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

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**The Service of Matins**  
**on Wednesday, October 29, 2025**

**Octoechos - Mode 3**  
**on Wednesday Morning**

**Menaion - October 29**  
**Memory of the holy Monastic Martyr Anastasia**  
**the Roman; and our Devout Father Abramius.**

**Horologion - Apolytikia for Weekdays**  
**Wednesday**

**Text in English**

**Links to Matins Ordinary**

**Bilingual**

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## Sources

**GOASD** Greek Orthodox Archdiocese of America. Fr. Seraphim Dedes. **AC** Anthony Cook. **GKD** George K. Duvall. **KW** Kallistos Ware. **RB** Richard Barrett. **SD** Fr. Seraphim Dedes.  
**TC** Thomas Carroll. **VPA** Virgil Peter Andronache. **GOA** Greek Orthodox Archdiocese of America. **HC** Holy Cross Orthodox Press.  
**OCA** Orthodox Church in America.

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**Books - Sources**

**Octoechos - Mode 3.**

On Wednesday Morning

**Menaion - October 29**

Memory of the holy Monastic Martyr Anastasia the Roman; and our Devout Father Abramius.

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**MATINS**

**CHOIR**

**Mode 4.**

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

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

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

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

**Apolytikion. For the Holy Woman.**

**Mode 4.**

Your maiden Martyr, like a lamb, cries out, "O Jesus, for You, \* my pure Bridegroom, I long; and seeking You I compete; \* and I am crucified and buried with You in Your baptism. \* I suffer for Your sake, that I may reign with You. \* I die for You that I may also live in You. \* Accept me as an unblemished sacrifice \* as I offer myself to You with love." \* At her entreaties and intercessions, \* save our souls, O Merciful Lord. [SD]

Glory. **For the Devout Man.**

**Mode pl. 4.**

In you, O Father, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught,

that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Abramius, your spirit rejoices with the angels. [SD]

Both now. **Theotokion.**

From Octoechos - - -

**Mode pl. 4.**

When the Mother of the Lamb and Shepherd and Savior of the world saw Him on the Cross, she uttered tearfully, "The world rejoices at receiving redemption, but my insides are burning as I see Your crucifixion, which You endure for all, O my Son and my God." [SD]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 10. Then the short 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 protect us, O God, by Your grace.

**CHOIR:** Lord, have mercy.

**DEACON**

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

**CHOIR:** To You, O Lord.

**PRIEST**

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

**CHOIR:** Amen.

From Octoechos - - -

**Kathisma I.**  
**For the Cross.**  
**Mode 3.**

The Cross was set up on the earth, and it touched the heavens; not that the tree reached that height, but that You who were on it fill all things. Glory to You, O Lord. [SD]

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

O Lamb of God, you were lifted up onto a cross, made of cypress, pine and cedar, in order to save us, who in faith reverence Your voluntary crucifixion. O Christ our God, glory to You! [SD]

Glory. Both now. **Stavrotheotokion.**

We have obtained the Cross of your Son, O Theotokos, as a rod of power. By it we subdue the insolence of the enemies. And with love we magnify you unceasingly. [SD]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 11. There is no litany, but immediately the following:*

From Octoechos - - -

**Kathisma II.**  
**For the Cross.**  
**Mode 3.**

On behalf of the human race, You were slapped and yet were not enraged. Free our life of corruption, O Lord, and save us. [GOASD]

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

**Mode 3. You were so beautiful.**  
*Τὴν ὡραιότητα.*

Amazed were regiments of Angels seeing You \* who have immeasurable divine authority \* now voluntarily submit to torture and crucifixion. \* “Look how He be scourged and flogged, who

as God is invisible, \* in His wish to free mankind from destruction and death’s decay!” \* And so to You, the Giver of life, we sing, \* “Glory to Your tender mercies, O Christ!” [GOASD]

Glory. Both now. **Stavrotheotokion.**

**Mode 3. You were so beautiful.**  
*Τὴν ὡραιότητα.*

Your ever-virgin, pure Mother, saw You, O Christ, \* when You were crucified, and You were hanging dead \* upon the Cross, and she cried out expressing her maternal grief, \* “What is this ingratitude of these people who break the Law? \* Why have they repaid You thus, for the many amazing gifts \* and blessings, O my Son, that You gave them? \* I extol Your divine condescension.”

