

The Service of Matins

for Sunday, February 22, 2026

**Octoechos - Mode 4
on Sunday Morning
Eothinon 4**

**Triodion - Cheesefare Sunday
on Sunday Morning at Matins**

**Menaion - February 22
Katavasias of Triodion Sunday 1 and 4**

Text in English



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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 4.

On Sunday Morning

Triodion

Cheesefare Sunday

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.*

From Octoechos - - -

Resurrectional Apolytikion.

Mode 4.

When the women disciples of the Lord heard the Angel joyously proclaim the resurrection, they cast aside the ancestral verdict, and boasting in glory they said to the Apostles, “Death has been despoiled! Christ God has risen, granting the great mercy to the world!” [\[GOASD\]](#)

Glory. **Repeat.**

When the women disciples of the Lord heard the Angel joyously proclaim the resurrection, they cast aside the ancestral verdict, and boasting in glory they said to the Apostles, “Death has been despoiled! Christ God has risen, granting the great mercy to the world!” [\[GOASD\]](#)

Both now. **Theotokion.**

From Octoechos - - -

Mode 4.

O Theotokos, revealed through you to us on earth was the mystery, that was hidden for ages and unknown by the angels. God became incarnate, uniting natures without confusion, and for us He voluntarily accepted crucifixion, through which He resurrected the first-formed man, and He saved our souls from death. [\[GOASD\]](#)

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 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.

Kathisma I.

From Octoechos - - -

Mode 4.

Looking up at the entrance to the sepulcher, then unable to endure the Angel’s radiance, the

Myrrh-bearing Women were frightened; and perplexed they said, “Has He been stolen, who opened Paradise to the Robber? Has He arisen, who before His Passion announced His rising?” Indeed, Christ God has truly risen, granting life and resurrection to those in the netherworld. [\[GOASD\]](#)

Glory.

Mode 4. Joseph marveled.

Κατεπλάγη Ιωσήφ.

By Your voluntary will, O Savior, You endured the Cross, * In a new tomb mortal men buried Your body, O Lord, * who by a word had created the universe. * Death, the ancient foe, was restrained by You * and forcefully deprived of the spoils it had. * And all the souls in Hades sang and glorified * Your resurrection, which gave them life, * “Christ the Giver of Life has risen! * And He abides forever!” [\[GOASD\]](#)

Both now. **Theotokion.**

Mode 4. Automelon.

Joseph marveled when he saw that which transcends nature’s laws: * You conceived without the seed of man, O Mother of God. * Then he remembered the dew on the fleece of Gideon, * the bush that Moses saw burning yet not consumed, * and Aaron’s rod that sprouted and blossomed forth. * And your betrothed and guardian bore witness * before the priests, and he cried aloud, * “The Virgin gives birth, and after childbirth * still she remains a virgin.” [\[GOASD\]](#)

From Octoechos - - -

Kathisma II.

Mode 4. Come quickly.

Ταχὺ προκατάλαβε.

You rose, as immortal Savior, from the netherworld, * and with yourself You also raised Your world by Your resurrection, O Christ our

God. * Mightily You shattered the power of death, O Master. * Merciful Lord, You showed to all the resurrection. * Therefore we glorify You, only benevolent God. [\[GOASD\]](#)

Glory.

Mode 4. Joseph marveled.

Κατεπλάγη Ιωσήφ.

From exalted heights above Gabriel came down to earth; * and he sat upon the rock wherein the Rock of life had lain. * Arrayed in white, he cried out to the weeping women, * “Women, even though you are emotional, * You no longer need to lament and mourn. * No more weeping, for the One you are seeking * has truly risen, so be of good cheer. * And go and tell it to His Apostles, * that the Lord has truly risen.” [\[GOASD\]](#)

Both now. **Theotokion.**

Mode 4. Joseph marveled.

Κατεπλάγη Ιωσήφ.

O pure Virgin, all the hosts of holy angels were amazed * at the awesome mystery of your pregnancy and birth, * how He whose simple command holds all things together * is held in your embrace as a mortal babe, * the pre-eternal Word accepts an origin; * and He is nursed who nourishes the whole world * in His ineffable kindness. * And they extol you and glorify you * who are truly Theotokos. [\[GOASD\]](#)

Resurrectional Evlogaria.

Mode pl. 1.

