

Music for the First Sunday of Great Lent Sunday of Orthodoxy

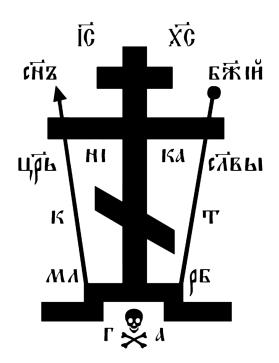
Δόμα ττήχα πέμα μυρομότητα

Holy Myrrh-bearers

Ο Οἶκος τῶν Άγίων Μυροφόρων

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 ${\it The \ Lenten \ Triodion}$ © 1977 Mother Mary of the Monastery of the Veil and Kallistos Ware

Choral arrangements from

Music for the First Sunday of Great Lent (The Sunday of Orthodoxy)

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Music for the Sunday of Orthodoxy

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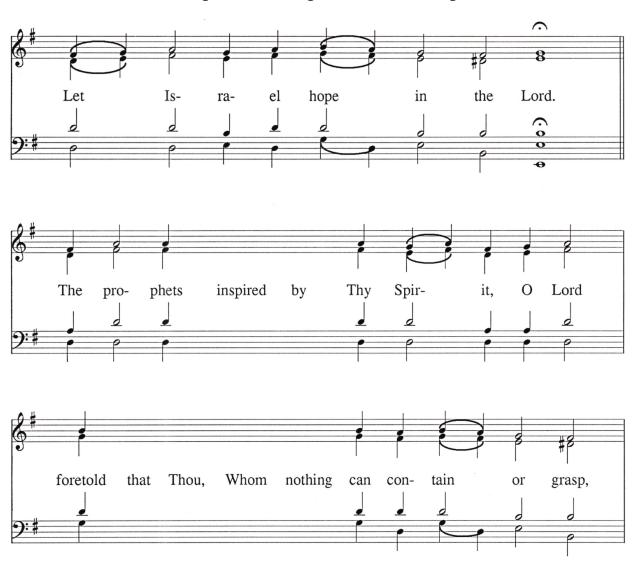
Great Vespers

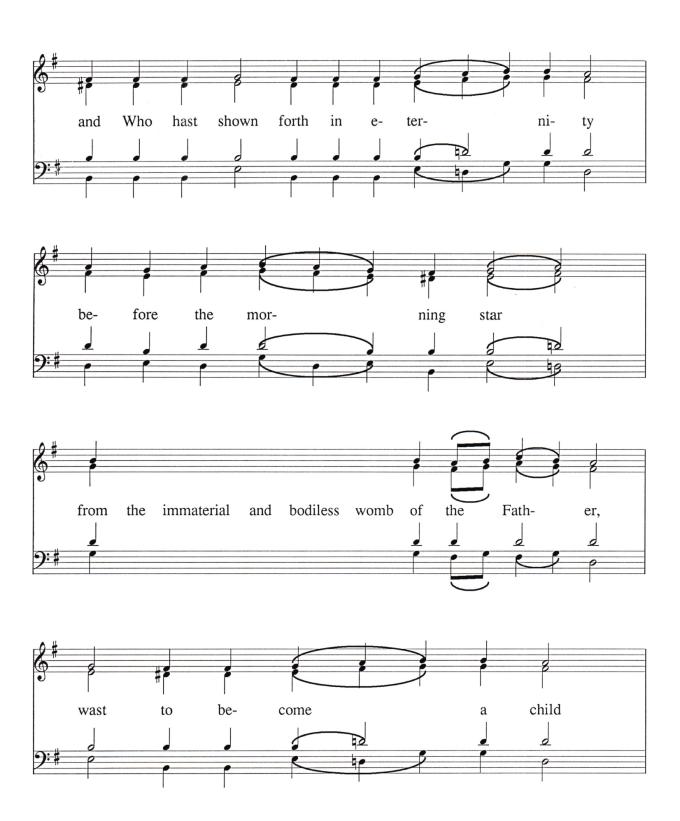
Lord, I Have Cried

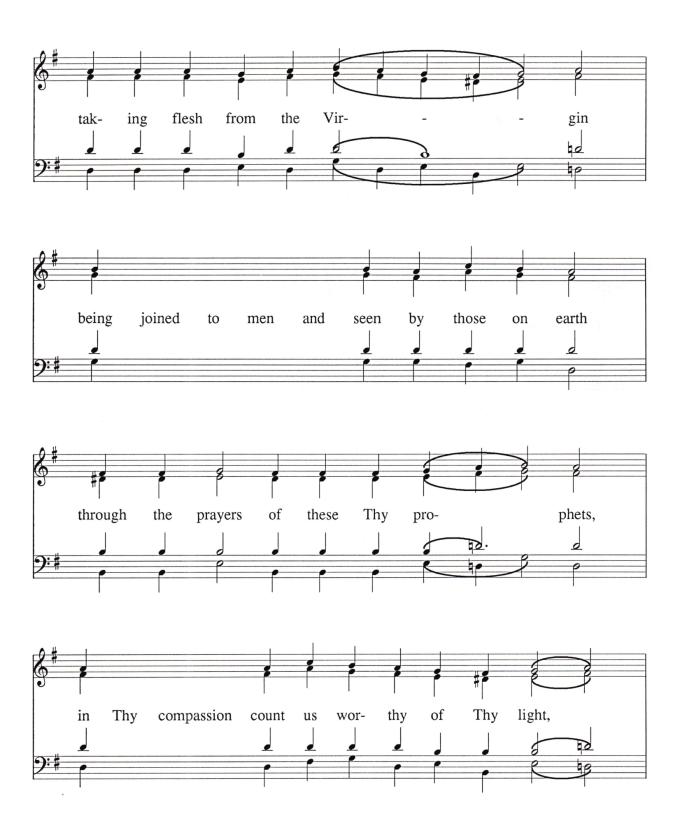
To Lord, I have cried, ten stichera are sung: six of the Resurrection in the Tone of the week, from the Octoechos, and the following four from the Triodion:

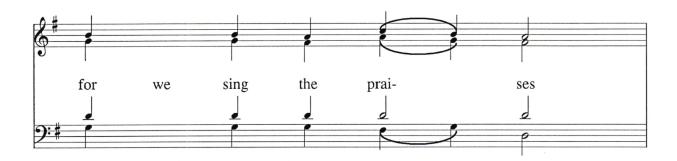
Tone VI Special Melody: Having set all aside...

