



Service of Matins

Sunday, February 21, 2010

Mode 4. Eothinon IV.

Lent 1: Sunday of Orthodoxy.

Katavasias of Lent 1.

Triodion Post-Gospel Idiomela.

<http://sgpm.goarch.org/ematins/Music-Lent.htm>

Text in English

Our Web site can be found at this address:

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Mode 4.

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

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

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

Verse: This came about from the Lord, and it is wonderful in our eyes.

Resurrectional Apolytikion

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and had rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

Glory. **For the Feast.**

Mode 2g.

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

Both now. **Theotokion.**

All surpassing every thought, all surpassing glorious, O Mother of God, are your mysteries. For while bearing the seal of purity and preserved in virginity, you were deemed a Mother in truth, for to the true God you gave birth. To Him pray fervently, entreating that our souls be saved.

PRIEST

In peace let us again pray to the Lord.

Help us, save us, have mercy upon us and protect us, O God, by your grace.

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

CHOIR

To You, O Lord.

PRIEST

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

CHOIR

Amen.

Kathisma I. Mode 4g.

Looking up at the entrance to the sepulcher, and unable to endure the Angel's lam-bency, the myrrh-bearing women were trembling and said in astonishment: Has He been stolen, who to the Robber opened up Paradise? Has He arisen, who spoke of rising before even suffering? He is truly risen as Christ our God, granting those in Hades life and resurrection.

Glory. *Joseph marveled.*

By Your voluntary will, O Savior, You endured the Cross,* and by mortal men were You into a new tomb interred,* who by a word had created the entire world.* Wherefore being bound was the enemy Death* plundered of his spoils catastrophically.* And those in Hades all together cried aloud at Your life-bearing resurrection:* The Christ is risen, the Life-bestower,* and He abides forever.

Both now. **Theotokion. Original Melody.**

O Theotokos, through you became manifest to us on earth the mystery, which was hid from eternity, and which the Angels themselves knew not: that God, uniting natures without confusion, becomes a man and accepts crucifixion for our salvation voluntarily. By virtue of this, resurrecting man whom He had first created, He saved our souls from death.

Kathisma II. Come quickly.

O Savior, immortal as You are, from Hades You rose,* by virtue of Your own resurrection raising Your world* together, O Christ our God.* Mightily You have broken death's dominion, O Master.* You as the Lord of mercy showed to all the resurrection.* We therefore glorify You who alone love humanity.

Glory. Joseph marveled.

From exalted heights above descended Gabriel and came,* and he sat upon the rock wherein the Rock of life had lain.* Arrayed in white, he cried out to the weeping women:* Cease now from your cries of lament; nonetheless,* ever be possessed of a compassionate heart.* Take courage; He for whom you are weeping and are seeking has truly arisen.* And therefore, cry out to the Apostles,* The Lord has resurrected.

Both now. **Theotokion. Same Melody.**

O pure Maiden, 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 God's Mother.

Evlogetaria. Mode pl. 1a.

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

The company of angels was amazed when it saw You among the dead being numbered, O Savior, who destroyed the power of death and resurrected Adam together with yourself, while from Hades liberating everyone.

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 unto the myrrh-bearing women. “See for yourselves the tomb and understand; for the Savior has risen from the sepulcher.”

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

Unto Your tomb, very early in the morning, did the myrrh-bearers hasten lamenting. But the angel appeared unto them and uttered, “The time for lamentation has ended; weep no more. But announce the Resurrection to the Apostles.”

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

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

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

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

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

O Virgin, you gave birth to the Giver of life; from sin you delivered Adam, while to Eve you have rendered joy in place of sorrow. He who was from you made incarnate, God and man, has directed to life him who fell from it.

Alleluia, alleluia, alleluia, glory to You, O God. (3)

PRIEST / DEACON

Let us again in peace pray to the Lord.

Help us, save us, have mercy upon us, and protect us, O God, by your grace.

Remembering our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commit 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 forever and to the ages of ages.

READER

Amen. (spoken)

Hypakoè.

The women bearing myrrh hurried to declare the matter of Your paradoxal rising to Your Apostles, O Christ, that, as God You arose, granting the world great mercy.

CHOIR

**Anavathmoi
Antiphon I. Mode 4e.**

Since my youth have many passions waged war against me. O my Savior, nonetheless do help me and save me.