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

When the hosts of the Angels saw how You were accounted among the dead, they all marveled. You, O Savior, are the One who destroyed the might of death; and when You arose You raised

Adam with yourself and from Hades liberated everyone. [SD]

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

“Why do you mingle the ointments with your tears full of pity, O women disciples?” Thus the Angel who was shining in the tomb cried to the myrrh-bearing women. “See for yourselves the empty tomb and understand, that the Savior has risen from the sepulcher.”

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

Very early in the morning, the myrrh-bearing women were hastening to Your tomb lamenting. But the Angel appeared to them and uttered, “The time for lamentation has ended; weep no more. Go announce the Resurrection to the Apostles.”

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

When the myrrh-bearing women had come with their spices to Your sepulcher, O Savior, they heard the voice of an Angel clearly speaking to them, “Why do you account among the dead the One who lives? For as God, He has risen from the sepulcher.”

Glory.

We bow down in worship to the Father and His Son and the Holy Spirit, the Holy Trinity, one in essence; and we cry aloud with the Seraphim: Holy, Holy, Holy are You, O Lord.

Both now.

Giving birth to the Giver of life, O Virgin, you delivered Adam from sin, and to Eve you have rendered joy in place of sorrow. He who from you

became incarnate, God and man, has directed to life him who fell from it.

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3)

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 blessed is Your name, and glorified is Your kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

CHOIR: Amen.

READER

From Octoechos - - -

Hypakoe. Mode 4.

The Myrrh-bearing Women hurried to declare the matter of Your paradoxal rising to Your Apostles, O Christ, that You rose, as God, and granted to the world the great mercy.

[GOASD]

CHOIR**Anavathmoi.****Antiphon 1. Mode 4.**

From my youth, many passions war against me. O my Savior, I implore You, uphold me and save me. [GOASD]

You who hate Zion, be shamed by the Lord; for you will be withered like grass in the fire. [GOASD]

Glory. Both now.

By the Holy Spirit every soul is animated, and when purified, it is mystically uplifted and brightened by the triune Godhead. [GOASD]

Antiphon 2.

I have cried to You, O Lord, from the depth of my soul with fervor. Let Your divine ears be attentive to me. [GOASD]

Everyone who has their hope in the Lord is higher than anything that could sadden them. [GOASD]

Glory. Both now.

From the Holy Spirit the streams of grace well forth; they water all creation, so that life be engendered. [GOASD]

Antiphon 3.

Let my heart be lifted up to You, O Logos; and none of the world's delights will entice me to be earthly-minded. [GOASD]

Whereas one has filial affection for his mother, for the Lord we ought to have a love even more fervent. [GOASD]

Glory. Both now.

In the Holy Spirit is the wealth of knowledge of God, contemplation and wisdom. For in Him the Logos discloses all the dogmas of the Father. [GOASD]

Prokeimenon.

Arise, O Lord; help us, and redeem us, because of the glory of Your name. (2)

Verse: *O God, we heard with our ears.*

Arise, O Lord; help us, and redeem us, because of the glory of Your name. [SAAS]

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 You are the King of peace and the savior of our souls, and to You we offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

CHOIR: Amen.

READER

From Octoechos - - -

Resurrectional Kontakion.

He who saved and rescued me has resurrected from the tomb and bonds of death those born on earth, for He is God. He smashed

the gates of the netherworld, and on the third day, He rose, as the Lord of all. [\[GOASD\]](#)

Oikos.

Christ is the Giver of Life. He rose from the dead and the tomb, on the third day. He smashed the gates of death with His might today. He neutralized Hades and crushed the sting of death. And He freed Adam and Eve. Let all of us born on earth earnestly sing and praise Him with gratitude; for He is our one and mighty God, and on the third day He rose, as the Lord of all. [\[GOASD\]](#)

Kontakion from Triodion.

From Triodion - - -

Mode pl. 2. (not metered)

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen. [\[GKD\]](#)

Oikos.

In times of old did Adam sit and cry in sorrow opposite the delights he had in Paradise; his hands did upon his forehead strike, as he said this: O merciful Lord, have mercy on me who have fallen. [\[GKD\]](#)

Beholding the angel thrusting him, and closing the holy garden's gate, Adam wailed mightily to state: O merciful Lord, have mercy on me who have fallen.

O Paradise, now sympathize with your owner who was pauperized, and by the rustling

of your leaves, beg the Maker not close you, please: O merciful Lord, have mercy on me who have fallen.