[GOASD]

From Octoechos - - -

**Kathisma III.**  
**For the Cross.**

**Mode 3. You were so beautiful.**  
*Τὴν ὡραιότητα.*

You who transcend the whole created universe, \* wishing to honor me who long ago sustained \* the grave dishonor, have endured dishonorable death on the cross. \* And You let your side be pierced \* with a spear, for you wished to free \* from utter destruction me, \* whom You fashioned, O forbearing Lord. \* I glorify Your goodness, O Savior, \* and Your great compassion, O benevolent God. [GOASD]

*Verse: God is wondrous in His saints.*

**For the Martyrs.**

**Mode 3. You were so beautiful.**  
*Τὴν ὡραιότητα.*

When you put on the whole armor of Christ our God, \* and armed yourselves with His breastplate righteousness \* and faith and love, you vanquished hosts of enemies courageously. \* Hoping in the life to come, you endured with

alacrity \* every threat and punishment \* of the tyrants who tortured you. \* O Martyrs of Christ, you were valiant, \* and you received the medals of victory. [GOASD]

Glory. Both now. **Stavrotheotokion.**

**Mode 3. *You were so beautiful.***

*Τὴν ὠραιότητα.*

When Your immaculate and irreproachable \* and ever-virgin pure, all-holy Mother watched \* as You were crucified, O Lord, she saw You on the cross and wept. \* Tearfully she cried aloud, “Woe is me! O my sweetest Son! \* How could this unlawful crowd condemn You to be crucified, \* for You are Lord of all and Creator! \* I glorify Your goodness that has no end.” [GOASD]

**READER**

Lord, have mercy. (3)

Glory. Both now.

**Psalm 50 (51).**

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall

make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

**Kontakion. For St. Anastasia.**

From Menaion - - -

**Mode 3. *On this day.***

*Ἡ Παρθένος σήμερον.*

Practicing virginity \* like water cleansed you, O devout Saint, \* and the blood of martyrdom \* washed you as well, O Anastasia. \* Now you grant to those in need of them cures and healing, \* and to us who come sincerely you give salvation. \* For through you is Christ dispensing \* His ever-flowing power and grace divine. [SD]

**Kontakion. For St. Abramius.**

From Menaion - - -

**Mode 3. On this day.**

You appeared on earth, O Saint, \* to be an angel in body. \* Through ascetic discipline, \* you were a tree that was planted; \* watered by your self-control you increased greatly; \* with the streams of tears you washed away all uncleanness. \* Therefore you became the Spirit's all-holy vessel, \* O father Abramius.

[SD]

**Oikos.**

Overlooking things that perish, you received the imperishable. O wise man, from an early age, you despised bodily delights and pleasures, and you desired to be celibate. So you eschewed the benefits of marriage and family wealth, and you longed only to be united to God, whom you truly loved with all your soul and mind. Therefore you became the Spirit's all-holy vessel, O father Abramius. [SD]

*Stand for the reading of the Synaxarion.*

**Synaxarion**

*From the Menaion.*

On October 29, we commemorate the holy monastic martyr Anastasia the Roman.

On this day we commemorate our devout father Abramius and his niece Maria.

On this day we commemorate the holy martyrs Cyril, Menas and Menaëus.

On this day St. Savas the Commander died when he was run through from front and behind.

On this day we commemorate our devout mother Anna who was known as Euphemianus.

On this day we commemorate the holy martyr Melitene.

We commemorate the holy new hieromartyr Athanasius of Attaleia, Sparta, who witnessed in Mountania in the year 1653.

We also commemorate the new monastic martyr Timothy, a monk of Esfigmenou Monastery (on Mt. Athos).

By the intercessions of Your Saints, O God, have mercy on us. Amen.

**CHOIR**

**Ode viii. Heirmos. Mode pl. 4.**

*Νικηταὶ τυράννου.*

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

By Your grace those Servants, \* who adhered exceedingly to Your commandments, \* once became the victors \* over the tyrant \* and the burning flame in the furnace and cried aloud: \* Bless the Lord, O all you the works of the Lord, \* and supremely exalt Him unto all the ages. [SD]

*Stand for the singing of Ode ix.*

**DEACON**

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

**CHOIR**

**Ode ix.**

**The Magnificat. Mode pl. 4.**

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

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

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

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

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

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

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the

Word, and are truly Theotokos. You do we magnify. [GOASD]

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

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

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

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

**Heirmos. Mode pl. 4.**

*Κυρίως Θεοτόκον.*

You are the Theotokos \* lit'rally, O Virgin; \* and we confess it, for we have been saved through you \* whom we, O pure one, with choirs of angels magnify. [SD]

