

The Service of Matins

on Thursday, May 21, 2026

**Pentecostarion The Ascension
at Matins**

**Menaion - May 21
Memory of Sts. Constantine and Helen
Katavasias of Pentecost II**

Text in English



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Sources

GOADEDES Greek Orthodox Archdiocese of America and Fr. Seraphim Dedes. **AC** Anthony Cook. **AGH** Fr. Andreas Houpos. **GKD** George K. Duvall. **KW** Metropolitan Kallistos Ware. **NR** Nicholas Roumas. **RB** Richard Barrett. **JMB** John Michael Boyer. **SD** Fr. Seraphim Dedes. **TC** Thomas Carroll. **VPA** Virgil Fr. Peter Andronache. **GOA** Greek Orthodox Archdiocese of America. **HC** Holy Cross Orthodox Press. **MLGS** Monastery of the Life-Giving Spring. **OCA** Orthodox Church in America.

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Books - Sources

Pentecostarion

The Ascension

Menaion - May 21

Memory of Sts. Constantine and Helen

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.

From Pentecostarion - - -

Mode 4.

You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world. [SD]

Glory. **For the Equals-to-the-Apostles.**

From Menaion - - -

Mode pl. 4.

Your Apostle among the Rulers, St. Constantine, who once beheld in the sky the image of Your Cross, and who like Paul received his calling not from man, once

entrusted the Ruling City into Your hand. We entreat You to restore it in peace forever, at the intercession of the Theotokos, O only benevolent Lord. [SD]

Both now. **For the Feast.**

From Pentecostarion - - -

Mode 4.

You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world. [SD]

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 Pentecostarion - - -

Mode 1. The stone having been sealed.

Τοῦ λίθου σφραγισθέντος.

As Angels were amazed at Your unusual ascension, * and Your Disciples gazed in awe as You, O Savior, were taken up, * in glory You ascended as God. * O Master, gates were lifted up for You. * And therefore the heavenly hosts cried aloud in amazement, * “Glory to Your descent, O Savior! * Glory to Your eternal rule! * Glory to Your Ascension, only benevolent Lord.” [GOASD]

Glory. Both now. **Repeat.**

As Angels were amazed at Your unusual ascension, * and Your Disciples gazed in awe as You, O Savior, were taken up, * in glory You ascended as God. * O Master, gates were lifted up for You. * And therefore the heavenly hosts cried aloud in amazement, * “Glory to Your descent, O Savior! * Glory to Your eternal rule! * Glory to Your Ascension, only benevolent Lord.” [GOASD]

Kathisma II.

From Menaion - - -

Mode pl. 2.

The Maker of the sun and all creation was led once to the Cross. And now to himself He leads you, the shining star, by stars from heaven. And to you first He bestowed imperial power. Therefore, O most pious emperor Constantine, we extol you and your mother Helen the godly-minded. [SD]

Glory. Both now. **For the Feast.**

From Pentecostarion - - -

Mode 3. You were so beautiful.

Τὴν ὡραιότητα.

The unoriginate and pre-eternal God * assumed humanity’s nature, and mystically * He deified it; and today, He ascended to heaven. * As He was proceeding up with great glory into the heights, * Angels to Apostles said, “This is the One who will come again.” * They worshiped Him together and cried aloud, * “Glory to God who has ascended!” [GOASD]

Kathisma III.

From Menaion - - -

Mode 4. Come quickly.

Ταχὺ προκατάλαβε.

Your dignified memory has shone upon us today. * It brightens the universe with light of knowledge divine, * O God-inspired Constantine. * You among kings and rulers showed yourself to be pious, * for you obeyed the laws of the King of the heavens. * Therefore by your entreaties, from trials deliver us. [SD]

Glory. Both now. **For the Feast.**

From Pentecostarion - - -

Mode pl. 1. As the Father and Spirit.

Τὸν συνάναρχον Λόγον.