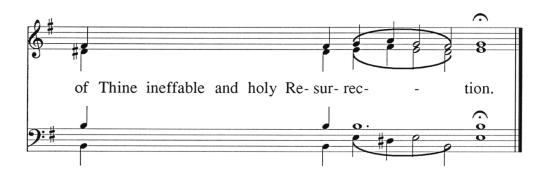
Stichos: From the morning watch until night, from the morning watch:



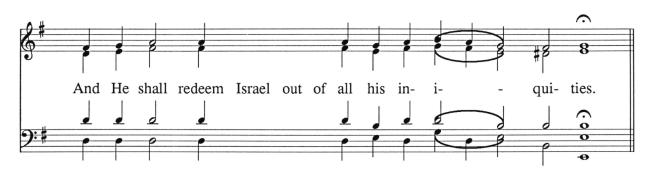


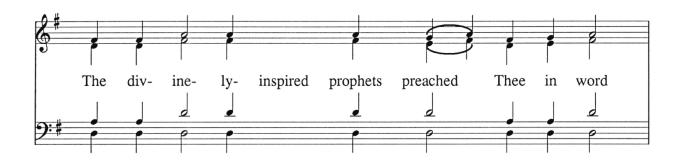


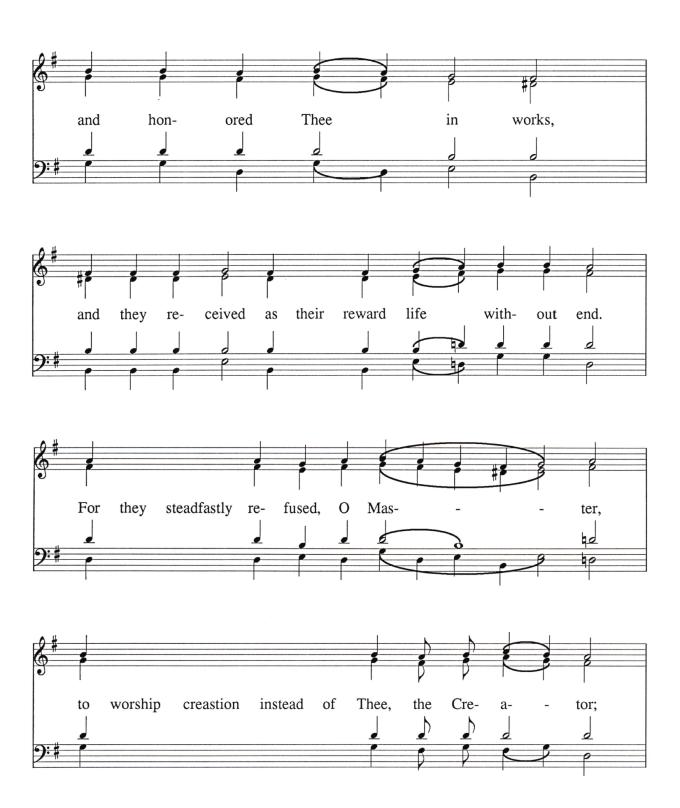


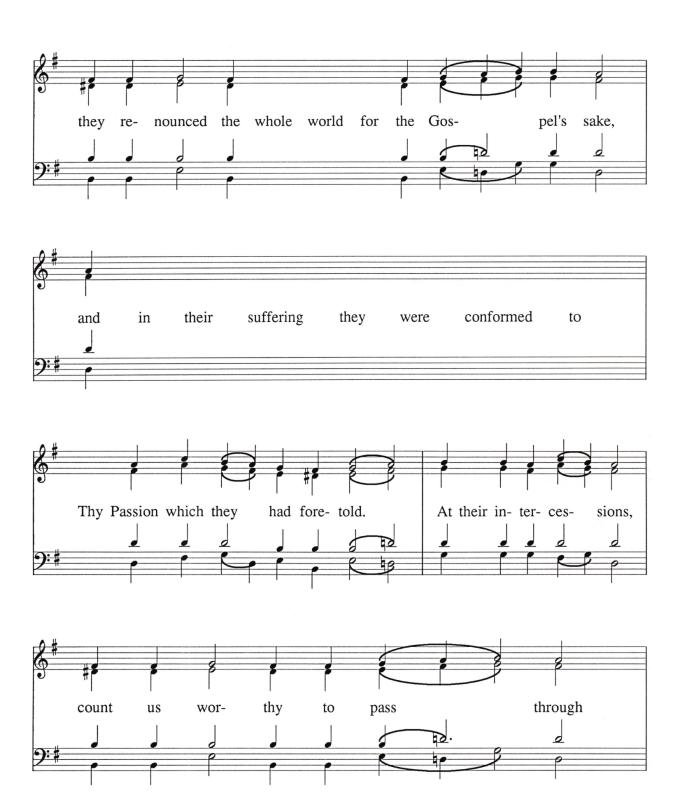


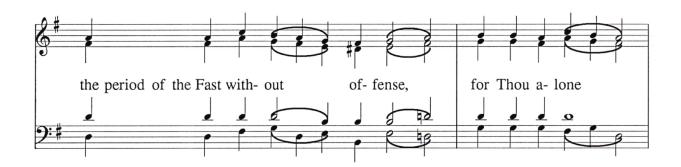
Stichos: For with the Lord there is mercy, and with Him is plenteous redemption:

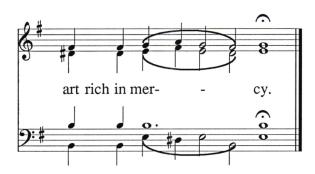




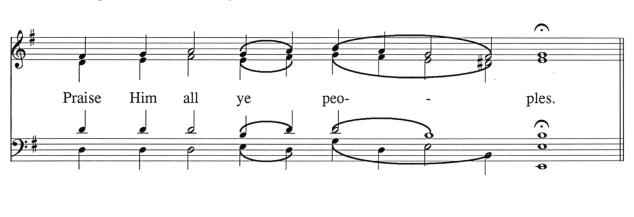


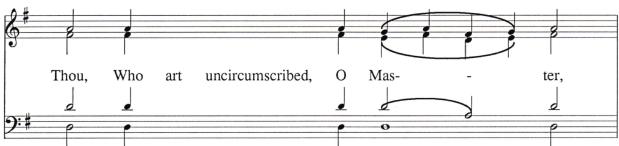


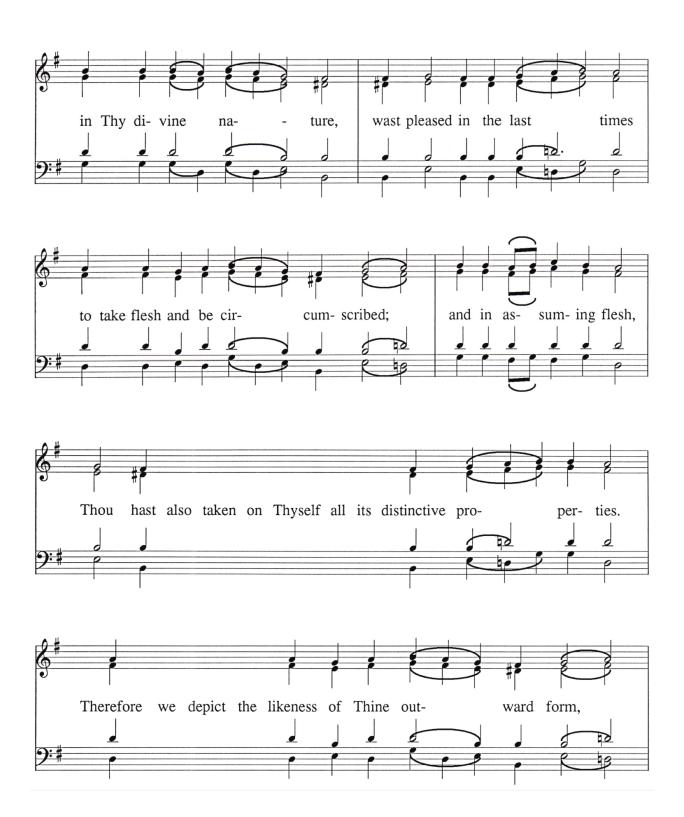


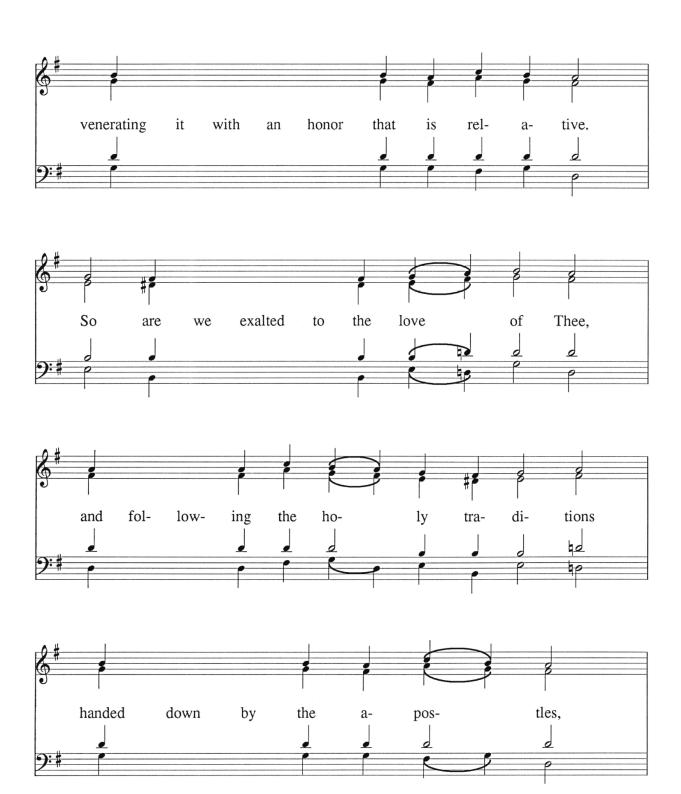


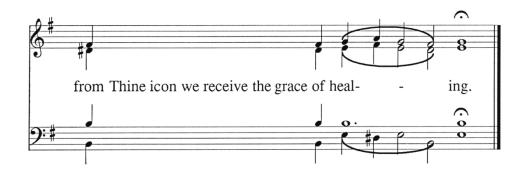
Stichos: O praise the Lord, all ye nations:



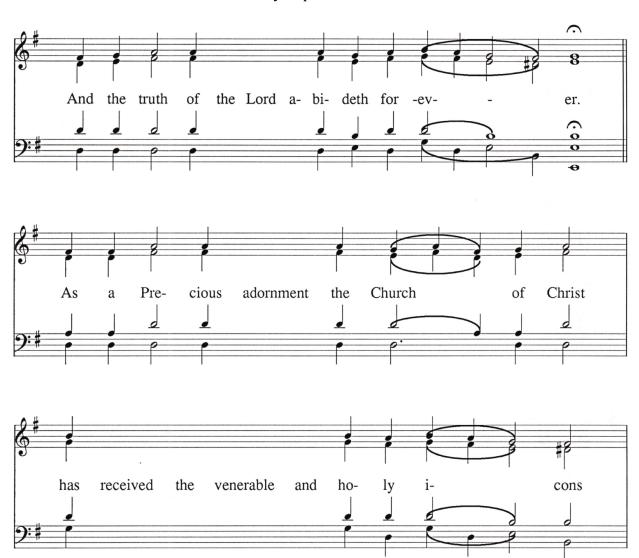


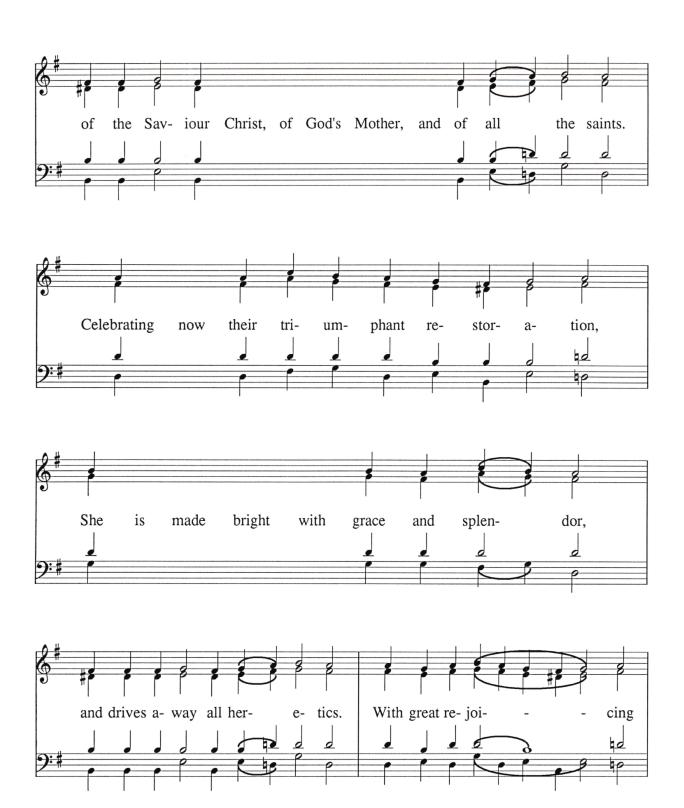


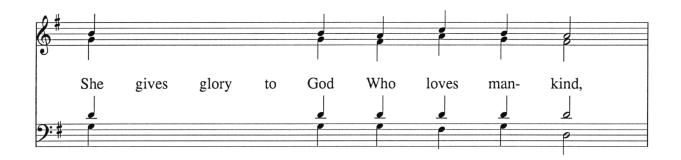


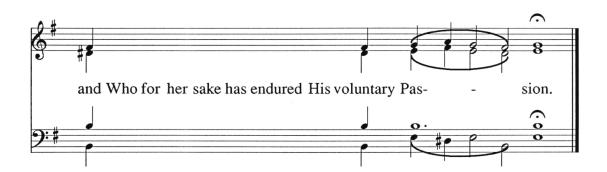


Stichos: For He hath made His mercy to prevail over us:

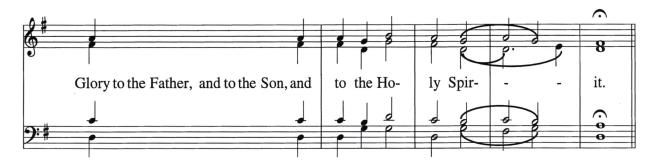








Glory, Tone II



The grace of truth has shone forth upon us;/ the mysteries darkly prefigured in the times of old have now been openly fulfilled./ For behold, the Church is clothed in a beauty that surpasses all things earthly,/ through the icon of the incarnate Christ that was fore-shadowed by the ark of testimony./ This is the safeguard of the Orthodox faith;/ for if we hold fast to the icon of the Saviour whom we worship,/ we shall not go astray./ Let all who do not share this faith be covered with shame;/ but we shall glory in the icon of the Word made flesh,/ which we venerate but worship not as an idol./ So let us kiss it, and with all the faithful cry aloud:// O God, save Thy people and bless Thine inheritance.

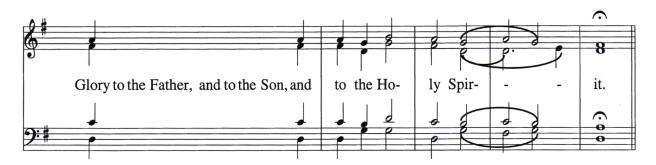
Both now...

Then the Dogmatic Theotokion in the Tone of the week from the Octoechos.

Aposticha

We sing the Aposticha in the Tone of the week from the Octoechos, and then:

Glory, Tone II



Advancing from ungodliness to the true faith,/ and illumined with the light of knowledge,/ let us clap our hands and sing aloud,/ offering praise and thanksgiving to God;/ and with due honour let us venerate the holy icons of Christ,/ of the all-pure Virgin and the saints,/ whether depicted on walls, on wooden panels or on holy vessels,/ rejecting the impious teaching of the heretics./ For, as Basil says, the honour shown to the icon passes to the prototype it represents./ At the prayers of Thine undefiled Mother and, of all the saints,/ we beseech Thee, Christ our God,// to bestow upon us Thy great mercy.

Both Now, Theotokion, Tone II



O new wonder, greater than all the wonders of old!/ For who has ever known a mother to give birth without a man,/ and to carry in her arms Him who carries all creation?/ The Child conceived by thee, pure Virgin,/ is the Counsel and Will of God./ Since thou hast held Him as a babe in thine arms/ and hast a mother's boldness before Him,/ cease not to intercede for those who honour thee,// that mercy and salvation may be granted to our souls.

Matins

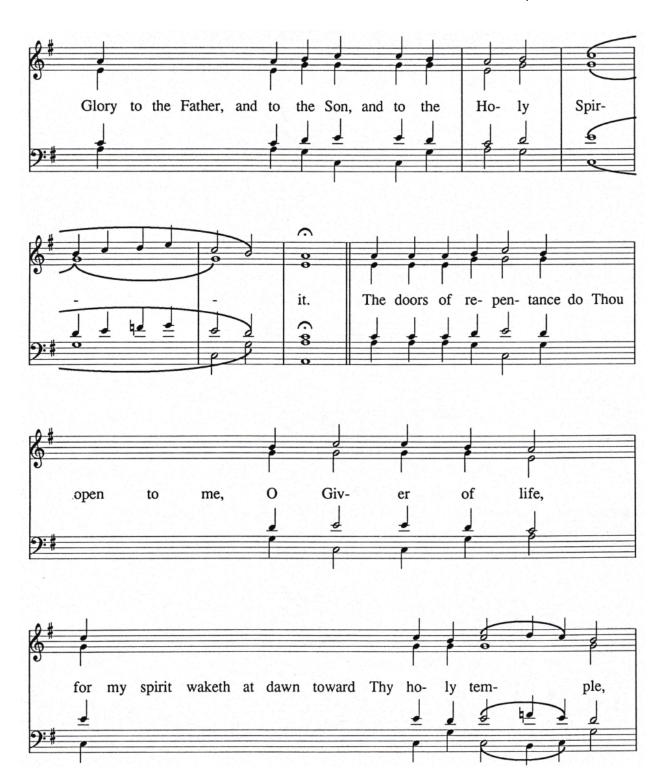
Troparion, Tone II

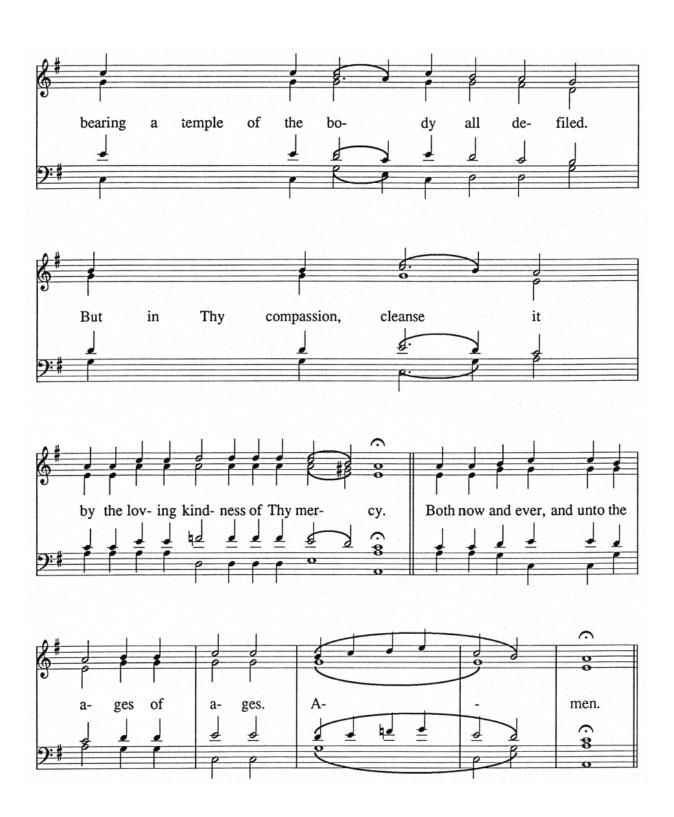
We venerate Thy holy icon, loving Lord,/ asking Thee to pardon our transgressions, Christ our God./ For Thou of Thine own will/ wast pleased in the flesh to ascend upon the Cross,/ so to deliver from the bondage of the enemy those whom Thou hast fashioned./ Therefore in thanksgiving we cry aloud to Thee:/ Thou hast filled all things with joy, our Saviour,// when Thou hast come to save the world.