Paradise most excellent, most holy and most radiant, for Adam you were planted, because of Eve you were disbanded, beseech God for the fallen: O merciful Lord, have mercy on me who have fallen.

Stand for the reading of the Synaxarion.

Synaxarion

From the Menaion.

On February 22, we commemorate the finding of the relics of the holy Martyrs in the Quarter of Evgenios, which took place during the reign of Emperor Arcadios.

On this day we also commemorate our devout father Athanasios the Confessor of Pavlopetrion.

On this day, Saint Anthousa and her twelve servants died by the sword.

On this day the holy Martyr Synetos died by the sword.

On this day we also commemorate our devout fathers Thalassios and Limnaios.

On this day was the contest of the holy Hieromartyr Telesphoros, Bishop of Rome.

On this day we also commemorate our devout father Baradatos.

From the Triodion.

On this day, we remember the expulsion of the first-formed Adam from the Garden of Eden.

Verses

Let the world now bitterly
mourn with Eve and Adam,
for it fell together with them
who fell by sweet eating.

By Your ineffable compassion, O Christ
our God, make us worthy of the delights
of Paradise and have mercy, as our only
benevolent Lord. Amen.

CHOIR

Katavasias of Triodion Sunday 1 and 4

Ode i. Mode pl. 2.

When they had walked through the Red Sea
as over land, * the people of Israel watched as
Pharaoh and his host * in pursuit were drowned.
Then Moses said, * “Let us sing a song of victory
to God our Lord.” [GOASD]

Ode iii.

No one is holy like the Lord, * no one
righteous like our God. * Being good, You
exalted Your believers’ horn of strength, * firmly
establishing us * on the rock of confession of faith
in You. [GOASD]

Ode iv.

The holy Church of God exclaims befittingly,
* “Christ is God and my Lord, and He is my
strength.” * She is celebrating in the Lord and
sings to Him * from a mind that has been purified.
[GOASD]

Ode v.

With Your divine light illumine souls, * who
with yearning early in the morning rise to You, O
good Lord, I pray, * so that they may know You,
Word of God, as truly God, * who calls them back
from darkness and from the night of sin. [GOASD]

Ode vi.

I see when my life becomes rough and stormy
like the sea; * temptations feel like turbulence.
* So I turn to the safe harbor of Your Church, *
and calmly I pray to You: * Raise my life from
corruption, very merciful Lord. [GOASD]

Ode vii.

In the furnace the Lord’s Angel saved the
pious men, * blowing through it a dew-laden
breeze, * while Chaldean men were completely
burned, at God’s command, * persuading the tyrant
to confess * and cry aloud, “O God of our fathers,
blessed are You.” [GOASD]

Ode viii.

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

From the flame You refreshed pious Servants
as with dew * and with water consumed the
righteous Prophet’s sacrifice. * You accomplish
all, O Christ, simply by willing it. * We exalt You
beyond measure, unto all the ages. [GOASD]

Stand for the Gospel reading.

DEACON: Let us pray to the Lord.

CHOIR: Lord, have mercy.

PRIEST

For You, our God, are holy, and You rest
among the holy ones, and to You we offer up
glory, to the Father and the Son and the Holy
Spirit, now and ever and to the ages of ages.

CHOIR: Amen.

Mode 2.

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

DEACON

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

CHOIR: Lord, have mercy. (3)

DEACON

Wisdom. Arise. Let us hear the holy Gospel.

PRIEST: Peace be with all.

CHOIR: And with your spirit.

PRIEST

The reading is from the holy Gospel according to Luke.

DEACON: Let us be attentive.

CHOIR

Glory to You, O Lord, glory to You.

PRIEST (from the altar table)

*Eothinon 4
Luke. 24:1 – 12*

On the first day of the week at early dawn, the women went to the tomb, taking spices which they had prepared. And they found the stone rolled away from the tomb, but when they went in they did not find the body of the Lord Jesus. While they were perplexed about this, behold, two men stood by them in dazzling apparel; and as they were frightened and bowed their faces to the ground, the men said to them, “Why do you seek the living among the dead? He is not here, but has risen. Remember how he told you, while he was still in Galilee, that the Son of man must be delivered into the hands of sinful men, and be crucified, and on the third day rise.” And they remembered his words and returning from

the tomb they told all this to the eleven and to all the rest. Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the Apostles; but these words seemed to them an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home wondering at what had happened. [RSV]

CHOIR

Glory to You, O Lord, glory to You.