You descended from heaven and came to earth, O Christ. * Adam’s nature was lying below, a prisoner * of the netherworld. As God You resurrected him with You. * By Your glorious Ascension, You lifted him on high. * In You he sits with the Father * upon the throne in the heavens, * merciful Lord who love humanity. [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 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.

CHOIR

**Antiphon 1.
Mode 4.**

From my youth, many passions war against me. O my Savior, I implore You, uphold me and save me. (2) [GOASD]

You who hate Zion, be shamed by the Lord; for you will be withered like grass in the fire. (2) [GOASD]

Glory.

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

Both now.

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

Prokeimenon. Psalm 46.

God ascended with a shout, the Lord with the sound of the trumpet. (2)

Verse: *Oh, clap your hands, all you nations; shout to God with the voice of rejoicing.*

God ascended with a shout, the Lord with the sound of the trumpet. [SAAS]

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 Mark.

DEACON: Let us be attentive.

CHOIR

Glory to You, O Lord, glory to You.

PRIEST (from the gate)

Eothinon 3

Mk. 16:9 – 20

When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons. She went out and told those who had been with him, as they mourned and wept. But when they heard that he was alive and had been seen by her, they would not believe it. After this he appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them. Afterward he appeared to the eleven themselves as they sat at table; and he upbraided them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. And he said to them, “Go into all the world and preach the gospel to the whole creation. He who believes and is baptized will be saved; but he who does not believe will be condemned.

And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover.” So then the Lord, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God. And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. Amen. [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]

READER (read)

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]

From Pentecostarion - - -

CHOIR

Glory. **Mode 2.**

At the intercession of the Apostles, O Lord of mercy, blot out my many offenses. ^[SD]

Both now. **Same Mode.**

At the intercession of the Theotokos, O Lord of mercy, blot out my many offenses. ^[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.*

Today, the Powers on high see our nature in the heavens, and they marvel at the strange manner of its ascent. They were perplexed and said to one another, “Who is this who is coming?” But as they saw it was their own Master, they were ordered to raise the heavenly gates. We join them in unceasingly extolling You, who from there will come again in the flesh, as Judge of all and almighty God. ^[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; the holy, glorious, great, God-crowned Sovereigns Constantine and Helen, the Equals to the Apostles, whose memory we are celebrating; 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.

READER

Kontakion of the Feast.

From Pentecostarion - - -

Mode pl. 2. Automelon.

When You had fulfilled the dispensation for our sake, * and united things on earth with the things in heaven, * You were taken up thither in glory, O Christ our God, * going not away from any place, * but continuing inseparable, * and to them that love You crying out: * “I am with you, and there is, therefore, none against you.” ^[SD]

Oikos.

Leaving things of earth upon the earth; consigning things of ash unto the mound; come, let us rouse ourselves, lift up eyes and thoughts, and to the heights ascend. Let our faces and our senses, mortals, likewise look to heaven’s gates. Imagine us upon the mount called Olivet to gaze upon the Redeemer riding on a cloud. From there, the Lord went straightaway to the heavens. There, the Liberal One distributes gifts to His Apostles: as a father calling them, confirming them; directing them as sons; saying to them, “I do not part from you. I am with you, and there is, therefore, none against you.” ^[GKD]

Kontakion. For the Equals-to-the-Apostles.

From Menaion - - -

Mode 3. On this day.

Ἡ Παρθένος σήμερον.

On this day St. Constantine along with Helen his mother * have displayed the Cross, that tree worthy of all veneration. * Lifted up, it contradicts its Jewish detractors * and defends all faithful rulers from adversaries.

* And for us it has been proven to be a great sign, * inspiring awe in war. [GOASD]

Oikos.

O believers, let us honor Constantine and his mother Helen. They heard to the words of the Prophet Isaiah, “with the cypress, the pine, and the cedar,” and they understood them as referring to the Cross, which was composed of three types of wood and which was the instrument of the saving Passion. It had been hidden because of jealousy and denial, but they found it. They made preparations to display it, and they summoned all the Jews there, and they showed the people this major vindication. And thus everyone saw them as victors, holding the unassailable shield, a great sign, inspiring awe in war. [GOASD]

Stand for the reading of the Synaxarion.

