

# The Service of Matins

for Sunday, March 29, 2026

**Octoechos - Mode 1**  
**on Sunday Morning**  
**Eothinon 9**

**Triodion - Fifth Sunday of Lent**  
**Fifth Sunday of Lent: St. Mary of Egypt**  
**on Sunday Morning at Matins**

**Menaion - March 29**  
**Katavasias of Theotokos**

**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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<https://dcs.goarch.org>

## Email

[dcsinfo@goarch.org](mailto:dcsinfo@goarch.org)

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**Books - Sources**

**Octoechos - Mode 1.**

On Sunday Morning

**Triodion**

Fifth Sunday of Lent: St. Mary of Egypt - On Sunday Morning

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**MATINS**

**CHOIR**

**Mode 1.**

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 1. Automelon.**

*Τοῦ λίθου σφραγισθέντος.*

The stone having been sealed by the Pharisees and chief priests, \* and Your all-immaculate body being guarded by soldiers, \* You rose on the third day, O Lord and Savior, granting life unto the world. \* Then the powers of the heavens cried out to You, O Giver of Life, and shouted, \* “Glory to Your resurrection, O Christ! \* Glory to Your eternal rule! \* Glory to Your plan for saving us, only benevolent God!” [GOASD]

From Triodion - - -

Glory. **For the Devout Woman.**

**Mode pl. 4.**

In you, O Mother, 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 Mary, your spirit rejoices with the angels. [SD]

Both now. **Theotokion.**

From Octoechos - - -

**Mode pl. 4.**

You were born of a Virgin, and You endured crucifixion for us, O good Lord. By Your death You divested death of spoils, and You displayed resurrection, as God. Please do not despise us, the work of Your hand. Demonstrate Your loving kindness, O merciful Master. Defer to Your Mother, the Theotokos, when she intercedes on our behalf, and save us, Your people in despair, O Savior. [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 1. Automelon.**

The soldiers who were guarding Your tomb became like dead men, \* O Savior, when Your Angel appeared there like lightning \* and said to the women that You had risen, as You had said. \* We now worship You, our only God, and extol You, \* for You conquered death and dissolution, O Master, \* and rose from the sepulcher. [GOASD]

Glory.

**Mode 1. The soldiers.**

*Τὸν τάφον σου Σωτήρ.*

O merciful Lord, nailed to the Cross of Your own will, \* O Giver of Life, laid in a tomb as a mortal, \* by death You destroyed the power of death, as the Mighty One. \* For the doorkeepers of Hades quaked when they saw You. \* With yourself You raised those who were long dead, O Savior \* supremely benevolent. [GOASD]

Both now. **Theotokion.**

**Mode 1. The stone having been sealed.**

*Τοῦ λίθου σφραγισθέντος.*

When Gabriel had said to you, “Rejoice!” blessed Virgin, \* and you had voiced your assent, the Lord of all became incarnate \* in you, who became the holy Ark, \* as righteous King David said of old. \* You carried your Creator, and thus your womb was wider than the heavens. \* Glory to Him who dwelt inside of you! \* Glory to Him who

came forth from You! \* Glory to Him who through your childbirth has set us free! [GOASD]

From Octoechos - - -

**Kathisma II.**

**Mode 1. The stone having been sealed.**

*Τοῦ λίθου σφραγισθέντος.*

The women were at the tomb early in the morning. \* When they saw a vision of angels, trembling came upon them. \* The sepulcher was radiating life, and the dazzling marvel astonished them. \* They departed and ran to proclaim the resurrection to the Disciples. \* “Christ, the only strong and mighty Lord, \* has divested Hades of its spoils. \* He has freed the dead from fear of condemnation \* by the power of the Cross and raised them all with himself.” [GOASD]

Glory.

