ and through thy sufferings thou dost shine on all the world./ Proving thyself stronger than fire,/ thou hast quenched the flames; and thou hast crushed the head of the deceitful serpent./ Therefore, in the midst of thy sufferings,/ Christ came and set a crown upon thy holy head./ O Great Martyr,/ who hast boldness before God,// do thou offer fervent intercession for our souls.

Both now...

Theotokion for Friday Evening, Tone II

Save thy servants from misfortunes, O Virgin Theotokos,/ for after God it is to thee that we flee,// as to an impregnable rampart and protection.

Prayer of Saint Symeon the God-receiver

Canonarch: Now lettest thou Thy servant depart in peace, O Master...

Trisagion

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

Troparion to Saint Theodore, Tone II

Great are the triumphs of the faith!/ The holy martyr Theodore rejoiced in a fountain of flame as in refreshing water./ For, having been made a whole burnt offering by fire,/ he was offered as a sweet bread to the Trinity.// By his prayers, O Christ God, save our souls

Glory to the Father... Both now...

Theotokion, Tone II

All of thy most glorious mysteries are beyond comprehension,/ O Theotokos;/ for, thy purity sealed and thy virginity intact,/ thou art known to be a true Mother,/ having given birth unto God.// Him do thou entreat, that our souls be saved.

Augmented Litany

Deacon: Have mercy on us, O God, according to Thy great mercy, we pray Thee...

The Prayer of Saint Ephraim

Priest: O Lord and Master of my life, a spirit of idleness, despondency... (3 prostrations)

Trisagion

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

Reader: O All-Holy Trinity, the Consubstantial Dominion, the Indivisible Kingdom...

Choir: Blessed be the name of the Lord from henceforth and for evermore. (Thrice)

Glory to the Father... Both now...

Psalm 33

I will bless the Lord at all times, His praise shall continually be in my mouth...

Deacon: Wisdom!

Choir: It is truly meet to bless thee, O Theotokos...

Priest: O most holy Theotokos, save us.

Choir: More honorable than the Cherubim, and beyond compare more glorious...

Priest: Glory to Thee, O Christ God, our hope, glory to Thee.

Choir: Glory to the Father... Both now...

Lord, have mercy. (Thrice) Father, bless.

Dismissal

Priest: May Christ our true God, through the intercessions of His most pure Mother; through the power of the precious and life-creating Cross; of our holy and God-bearing fathers, of the Great-Martyr Theodore the Recruit, whom we commemorate today, and of all the saints, have mercy on us and save us, for He is good and the Lover of mankind.

Choir: Amen. Lord, have mercy. (Thrice)

КОНЕЦЪ, ѿ БГ҃Ъ НАШЕМОУ СЛАВА.
The end, and to our God be the glory!

Δόμῃ ἐγγίχῃ ἡείνῃ μῦροφόεινῃ
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MMXXV