Synaxarion

From the Menaion.

On May 21 we commemorate the holy, glorious, God-crowned and great Sovereigns Constantine and Helen, the Equals to the Apostles.

The holy Neo-martyr Pachomios, who witnessed in Ousaki, Philadelphia, died by the sword.

From the Pentecostarion.

On this day, Thursday of the sixth week of Pascha, we celebrate the Ascension of our Lord, God and Savior Jesus Christ.

Verses

O Word, You sat at the right of the Father,

Having granted initiates faith that is surer.

Christ our God, taken up in glory, have mercy on us. Amen.

CHOIR

Katavasia of Pentecost II

Ode i. Mode 4.

Long ago, Moses entered the darkness where God was. * Obtaining divine inscriptions, he promulgated * God’s Law. For cleansing his mind’s eye he saw the only * One who Is and was given knowledge of the Holy * Spirit, whom he honored with inspired songs of praise. [GOASD]

Ode iii.

Unembarrassed prayer of the Prophetess Hannah * Shattered fetters on her womb that made her barren, * Ending the irritation of her fruitful rival’s * Needling; for she brought a broken heart and spirit * To the omniscient God and only Sovereign. [GOASD]

Ode iv.

Now, O King of kings, only Logos begotten * Of the only uncaused Father, as Benefactor * To Your Apostles You send out Your unerring, * Holy, consubstantial, equipotent Spirit. * Evermore we sing, “Glory to Your might, O Lord!” [GOASD]

Ode v.

Experience the fire-breathing dew of the Spirit, * Forgiving and purging your sins and offenses, * All you children of the Church who are illumined. * The grace of the Holy Spirit,

as tongues of fire, * Has gone forth today as a new law from Zion. [GOASD]

Ode vi.

To snatch from corruption Adam and the entire * Human race that was fallen, like Prophet Jonah * Out of the maw of the sea beast, You, our Master, * Shone forth, O Christ our God, from the immaculate * Ever-Virgin, as expiation and salvation. [GOASD]

Ode vii.

Instruments were played discordantly, demanding * Everyone fall down before the gold, lifeless image. * Rousing the faithful now to sing with reverence: * “You are blessed, equipotent, unoriginate * Trinity!” is the luminous grace of the Spirit. [GOASD]

Ode viii.

We praise and we bless and we worship the Lord.

Emblematic of the tri-luminous Godhead, * Releasing bonds and damping flames of old, those Servants * Extolled the Lord and invited all created * Nature to bless and to exalt beyond measure * The only omnific Savior as Benefactor. [GOASD]

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. Canon 1.

The Patriarchal Typikon says to sing the troparia without the verse, “Glory to You, our God...”

Mode pl. 1. Heirmos.

You, transcending mind and reason are Mother of God; * you gave birth to the timeless One in time inexpressibly. * We the faithful with one accord magnify you.

Glory to You, our God, glory to You.

Watching You the world’s Redeemer, O Christ our God, * be divinely exalted into heaven, with fear and awe * the Apostles exultantly magnified You. [GOASD]

Glory to You, our God, glory to You.

Watching as Your body, which was deified, O Christ, * was ascending into the heights of heaven, the Angels, * one to another, signaled, “This is truly our God.” [GOASD]

Glory to You, our God, glory to You.

Christ our God, as incorporeal orders beheld * You ascending on clouds into the heavens, they cried aloud, * “This is the King of glory. Lift the gates for Him!” [GOASD]

Glory to You, our God, glory to You.

You descended even to the netherworld, O Lord, * and You saved all humanity; and now You exalted it * by Your glorious ascension. We magnify You. [GOASD]

Most-holy Theotokos, save us.

Theotokion.

Theotokos, as the Mother of Christ God, rejoice! * As you witnessed Your Son ascend to heaven from earth today * on the clouds with the Angels, you magnified Him. [GOASD]

Canon 2.