**Mode 1. The stone having been sealed.**

*Τοῦ λίθου σφραγισθέντος.*

O Life of all, You were nailed to the Cross. \* Immortal Lord, You were counted among the dead. \* You rose on the third day, O Savior, and resurrected Adam from decay. \* Then the powers of the heavens cried out to You, O Giver of Life, and shouted, \* “Glory to Your sufferings, O Christ! \* Glory to Your resurrection! \* Glory to Your condescension, only benevolent God!” [GOASD]

Both now. **Theotokion.**

**Mode 1. The soldiers.**

*Τὸν τάφον σου Σωτήρ.*

O Mary, whose august body hosted the Master, \* we pray you raise us up, for we are sunk in the darkness \* of dreadful despondency, of transgressions and suffering. \* Lady, you indeed are the salvation of sinners. \* You give help to us; you are our mighty protection; \* and you save us your servants. [GOASD]

**Resurrectional Evlogetaria.**

**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. <sup>[SD]</sup>

*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 1.**

The robber's repentance steals Paradise.  
The Myrrh-bearers' mourning reveals the  
joy, for You had risen, O Christ our God, and  
granted to the world the great mercy. [GOASD]

**CHOIR**

**Anavathmoi.**

**Antiphon 1. Mode 1.**

In my affliction, I cry out to You, O Lord.  
Hear me in my grief. [GOASD]

The longing for God is unceasing in those who  
dwell in the desert, outside of the futile world as  
they are. [GOASD]

Glory. Both now.

To the Holy Spirit, as to the Father and the  
Son, belong the honor and the glory. Therefore  
let us sing a hymn to the Trinity, the one and only  
Ruler. [GOASD]

**Antiphon 2.**

Having lifted me up to the mountains of Your  
laws, brighten me with virtues, O God, that I may  
praise You. [GOASD]

With Your right hand embracing me, O Logos,  
keep me safe and shelter me, so that the fire of sin  
not burn me. [GOASD]

Glory. Both now.

By the Holy Spirit all creation is renewed,  
and thus returns to its first state. For He is equal in  
power to the Father and the Logos. [GOASD]

**Antiphon 3.**

When they said to me, "Let us go into the  
courts of the Lord," my spirit was glad and my  
heart rejoiced also. [GOASD]

Over the house of David there is great fear;  
for when thrones are set there, all the tribes and  
tongues of the earth will be judged. [GOASD]

Glory. Both now.

To the Holy Spirit the honor, worship, glory,  
and dominion that befit the Father and the Son  
should also be ascribed, for the Trinity is one in  
nature but not in persons. [GOASD]

**Prokeimenon.**

"Now I will arise," says the Lord; "I will  
establish them in salvation; I will declare it  
boldly." (2)

**Verse:** *The words of the Lord are pure  
words, like silver fired in a furnace of earth,  
purified seven times.*

"Now I will arise," says the Lord; "I will  
establish them in salvation; I will declare it  
boldly." [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.**

You rose from the tomb in glory as God, and You raised the world along with You. The human race extolled You as God, as death was obliterated, O Master. Now Adam dances, and Eve rejoices, freed from the bonds, and cries out, “O Christ, You have granted resurrection to all!” [GOASD]

**Oikos.**

Let us extol, as omnipotent God, the One who rose on the third day; for He smashed the gates of Hades, and He raised from their graves the dead from all time. As He wished He was seen by the Myrrh-bearing Women, to whom first He exclaimed, “Rejoice!” thus saying declaring to His Apostles the joy, as the only Giver of Life. Then the women in good faith bring good news of the proof of the victory to the Disciples. But Hades groans, and Death laments. The world exults, and everyone celebrates, O Christ, for You have granted resurrection to all! [GOASD]

**Kontakion.**

From Triodion ---

**Mode 3. On this day.**

You were once completely full of fornication of all kinds. But today you show

yourself a Bride of Christ through repentance. Longingly you imitated the Angels’ lifestyle. With the Cross, being your weapon, you trampled demons. Therefore, glorious Saint Mary, you have appeared as a bride of heaven’s realm. [SD]

**Oikos.**

Ewe of Christ and daughter, now in song we praise you, O Mary most renowned. Accounted the Egyptians’ nursling, but yet fleeing all their error, you were altogether offered as a seedling precious to the Church. With self-control and supplication, you practiced asceticism beyond the measure of human nature. Therefore you were exalted in Christ, through way of life and practice. Glorious Saint Mary, you have appeared as a bride of heaven’s realm. [SD]

*Stand for the reading of the Synaxarion.*

**Synaxarion**

*From the Menaion.*

On March 29 we commemorate the holy martyrs Mark, Bishop of Arethusa, Cyril the deacon, and many others.