Theotokion, Tone II

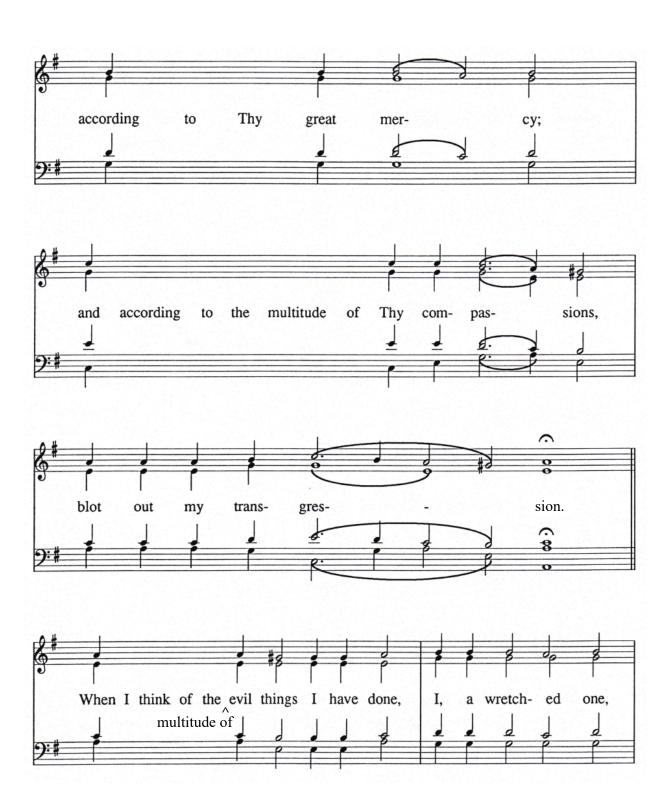
All of thy most glorious mysteries are beyond comprehension,/ O Theotokos;/ for, thy purity sealed and thy virginity intact,/ thou art known to be a true Mother,/ having given birth unto God.// Him do thou entreat, that our souls be saved.

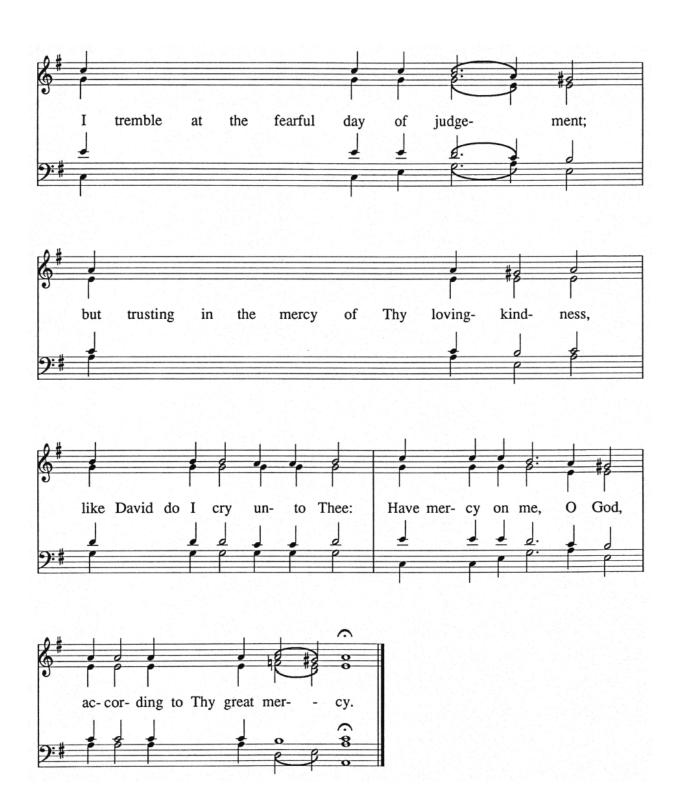
Obikhod, Tone VIII and VI











The Canon

We use four troparia (including the Irmos) from the Canon of the Resurrection, two troparia from the Canon of the Cross and the Resurrection, and two troparia from the Canon to the Theotokos, all in the Tone of the week from the Octoechos; and then the Canon of the Triodion with six troparia, by Theophanes.

Ode I

Refrain: Have mercy on me, O God, have mercy on me.

Leaping up with joy, let us and all the faithful cry aloud today: How marvellous are Thy works, O Christ! How great is Thy might! For Thou hast made us of one mind and brought about our agreement.

O people of God, come and let us celebrate a day of joy; the heaven now makes glad, and earth with all the hosts of angels and the companies of mortal men, each in their different orders, keeps the feast.

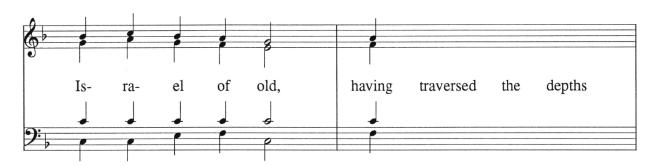
Seeing this great blessing that we have received, how the divided members of Christ have been brought to unity, let us clap our hands for joy and praise God who has bestowed peace upon us.

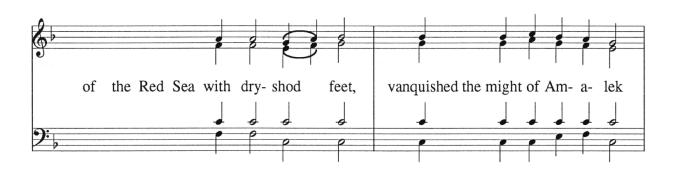
Today a festival of victory has been given to the Church, through the divinely-inspired intention and will of our rulers Michael and Theodora, who in piety uphold the true Faith.

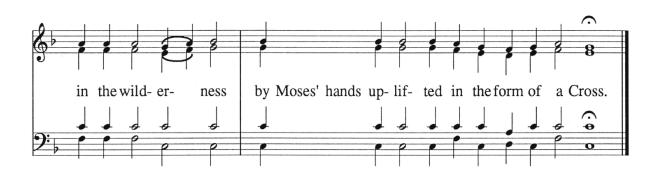
Theotokion

The swords of impious heresies have failed: for in deep reverence, pure and holy Virgin, we gaze now upon thy temple, adorned with icons, and we rejoice with holy joy.