Mode 4. *All you born on earth.*

*The Angels, beholding the Lord's ascension, were filled with great astonishment, * at how with glory He was lifted from the earth into heaven.*

Oh, the gifts of God, * beyond comprehension! Oh, the awesome mystery! * For the Lord and Ruler of all * from earth ascended to heaven, whence He came, * and sent to His Disciples the all-holy Spirit of God, * who illumined their souls and their intellects, * and effectively set them afire with grace.

[GOASD]

*The Angels, beholding the Lord's ascension, were filled with great astonishment, * at how with glory He was lifted from the earth into heaven.*

To the sacred corps * of holy Disciples did the risen Lord command, * "Stay here in Jerusalem, * until I send you another Comforter, * who shares the Father's throne and is of equal honor with Me, * whom you see now taken up into the heights, * being carried aloft on a cloud of light." [GOASD]

*The Angels, beholding the Lord's ascension, were filled with great astonishment, * at how with glory He was lifted from the earth into heaven.*

Even though the Lord * became poor assuming flesh, now His magnificence * higher than the heavens is raised. * Our fallen nature is honored evermore * by session with the

Father. Therefore let us celebrate * and with one voice jubilantly cry aloud, * and with gladness of heart let us clap our hands. [GOASD]

*The Angels, beholding the Lord's ascension, were filled with great astonishment, * at how with glory He was lifted from the earth into heaven.*

Theotokion.

Visibly from you, * O all-blameless Virgin, Light from Light has shone on all, * and He has entirely * dispelled the darkness of deathly godlessness * and led into the light those who had lain asleep in the night. * Therefore as all generations ought to do, * we the faithful forever will call you blessed. [GOASD]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. *The heavens were astounded.*

Ἐξέστη ἐπὶ τούτῳ.

Saints of God, intercede for us.

The tomb wherein your sacred and precious corpse * lies, O Constantine, surges continually with divine * lightning flashes and the resplendent rays * of cures for every malady unto all who draw near with ardent faith. * It drives away the darkness; * and by its never-setting * luster illumines those who sing your praise. [SD]

Saints of God, intercede for us.

In saintliness you finished your earthly life. * You have now gone to dwell with the other saints, for you abound * with illumination and holiness. * And therefore you continually * overflow with rivers of cures for all. * You

wash away the passions, * O blessed Saint Eleni, * and you refresh our souls with holy drink. [SD]

Glory.

Eternally beginningless sovereign King, * You have granted to Saint Helen and to Constantine the Great * kingly rule in heaven, as in the past * You once permitted them to reign * as Orthodox Emperors on the earth, * for they sincerely loved You. * And by their intercessions * on all have mercy, O immortal Lord. [SD]

Both now. **Theotokion.**

O Virgin, you conceived the immortal King * and Creator of all, and gave birth to Him. And now behold, * you stand at His right hand, even as Queen * such as you are. And therefore, O pure one, importunately do I entreat: * Redeem me from the portion * on the left, and include me * among the right-hand sheep on Judgement Day. [SD]

Ode ix. Katavasia. Mode 4.

Theotokos, rejoice! Queen of all and the glory * Of mothers and virgins! There is no eloquence, * There is no hymn, no poetry, that can worthily * Honor you. And when we think about your childbirth, * Every mind is dazed. Therefore we all glorify you. [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. For the Feast.

From Pentecostarion - - -

Mode 2. Automelon.

Τῶν Μαθητῶν ὁράντων σε.

With the disciples witnessing, You ascended, * O Christ, unto the Father, to sit beside Him. * Angels ran before You and they cried aloud, * Lift up the gates, O lift them up. * Behold the King has ascended * to light-principial glory. [SD]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode 2. Let us in faith.

Τοῖς Μαθηταῖς συνέλωμεν.