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [GOASD]

**PRIEST**

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



**CHOIR:** Lord, have mercy.

**PRIEST**

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

**CHOIR:** Lord, have mercy.

**PRIEST**

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

**CHOIR:** To You, O Lord.

**PRIEST**

For all the powers of heaven praise You, and to You they offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

**CHOIR:** Amen.

**Exaposteilarion of the Day. For the Cross.**

From Octoechos - - -

**Mode 2. O Women, hearken.**

*Γυναῖκες ἀκουτίσθητε.*

We praise you now, O holy Cross, and venerate you faithfully, \* and worthily we extol you, \* for you are the Faith's supporter, \* the weapon undefeatable, a refuge great and most secure, \* the guardian of the Orthodox, \* the pride and joy of all Christians, \* the glory of holy martyrs. [SD]

**For St. Anastasia.**

From Menaion - - -

**Mode 3. Having embellished heaven.**

*Ὁ οὐρανὸν τοῖς ἄστροις.*

O holy Anastasia, \* since you practiced virginity \* and resolutely competed, \* for the love of Christ our Savior, \* you are considered the glory \* and beauty of nuns and martyrs. [SD]

**For St. Abramius.**

From Menaion - - -

**Mode 2. Let us in faith.**

*Τοῖς Μαθηταῖς συνέλθωμεν.*

God-bearing St. Abramius, \* as you of old delivered \* the pagan masses from deceit \* of the most wicked devil and brought them to God the Savior, \* and your niece who had fallen \* into the sordid pit of sin, \* likewise by your entreaties deliver us \* from many temptations, hardships, and dangers, \* as we observe your memory \* solemnly and with longing. [SD]

**Theotokion.**

**Mode 2. Let us in faith.**

Divinely glowing Paradise: \* that is how we perceive you. \* In your midst was the tree of life, \* namely the Lord, and if we \* eat from Him, we shall not ever \* die again, Theotokos; \* but we all live a better life \* through you, O all-pure Lady; and as we wear \* the Cross as a shield, we are truly victors \* over the rebel enemy, \* and we praise you, O Virgin. [SD]

**READER**

**Lauds.** (read)

**Psalms 148.**

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. Praise Him, sun and moon; praise Him, all you stars and light. Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away. Praise the Lord from the earth, you dragons and all the deeps, Fire and hail, snow and ice, stormy wind, which



perform His word, mountains and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

**Psalm 149.**

Sing to the Lord a new song, His praise in the assembly of His holy ones. Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King. Let them praise His name with dance; with tambourine and harp let them sing to Him; for the Lord is pleased with His people, and He shall exalt the gentle with salvation. The holy ones shall boast in glory, and they shall greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

**Psalm 150.**

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the

harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. [SAAS]

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

*Stand for the reading of the Doxology.*

**Doxology** (read)

**HIERARCH or READER**

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

**READER:** Amen.

**HIERARCH or READER**

Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I

have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

LITANY OF COMPLETION

**DEACON**

Let us complete our morning prayer to the Lord.

**CHOIR:** Lord, have mercy.

**DEACON**

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

**CHOIR:** Lord, have mercy.

**DEACON**

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

**CHOIR:** Grant this, O Lord.

**DEACON**

For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

**CHOIR:** Grant this, O Lord.

**DEACON**

For pardon and remission of our sins and transgressions, let us ask the Lord.

**CHOIR:** Grant this, O Lord.

**DEACON**

For that which is good and beneficial for our souls, and for peace for the world, let us ask 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 the Lord.

**CHOIR:** Grant this, O Lord.

**DEACON**

And let us ask for a Christian end to our life, peaceful, without shame and suffering, and for a good defense before the awesome judgment seat of Christ.

**CHOIR:** Grant this, O Lord.

**DEACON**

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

**CHOIR:** To You, O Lord.

**PRIEST**

For You are the God of mercy and compassion and love for humankind, and to

You we offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to ages of ages.

**CHOIR:** Amen.

**PRIEST:** Peace be with all.

**CHOIR:** And with your spirit.

**DEACON**

Let us bow our heads to the Lord.

**CHOIR:** To You, O Lord.

**PRIEST** (in a low voice)

Holy Lord, who dwell in the highest and look upon the humble and observe all creation with Your all-seeing eye, to You we bow the neck of soul and body, and we pray You, Holy of holies: Extend Your invisible hand from Your holy heavens and bless us all. And as good and benevolent God, forgive us any misdeeds we committed voluntarily or involuntarily, and grant us Your blessings in this world and in the next.