Katavasia - Ode I







Ode III

Refrain: Have mercy on me, O God, have mercy on me.

No longer now are the impious heretics exalted in their pride: for the power of God has firmly established Orthodoxy.

Today, at the restoration of the faith, let the prophets sprinkle upon us life-giving dew from heaven.

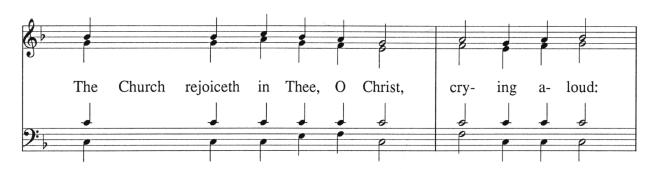
Let the mystical trumpets of Christ's apostles sound in God-given harmony, proclaiming the re-establishment of the precious icons.

Let us sing in praise of Christ, who has appointed a devout and pious Empress to rule over us, together with her son crowned by God.

Theotokion

We pray thee, most pure Lady, with the light of grace shine now upon the faithful, who have gathered in thy holy house.

Katavasia - Ode III





Sessional Hymn

Tone I

Depicting Thy divine form in icons, O Christ, we openly proclaim Thy Nativity, Thine ineffable miracles and Thy voluntary Crucifixion. So the devils are driven out in fear and the heretics, their fellow-workers, lament in shame and sorrow.

Glory to the Father...

The heavenly Sion, our mother, is made beautiful with the holy icons of the prophets, the apostles and the martyrs, and of all the saints: and she is brightly adorned with the glory of the spiritual Bridegroom and the Bride.

Both now...

Theotokion

With love, O honoured Virgin, we venerate thy holy icon; with one accord we proclaim thee as true Mother of God, and in faith we bow before thee. Since thou hast power to do all things, be our guardian and our strong protection, and drive far from us every tribulation.

Ode IV

Refrain: Have mercy on me, O God, have mercy on me.

Through the divine descent of the Comforter sanctify Thy temple, and by His coming banish the error of heresy, O most merciful Word of God.

Deliver Thy people from the violence of impiety, and kindle them with zeal for Orthodoxy, as they cry aloud to Thee in faith: Glory to Thy power, O Lord.

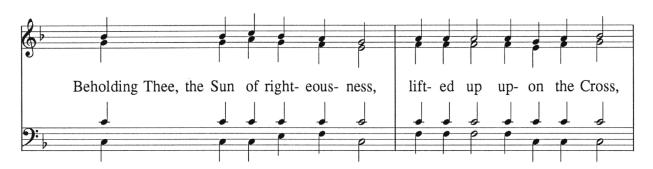
Seeing the churches of God bright with the sacred icons of Christ and the Theotokos, we rejoice with holy joy.

Adorned with her royal crown, the Empress, out of love for the true Kingdom of Christ, has restored in all the churches His most pure icon and the pictures of the saints.

Theotokion

O full of grace, who hast borne God the incarnate Word, thou wast sanctified as the holy temple of God: therefore we consecrate thy shrine, newly adorned with glory.

Katavasia - Ode IV







Ode V

Refrain: Have mercy on me, O God, have mercy on me.

Firmly establish Thy Church, O Lord, that unto the ages of ages she may stand unshaken by the tempest of heresy.

The rejoicing granted to the faithful from on high and the help they have received from God has shone with glory over all the earth.

O Thou who alone art good and the source of goodness, raise up the horn of the Orthodox rulers who honour Thine icon.

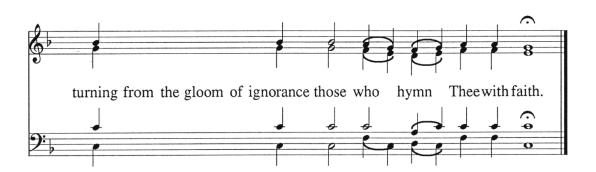
The light of the true Faith that knows no evening has shone forth upon us, at the divinely-inspired commandment of our faithful monarchs.

Theotokion

Renew for us the ancient splendours, O most pure Mother of God, and sanctify this thy dwelling with thy grace.

Katavasia - Ode V





Ode VI

Refrain: Have mercy on me, O God, have mercy on me.

Once more the Master's countenance is depicted, honoured with faith and venerated; once more the Church regains her boldness of approach to God, reverently glorifying the Saviour.

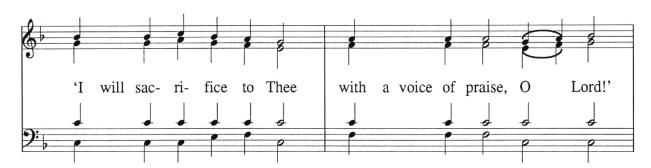
The Church of Christ is delivered from the dark despondency of heresy: she puts on a robe of gladness, and is clothed in the light of divine grace.

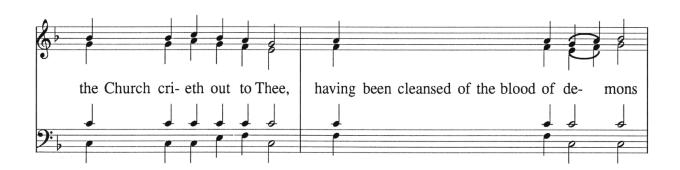
The Orthodox people has regained the light and glory which it had of old, through the decision of the Empress Theodora and her pious son the Emperor Michael.

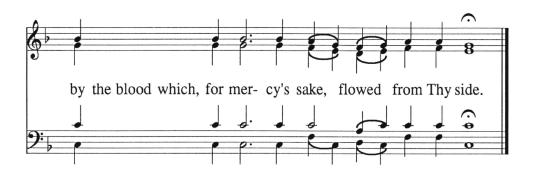
Theotokion

He who of old commanded Moses to set up the ark of the testimony, came to dwell in thee, O Virgin, as in a spiritual ark: He alone is glorified, and He makes thy temple glorious with miracles.

Katavasia - Ode VI







Kontakion, Tone II

The uncircumscribed Word of the Father/ became circumscribed, taking flesh from thee, O Theotokos,/ and He has restored the sullied image to its ancient glory,/ filling it with the divine beauty./ This our salvation we confess in deed and word,// and we depict it in the holy icons.

Ikos

Enlightened by this mystery of God's providence, the divinely inspired prophets fore-told it of old; and this they did for our sakes, who see the fulfillment of the ages. Receiving through this mystery divine knowledge, we know one Lord and God, glorified in three Persons, and Him alone we worship; we have one faith, one baptism, and we are clothed in Christ. This our salvation we confess in deed and word, and we depict it in the holy icons.

Ode VII

Refrain: Have mercy on me, O God, have mercy on me.