The great and holy Constantine * with his mother St. Helen * did not receive imperial * rule and dominion from men * but by divine grace from heaven. * He is the one who witnessed * the divine trophy of the Cross *

shining above, and by it he crushed the foes,
* ending the deceptive ruse of the idols; * and
he confirmed the Orthodox * faith as a world
religion. [SD]

For the Feast.

From Pentecostarion - - -

Mode 2. Automelon.

Τῶν Μαθητῶν ὁρώντων σε.

With the disciples witnessing, You
ascended, * O Christ, unto the Father, to sit
beside Him. * Angels ran before You and they
cried aloud, * Lift up the gates, O lift them
up. * Behold the King has ascended * to light-
principal glory. [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, reproof among the
peoples.

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

Stichera for the Feast.

From Pentecostarion - - -

Mode 1. For all the powers of heaven.

Τῶν οὐρανίων ταγμάτων.

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

[SAAS]

Let us on earth join the Angels and
celebrate the feast, * crying aloud and singing
* to our God, who is seated * on the throne
of glory, the thrice-holy hymn, * "Heavenly

Father, holy are You; * co-unoriginate Logos, holy are You; * and all-holy Spirit, holy are You.” [SD]

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

As the preeminent Angels perceived Your strange ascent, * they were perplexed, O Savior, * and they asked one another, * “What are we beholding? Human in form * is the one we are seeing here. * He has a body; and yet, look how He ascends * far above the heavens, as our God.” [SD]

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

The men of Galilee, watching as You were taken up * from the Mount of Olives * with Your body, O Logos, * heard the voice of Angels who cried out to them, * saying, “Why do you stand and look? * This Jesus, henceforth incarnate, will come again * in the same way as you saw Him go.” [SD]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. What a paradoxal.

Ὡ τοῦ παραδόξου.

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

Full of wisdom, Constantine, rejoice! * The well of Orthodox Faith, * that has watered in every age * the entire universe * with its waters most sweet, rejoice! * Glorious root, out of which has burgeoned forth * the fruit that feeds the entire Church of Christ, * you

are the pride and joy * of the fathers; O rejoice! You are the first * of all Christian emperors. * Rejoice, believers’ joy! [SD]

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

He who rules over creation all, * O all-wise Ruler, foresaw * the obedience of your heart, * and through reason captured you * when unreason was ruling you; * and He illumined your thoughts and reasoning * with certain knowledge of Orthodox belief; * glorious Constantine, * to the world He showed you as a shining sun, * radiating brilliant beams * of godly words and deeds. [SD]

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

Full of wisdom, Helen, praised by all, when you accepted the Lord’s * saving teachings, like chosen earth * you abundantly produced * many fruits of your virtuous deeds. * And by displaying a holy way of life * for imitation, you thereby feed our minds. * Therefore we celebrate * your divine memorial, O royal Saint, * festively observing it today with heightened joy. [SD]

Glory.

From Menaion - - -

Mode pl. 4.

The King of kings and God, who adorns the worthy with abundant gifts, caught you in His net, through the sign of the Cross, like He did to Paul the glorious, O Constantine. He said to you, “In this sign conquer your enemies.”

Thus having sought Him, as did your godly-minded mother, and having found Him for whom you longed, you utterly defeated them. In company with your mother, earnestly pray for Orthodox rulers, and the Christ-loving armed forces, and all of us who loyally observe your memory, entreating our only benevolent Lord, to deliver us from all wrath. ^[SD]

Both now. **For the Feast.**

From Pentecostarion - - -

Mode 2.

You were born, as You so willed; You appeared, as You so wished. You suffered in the flesh, O our God; You rose from the dead, after trampling death. You were taken up in glory, You who fill the universe; and You sent us the divine Spirit, that we might extol and glorify Your Divinity. ^[SD]

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.

Apolytikion.

From Pentecostarion - - -

Mode 4.

You ascended in glory, O Christ our God,
after You filled the Disciples with joy, by
promising to send them the Holy Spirit, and
You blessed them and established their faith,
that You are the Son of God, the Redeemer of
the world. [SD]