READER

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

CHOIR

Psalm 50 (51).

Mode 2. (or the Mode of the week)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Then shall they offer young bulls on Your altar. And have mercy on me, O God. [SAAS]

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

Open to me the gates of repentance, O Giver of Life, for early in the morning my spirit hastens to Your holy temple, bringing the temple of my body all defiled. But as one compassionate, cleanse me, I pray, by Your loving-kindness and mercy. [SD]

Both now. **Same Mode.**

Guide me in the paths of salvation, O Theotokos, for I have befouled my soul with shameful sins and I heedlessly squandered all of my life's resources. By your intercession deliver me from every uncleanness. [SD]

Idiomelon. Mode pl. 2.

Verse: *Have mercy on me, O God, according to Your great mercy; and according*

to the abundance of Your compassion, blot out my transgression.

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

PRIEST

O God, save Your people and bless Your inheritance. Look upon Your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us Your rich mercies:

through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary, by the power of the precious and life-giving Cross, the protection of the honorable, heavenly, bodiless powers, the supplications of the honorable, glorious prophet and forerunner John the Baptist, the holy, glorious, and praiseworthy apostles, our fathers among the saints, the great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian, and John Chrysostom; Athanasius, Cyril, and John the Merciful, patriarchs of Alexandria, Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonderworkers; the holy, glorious, great martyrs George the triumphant, Demetrios the myrrh-streamer, Theodore the soldier, and Theodore the general; Menas the wonderworker; Charalampus and Eleutherius, the hieromartyrs; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Catherine, Kyriaki, Photini, Marina, Paraskevi

and Irene; our venerable and God-bearing fathers; (local patron saint); the holy and righteous ancestors of God Joachim and Anna; and all Your saints:

We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR: Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love for humankind of Your only-begotten Son, with whom You are blessed, and Your all-holy, good and life-creating Spirit, now and ever and to the ages of ages.

CHOIR: Amen.

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. 2.

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. [\[GOASD\]](#)

Ode ix. Katavasia. Mode pl. 2.

It is impossible for God to be seen * by people; and angelic orders dare not to look at Him. * But the Word incarnate has been seen by mankind, through you, O all-pure Virgin. * Now magnifying Him, * joining the celestial hosts, all generations call you blest. [\[GOASD\]](#)

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.

CHOIR

Mode 2.

Holy is the Lord our God. (2)

Exalt the Lord our God, and worship at the footstool of His feet.

For He is holy. [SAAS]

From Octoechos - - -

Exapostilarion.

Eothinon 4.

Mode 2. Let us in faith.

Toῖς Μαθηταῖς συνέλθωμεν.

Let us with virtues dazzling bright * picture the two men standing * at the life-bearing sepulcher * in their dazzling apparel, * beside the Myrrh-bearing Women, * frightened and bowing their faces. * With Peter, let us also run * to life inside the tomb, now that we have learned * that the Lord of heaven has truly risen. * Let us marvel at what transpired, * and let us stay to see Christ.

[GOASD]

Exapostilarion. From the Triodion.

From Triodion - - -

Mode 2. O Women, hearken.

Τυναῖκες ἀκούτισθητε.

Wretch that I am, I disobeyed * Your good commandment, O my Lord.* And being stripped of Your glory,* alas! with shame I am laden.* And I have been evicted from * the pure delights of Paradise.* O Merciful and Compassionate, * have mercy on me who rightly * have been deprived of Your goodness. [SD]

Another.

From Triodion - - -

Mode 2. Let us in faith.

Toῖς Μαθηταῖς συνέλθωμεν.

We were expelled of old, O Lord, * from the Garden of Eden,* for wrongly eating from the

tree.* But, O my God and Savior,* You once again have restored us * through Your Cross and Your Passion.* Thereby, O Master, fortify * and enable us purely to finish Lent * and to worship Your divine resurrection,* Pascha our saving Passover,* by the prayers of Your Mother. [SD]

Lauds. Mode 4.

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

[SAAS]

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

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

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

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

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

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

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

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

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

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

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

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

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

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine and harp let them sing to Him.

For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproofing among the peoples.

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

From Octoechos - - -

Resurrectional Stichera.

Mode 4.

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

[SAAS]

You endured the Cross and death, and You rose from the dead. O almighty Lord, we glorify Your resurrection. [GOASD]

Mode 4.