Let the hosts of angels share in the joy of the Church, and filled with the love of God let them cry aloud: 'Blessed art Thou, O Lord, in the temple of Thy glory.'

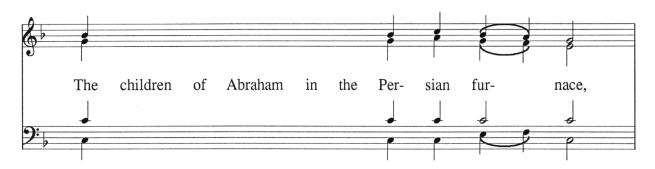
The triumphant assembly and Church of the firstborn rejoices as it now beholds the people of God cry aloud with one accord: 'Blessed art Thou, O Lord, in the temple of Thy glory.'

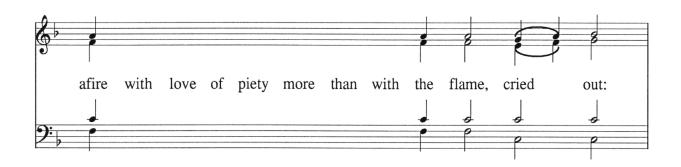
Delivered from the dark heresies of the past through the decision of the honoured Empress Theodora, we cry aloud: 'Blessed art Thou, O Lord, in the temple of Thy glory.'

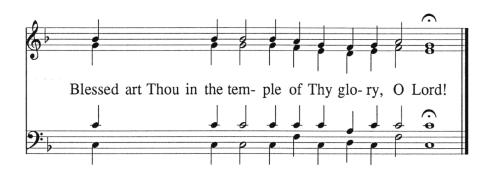
Theotokion

O most pure Virgin, thou art exalted above the choirs on high, for alone among women thou hast become Mother of the Creator of all. And so in joy we shout aloud: 'Blessed art thou among women, O Lady undefiled.'

Katavasia - Ode VII







Ode VIII

Refrain: Have mercy on me, O God, have mercy on me.

Keeping the laws of the Church that we have received from the Fathers, we paint icons of Christ and His saints, and with our lips and heart and will we venerate them as we cry aloud: O all ye works of the Lord, bless ye the Lord.

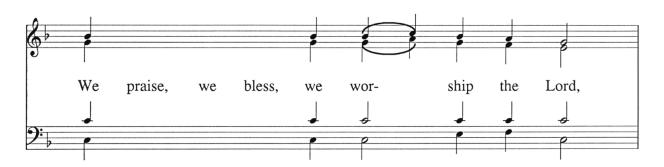
The honour and veneration that we show to the icon we ascribe to the prototype it represents, following the teaching of the saints inspired by God, and with faith we cry aloud to Christ: O all ye works of the Lord, bless ye the Lord.

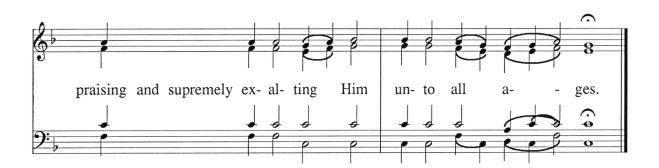
Her mind enlightened by the illumination of the Holy Spirit and filled with the wisdom of God, the honoured Empress has loved the beauty and splendour of Christ's Church, and with all the faithful she blesses Jesus, the God-Man.

Theotokion

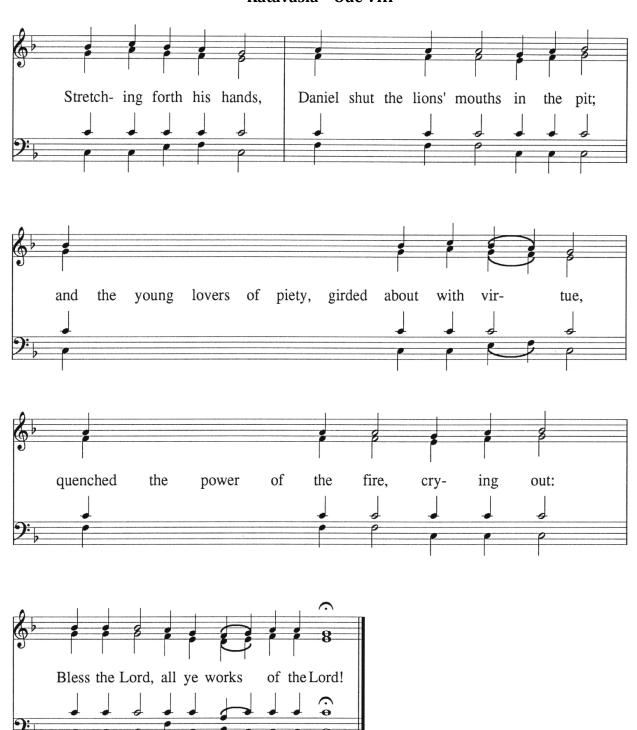
Illumined by rays of spiritual light, Thy holy house overshadows all of us with the cloud of the Spirit, and sanctifies the faithful who sing with one accord: O all ye works of the Lord, bless ye the Lord.

We Praise, We Bless





Katavasia - Ode VIII



Ode IX

Refrain: Have mercy on me, O God, have mercy on me.

Seeing the Holy Church once more adorned with icons, let us make haste and with reverence cry aloud to Christ: We magnify Thee, O Thrice-Holy.

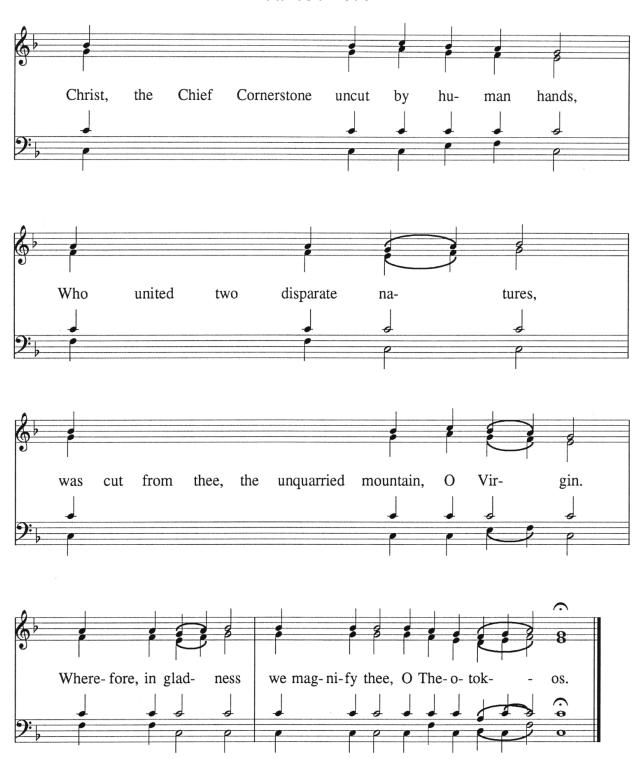
As a mark of glory and honour, the Church possesses Thy Cross and the holy icons of the saints, O Master, and with joy and gladness she magnifies Thee.