**PRIEST** (aloud)

For Yours it is to show mercy and to save us, O our God, and to You we offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to ages of ages.

**CHOIR:** Amen.

### **Aposticha of the Octoechos.**

From Octoechos - - -

#### **Mode 3.**

I was cast out of Eden because of envy. It was a terrible fall. But You, O Master, did not overlook me. But You assumed my nature for me, and You were crucified. And You save me and bring me into glory. O my Redeemer, glory to You! [GOASD]

**Verse:** *We were filled with Your mercy in the morning, and in all our days we greatly rejoiced and were glad; gladden us in return for the days You humbled us, for the years we*

*saw evil things. And behold Your servants and Your works, and guide their sons.* [SAAS]

#### **Automelon.**

*Σταυροφανῶς Μωυσῆς.*

When Moses stood on the mountain extending \* upwards his arms in the form of a cross, Amalek was routed. \* When on the ven'erable Cross You extended \* Your hands, O Savior, You held me \* in Your embrace and You saved me from enslavement to the foe. \* And thus You gave me a token of life to escape from the longbow of my enemies. \* O deliver Your people from the hand of Your foes, in Your benevolence. [SD]

**Verse:** *And let the brightness of the Lord our God be upon us, and prosper for us the works of our hands.* [SAAS]

O holy Martyrs, even after death, you shine on the world like luminaries, for you fought the good fight. Now that you have confidence when praying to Christ, entreat Him to have mercy on our souls.

[GOASD]

Glory. Both now. **Stavrotheotokion.**

O Christ, my most benevolent Savior, when Your irreproachable Mother saw You hanging on the cross, she lamented and cried aloud, "O my beloved Son, how could this unlawful crowd condemn You to be crucified!" [GOASD]

**PRIEST**

It is good to give thanks to the Lord and to sing to Your name, O Most High, to proclaim Your mercy in the morning and Your truth at night. [SAAS]

**READER**

**Trisagion Prayers.**

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

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

All-holy Trinity, have mercy on us.  
Lord, forgive our sins. Master, pardon our  
transgressions. Holy One, visit and heal our  
infirmities for Your name's sake.

Lord, have mercy. Lord, have mercy. Lord,  
have mercy.

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

Our Father, who art in heaven, 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  
trespasses, as we forgive those who trespass  
against us. And lead us not into temptation, but  
deliver us from evil.

**PRIEST**

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

**CHOIR:** Amen.

**Apolytikion. For the Holy Woman.**

**Mode 4.**

Your maiden Martyr, like a lamb, cries out,  
"O Jesus, for You, \* my pure Bridegroom, I long;  
and seeking You I compete; \* and I am crucified  
and buried with You in Your baptism. \* I suffer for

Your sake, that I may reign with You. \* I die for  
You that I may also live in You. \* Accept me as an  
unblemished sacrifice \* as I offer myself to You  
with love." \* At her entreaties and intercessions, \*  
save our souls, O Merciful Lord. [SD]

Glory. **For the Devout Man.**

**Mode pl. 4.**

In you, O Father, is preserved undistorted what  
was made in the image of God; for taking up the  
cross, you followed Christ and by example taught,  
that we should overlook the flesh, since it passes  
away, and instead look after the soul, since it is  
immortal. And therefore, O devout Abramius, your  
spirit rejoices with the angels. [SD]

Both now. **Theotokion.**

From Octoechos - - -

**Mode pl. 4.**

O immaculate Maiden, the fruit of your womb  
is the fulfillment of the Prophets and the Law.  
Therefore, O Theotokos, with understanding, we  
glorify and magnify you piously. [SD]

*(The "ektenia" litany has been omitted.)*

**PRIEST:** Wisdom.

**READER:** Father, bless!

**PRIEST**

Blessed is Christ our God, the One who is,  
always, now and ever and to the ages of ages.

**CHOIR:** Amen.

**HIERARCH or READER**

The Lord God make firm the holy and pure  
faith of the pious Orthodox Christians, together  
with the Holy and Great Church of Christ, our  
Sacred Archdiocese, [this Sacred Metropolis,]  
and this city, to the ages of ages.

**CHOIR:** Amen.

*Then we begin the First Hour, saying: “Come let us worship...”*

*or:*

**PRIEST**

Glory to You, our God, glory to You.

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, **(local patron saint)**; of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, as He is good, benevolent, and merciful God.

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

**CHOIR:** Amen.