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

By Your Cross You freed us from the ancient curse, O Christ; and by Your death You neutralized the devil who tyrannized our nature; and by Your resurrection, You filled the whole world with joy. Therefore we sing to You, who rose from the dead, “Glory to You, O Lord.” [GOASD]

Mode 4.

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

O Christ our Savior, by Your Cross, guide us to Your truth, and deliver us from the snares of the foe. Since You have risen from the dead, reach out Your hand and raise us who have fallen into sin, O benevolent Lord, at the intercession of Your Saints.

[GOASD]

Mode 4.

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

Never parting from the Father’s bosom, Only-begotten Logos of God, You came to earth, for the sake of humanity, and without change became man. And in the flesh You endured the Cross and death, remaining impassible in divinity. As the only almighty Lord, You rose from the dead, and You granted immortality to the human race. [GOASD]

Mode 4.

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

You accepted death in the flesh, in order to achieve immortality for us, O Savior. You were confined in a tomb, that You might release us from Hades and resurrect us with yourself. You suffered as a man, but You rose as God. And therefore we now sing: “Glory to You, O Giver of Life and only benevolent Lord.” [GOASD]

From the Triodion.

From Triodion - - -

Idiomelon. Mode pl. 1.

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

“Woe is me!” cried Adam in lament, “that a serpent and a woman have deprived me of intimate communion with God; and eating from the tree has estranged me from the Paradise of delight. Woe is me, for I cannot bear the disgrace! Once the king of all God’s creatures on the earth, I am now viewed as a hostage because of one piece of illicit advice; and though once vested with the glory of immortality, I, as mortal, carry about the skin of deadness lamentably. Woe is me! Which lamentation shall I enlist to collaborate with me? But You, Friend of man, who fashioned me from the earth, and who donned compassion; recall me from servitude to the enemy and save me.” [GKD]

Idiomelon. Mode pl. 1.

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

The stadium of virtue is now open; those who wish to compete, enter therein, girded for the good contest of Lent, for those who compete according to the rules shall receive their laurels rightfully. Taking up the full armor of the Cross, let us do battle against the Enemy. As an impregnable wall, we have the Faith, prayer as our breastplate, and acts of mercy as our helmet. Instead of sword, there is fasting, which cuts every evil from the heart. He who does this shall attain a true crown from Christ, the King of all, on Judgment Day. [GKD]

Idiomelon. Mode pl. 2.

I will give thanks to You, O Lord, with my whole heart; I will tell of all Your wondrous things. [SAAS]

Adam was evicted from Paradise as one disobedient, after partaking of its luxury. Moses saw God, after cleansing the eyes of his soul by fasting. Hence if we desire to become residents of Paradise, let us divorce ourselves from baleful delights, and desiring to see God, as did Moses let us fast the Four Times Ten. By sincerely persevering in prayer and supplication, let us suppress the passions of our souls; let us avert the swellings of the flesh; thus lightened, let us set off on the journey to things above, where the choirs of angels in unbroken song sing praise to the undivided Trinity, to see the irresistible beauty of the Master. O Son of God and Giver of Life, we who set our hope on You entreat: Make us worthy of dancing with the armies of angels, O Christ, at the intercession of Your Mother, the Apostles, Martyrs and all the Saints. [GKD]

Glory. From the Triodion.

From Triodion - - -

Mode pl. 2.

The time has come - the start of our spiritual contests, the victory over demons, the full armor of self-control, the angels’ dignity, the confidence before God. Thereby did Moses become conversant with the Creator, and heard the invisible voice. Lord, through fasting make us worthy to worship Your Passion and holy Resurrection, as You love humanity. [GKD]

From Octoechos - - -

Both now. Theotokion.

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate, Hades has been captured, and

Adam has been called back; the curse has been killed, and Eve has been freed; death has been put to death, and we have been brought back to life. Therefore we extol Him and cry out, "O Christ our God, You are blessed, for so was Your good pleasure. Glory to You!" [GOASD]

Stand for the Great Doxology.

Great Doxology

Glory be to You who showed the light. Glory in the highest to God. His peace is on earth, His good pleasure in mankind. [SD]

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Continue Your mercy to those who know You.

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

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

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

Holy Immortal, have mercy on us.

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

*After the Doxology, sing the following Resurrectional
Troparion.*

Mode 4. (or the Mode of the week)

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