On this day we also commemorate the holy martyrs Jonah, Barachisios, and the seven martyrs with them.

On this day we also commemorate our devout father and confessor Eustathios of Bithynia.

*From the Triodion.*

On this day, the fifth Sunday of Lent, we have been enjoined to observe the memory of our devout Mother Mary of Egypt.

*Verses*

Her spirit is gone, the flesh long discarded.  
O earth, now hide the dead bones of Mary.

By her intercessions, O God, have mercy on us and save us. Amen.

**CHOIR**

**Katavasia of Theotokos**

**Ode i. Mode 4.**

I open my mouth and pray the Spirit fill it, like David said, \* to pour out a good word to the Queen and Mother of God. \* I will celebrate \* her feast with joy and gladness \* and sing to her merrily, lauding her miracles. [GOASD]

**Ode iii.**

Establish your servants who extol you, \* O Mother of God, for they have formed \* a spiritual choir for you \* the living and abundant fount; \* and graciously in your divine glory give glorious crowns to them. [GOASD]

**Ode iv.**

When the Prophet Habakkuk heard the divine \* and incomprehensible counsel of Your Incarnation \* from the Virgin, O Most High, \* considering, he cried aloud: \* Glory to Your strength, O Lord my God. [GOASD]

**Ode v.**

Amazed was the universe by your divine magnificence. \* You who were perpetually virgin \* carried the heavenly God of all in your womb \* and gave birth to the eternal Son, \* who awards

salvation to all who sing hymns of praise to you.

[GOASD]

**Ode vi.**

O godly-minded believers, come \* and celebrate this sacred and venerable feast and thus extol \* the Theotokos, and clap our hands, \* and glorify our God who was truly born of her. [GOASD]

**Ode vii.**

Godly-minded three \* did not adore created things in the Creator's stead; \* rather, disdain the threat \* of fire, they trampled it, and joyfully they sang: \* "O supremely praised \* and most exalted Lord and God \* of the fathers, You are blessed." [GOASD]

**Ode viii.**

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

Guiltless were those Servants in the furnace. \* The Son of the Theotokos went and rescued them. \* He who was prefigured then, \* having been incarnate now, \* is gathering the whole wide world into His Church to sing: \* "O all you works of the Lord, to all ages \* sing praises to the Lord and exalt Him beyond measure." [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 John.

**DEACON:** Let us be attentive.

**CHOIR**

Glory to You, O Lord, glory to You.

**PRIEST** (from the altar table)

*Eothion 9  
John. 20:19 – 31*

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, even so I send you.” And when he had said this, he breathed on them, and said to them, “Receive the Holy Spirit. If you forgive the sins of any,

they are forgiven; if you retain the sins of any, they are retained.” Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe.” Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, “Peace be with you.” Then he said to Thomas, “Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet believe.” Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name. [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. <sup>[SD]</sup>

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. <sup>[SD]</sup>

**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." <sup>[SD]</sup>

**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; our devout Mother Mary of Egypt, whose memory we celebrate, 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 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]

**Ode ix. Katavasia. Mode 4.**

All you born on earth, \* with festival lamps in hand, in spirit leap for joy; \* and all you the heavenly angelic orders, join in and celebrate; \* and honoring the sacred wonders of the Mother of God, \* sing the joyful salutation, "O rejoice, \* Theotokos, all-blest, ever-virgin pure!" [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 - - -

**Exaposteilarion.**

**Eothinon 9.**

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

*Τοῖς Μαθηταῖς συνέλωμεν.*

The doors where the Apostles were \* being shut, Lord, You entered. \* You gave them peace and breathed on them \* and filled them with the

power \* and grace of the Holy Spirit. \* You spoke to them concerning \* binding of sins and loosing them. \* Then You came eight days later and showed Your side \* and Your hands, as tangible proof to Thomas. \* With him we also cry aloud: \* You are our Lord and our God. [GOASD]

**For the Devout Woman.**

**Exaposteilarion. From the Triodion.**

From Triodion - - -

**Mode 3. Having embellished heaven.**

*Ὁ οὐρανὸν τοῖς ἄστροις.*

We have you as an example \* of true repentance, O devout Mary. \* To Christ pray intently \* that in this season of the Fast \* we be granted to praise you \* in songs with faith and longing. [SD]

**Theotokion.**

**Mode 3. Having embellished heaven.**

*Ὁ οὐρανὸν τοῖς ἄστροις.*

O sweetness of the Angels, \* O joy of those in affliction, \* and the protectress of Christians, \* O Virgin Mother of the Lord, \* come to my aid and redeem me \* from the eternal torments. [SD]

**Lauds. Mode 1.**

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, reproving among the peoples.