Shine upon our rulers with Thy divine glory, O compassionate Master, and fence them about with the protection of the angelic hosts, subjecting the proud heathen beneath their feet.

Theotokion

The condemnation of our first mother Eve has been abolished, since thou, pure Theotokos, in ways past all interpretation, hast given birth to the Master of all; and now we kiss His likeness in the icons.

Katavasia - Ode IX



Exapostilarion

The appointed Exapostilarion of the Resurrection, and then:

Glory to the Father...

Leap for joy and clap your hands with gladness, sing and cry aloud: How strange and wonderful are Thy works, O Christ! And who can tell of all Thy mighty acts, O Saviour, who hast united us in harmony and concord within one Church!

Both now...

Theotokion

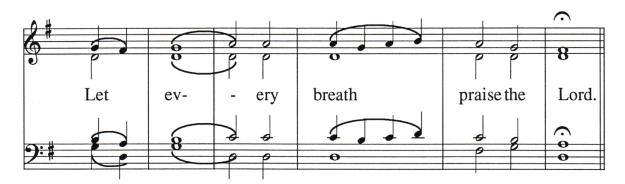
The swords of hostile heresy now have failed, and every memory of it, with all its tumult, has vanished away. For we see thy temple, most pure Virgin, in all its splendour, adorned by the grace of the precious icons, and we all are filled with joy.

Psalms of Praise

Five stichera of the Resurrection in the Tone of the week, from the Octoechos, and then the following four stichera from the Triodion:

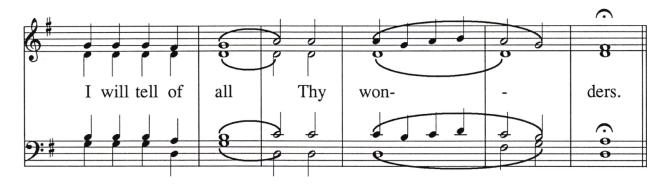
Tone IV

Stichos: Praise Him with tuneful cymbals, praise Him with cymbals of jubilation:



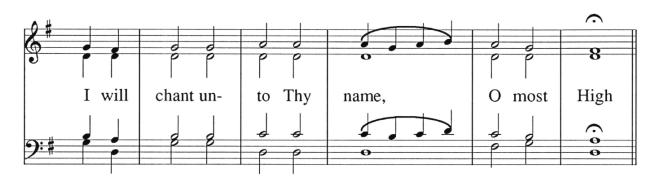
O Lord who lovest mankind,/ the Church rejoices now in Thee,/ her Bridegroom and her Founder,/ for by Thy divine will Thou hast delivered her from the error of idolatry,/ and by Thy precious Blood Thou hast betrothed her to Thyself./ With joy she accepts the holy restoration of the icons,// and with faith she sings in praise of Thee and gives Thee glory.

Stichos: I will confess Thee, O Lord, with my whole heart:



Restoring to the churches the representations of Thy flesh, O Lord,/ we ascribe to them an honour that is relative,/ and so express the great mystery of Thy dispensation./ For Thou hast not appeared to us, O loving Lord,/ merely in outward semblance,/ as say the followers of Mani, who are enemies of God,/ but in the full and true reality of the flesh;// and so the icons that depict Thy flesh lead us to the desire and love of Thee.

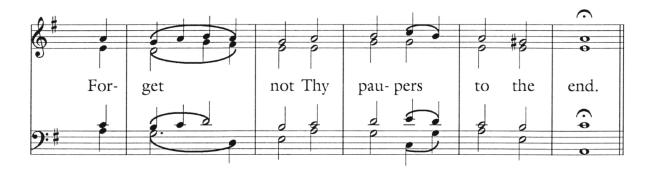
Stichos: I will be glad and rejoice in Thee:



A feast of joy and gladness is revealed to us today./ For, the teachings of the true Faith shine forth in all their glory,/ and the Church of Christ is bright with splendour,/ adorned with the holy icons which now have been restored;// and God has granted to the faithful unity of mind.

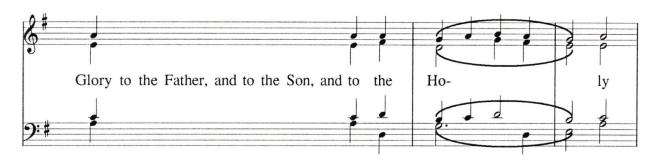
Tone VI

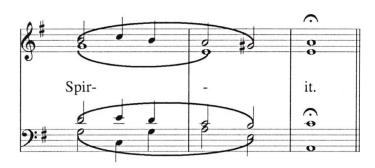
Stichos: Arise, O Lord my God, let Thy hands be lifted high:



Moses, in the season of abstinence,/ received the Law and proclaimed it to the people./ Elijah by fasting closed the heavens;/ and the three children of Abraham/ through fasting overcame the lawless tyrant./ Count us also worthy, O Christ,/ through fasting to attain the Feast of Thy Resurrection,/ as we cry aloud:// Holy God, Holy and Strong, Holy and Immortal, have mercy on us.

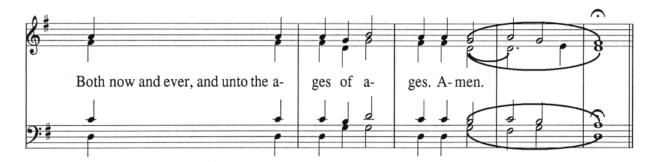
Glory, Tone VI





Moses, in the season of abstinence,/ received the Law and proclaimed it to the people./ Elijah by fasting closed the heavens;/ and the three children of Abraham/ through fasting overcame the lawless tyrant./ Count us also worthy, O Christ,/ through fasting to attain the Feast of Thy Resurrection,/ as we cry aloud:// Holy God, Holy and Strong, Holy and Immortal, have mercy on us.

Both Now, Theotokion, Tone II



Most blessed art Thou, O Virgin Theotokos,/ for through Him Who became incarnate of Thee is hades led captive,/ Adam recalled, the curse annulled, Eve set free,/ death slain, and we are given life./ Wherefore, we cry aloud in praise:/ Blessed is Christ God// Who hast been so pleased, glory to Thee.

Доми стыхи жени муроносици

Holy Myrrh-bearers Ὁ Οἶκος τῶν Ἁγίων Μυροφόρων

www.myrrh-bearers.org

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