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

From Octoechos - - -

## Resurrectional Stichera.

### Mode 1.

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

[SAAS]

We extol Your saving Passion, O Christ, and we glorify Your resurrection. [GOASD]

### Mode 1.

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

You endured crucifixion, and You abolished death, and You rose from the dead. We pray You grant us a peaceful life, O Lord, as the only Almighty One. [GOASD]

### Mode 1.

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

You plundered Hades, and You raised humanity, by Your resurrection, O Christ. We pray You grant us to extol You and glorify You with a pure heart. [GOASD]

### Mode 1.

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

We glorify Your divine condescension, and we extol You, O Christ. From the Virgin You were born, and from the Father You remained inseparable. As a man You suffered and voluntarily endured the Cross. As one emerging from a bridal chamber, You rose from the sepulcher, in order to save the world. Glory to You, O Lord! [GOASD]

## Stichera. For the Devout Woman.

From Triodion - - -

**Mode pl. 2. When the saints deposited.**

*Ὅλην ἀποθέμενοι.*

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

Your prolonged polluted state \* with all your prior defilements \* like a wall prevented you \* from beholding the august holy sites of Christ. \* Then your mind went to God, \* when a prick of conscience \* and awareness of what you had done \* had their effect on you, \* to a higher lifestyle converting you. \* For gazing at the icon of \* ever-blessed Mary the Maid of God, \* you condemned your every \* transgression in the past, all-lauded one, \* and then with confidence you adored \* the all-precious Cross of Christ. [SD]

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

Your prolonged polluted state \* with all your prior defilements \* like a wall prevented you \* from beholding the august holy sites of Christ. \* Then your mind went to God, \* when a prick of conscience \* and awareness of what you had done \* had their effect on you, \* to a higher lifestyle converting you. \* For gazing at the icon of \* ever-blessed Mary the Maid of God, \* you condemned your every \* transgression in the past, all-lauded one, \* and then with confidence you adored \* the all-precious Cross of Christ. [SD]

**Verse:** *I waited patiently for the Lord, and He heeded me; and He heard my supplication.*

[SAAS]

After you had worshiped in \* the Holy Lands with rejoicing, \* therein also you received \* the salvific means for your \* road to excellence. \*

And you ran earnestly \* the fine way of virtue. \* Having crossed the Jordan River's stream, \* unhesitatingly \* you began your residence in the place \* where John the Baptist lived before. \* And by your ascetical way of life \* you subdued the passions' \* ferociousness with confidence, O Saint, \* and carnal throbbings you minimized, \* Mother ever-memorable. [SD]

**Verse:** *And He established my feet on a rock and kept straight my steps.* [SAAS]

Dwelling in the wilderness, \* you blotted out every image \* of the passions from your soul, \* having in their place instead \* printed on your soul \* the sublime Godlike form \* of the holy virtues. \* And you shone forth to such an extent \* that you were able to \* fly across the waters, O blessed one, \* and levitate above the ground \* when you raised your hands up to God in prayer. \* Now, O blessed Mother \* all-glorious Saint Mary, as you stand \* before the Master with confidence, \* importunately pray for us. [SD]

Glory. **From the Triodion.**

From Triodion - - -

**Mode 1.**

The Kingdom of God is not food and drink, but righteousness and ascetic practice and holiness; therefore rich men will never enter it, but only those who place their treasures into the hands of the needy. This is what David the Prophet teaches when he says, "Righteous is the man, who is merciful day in and out, who delights in the Lord. He walks in the light; he will not stumble." All of this was written for our edification, that, while fasting, we do acts of kindness; and the Lord will give us, instead of earthly gifts, the things of heaven. [SD]

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!" <sup>[GOASD]</sup>

*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. <sup>[SD]</sup>

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. <sup>[SD]</sup>