You, the haters of Zion, be put to shame by the Lord, for like thatch in fire you will be completely dried up.

Glory. Both now.

From the Holy Spirit every soul receives life, and through cleansing is lifted and brightened, in a hidden, sacred manner, by the trinal Monad.

Antiphon II.

I cried to You, O Lord, from the depth of my soul with fervor. Let Your divine ears be responsive to me.

Whosoever has acquired hope in the Lord is superior to all whatsoever might grieve him.

Glory. Both now.

From the Holy Spirit do the streams of grace well forth; they irrigate everything created, so that life be engendered.

Antiphon III.

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

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

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.

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.

READER**Kontakion**

Savior and Deliverer is He who raised up from the tomb and from the bonds those born on earth, for He is God; and He destroyed Hades' bars and gates, and on the third day arose, *as the Master of all.*

Ākos

Him who from the dead arose, Christ the Life-Giver, on the third day from the tomb; who crushed the gates of death today by the power which is His; Him who slew Hades who ground away the sting of death, and rescued Adam and Eve: Him let us all, born on earth, now extol, earnestly shouting our grateful praise. For He, alone our mighty God, on the third day arose, *as the Master of all.*

Kontakion for the Feast.

The Father's uncircumscribed Word was circumscribed in taking flesh from you, O Theotokos. His image had been soiled, so He restored it to its primordial form, and in so doing combined it with divine beauty. And confessing our salvation, *we depict it in word and deed.*

Ākos

This, the mystery of the plan of salvation—this present illumination—did the prophets foretell of old, with divine inspiration, to us who have come to the ages' termination. Receiving knowledge from Him, we know one Lord God, glory giv'n in three hypostases. And in giving Him our sole adoration, being one in Faith and Rite of Immersion, we are vested in Christ, and confessing our salvation, we depict it in word and deed.

Synaxarion

On the twenty-first of this month we commemorate our righteous Father Timothy of Symbola.

On this day we commemorate our Father among the Saints Eustathius the Confessor, Patriarch of Antioch the Great.

On this day we commemorate our Father among the Saints George, Bishop of Amastris.

On this day our Father among the Saints John Scholasticus, Patriarch of Constantinople, reposed in peace.

On this day Saint Zacharias, Patriarch of Jerusalem, reposed in peace.

On this day, the first Sunday of Lent, we commemorate the restoration of the holy and venerable icons enacted by the ever-memorable Emperors of Constantinople, Michael and his mother Theodora, during the patriarchate of the Saint Methodius the Confessor.

O unaltered Image of the Father, by the intercessions of your holy Confessors, have mercy on us. Amen.

CHOIR**Katavasīæ****Ode i. Mode 4e.**

Traversing on foot the ruddy waters of the sea with feet unwet,* the ancient host of Israel of old * in the wilderness routed the force * of Amalek by Moses' hands, when he uplifted them in cruciform.

Ode iii.

Because of You does Your Church * rejoice, O Christ, and she cries out unto You: * Sovereign Lord, my strength are You,* and my place of refuge and firm support.

Ode iv.

Seeing You the Sun of Righteousness being lifted * upon the Cross unlawfully for our sake, O Christ God,* then the Church stood firm in her place * and fittingly cried aloud, Glory to Your power, O Lord my God.

Ode v.

My Lord and light, You came to the world as a holy light, * returning us from

the blindness * and the darkness of ignorance, faithfully extolling You.

Ode vi.

Sacrifice to You will I, O Lord, with a voice of praise. * To You the Church thusly cries out, * purified of blood offered to the demons * by Your own blood * that from Your side was poured out for pity's sake.

Ode vii

Inside the furnace * in Persia were the children of Abraham * burning with a love for piety rather than from the fire, and they cried aloud, * Forever blessed in the temple of Your glory are You, O Lord.

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

Ode viii.

Daniel shut the gaping mouths of lions in the den of old by stretching out his hands. * The Youths and lovers of piety, with the virtues having girt themselves,* suppressed the fury of the fire, as they were crying aloud and chanting,* O all you works of the Lord, praise and bless the Lord.

PRIEST / DEACON

Let us pray to the Lord.

CHOIR

Lord have mercy.

PRIEST

For you are holy, our God, who rest among the Saints, and to you we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

CHOIR

Amen.

Let everything that breathes praise the Lord. (3).

PRIEST / 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)

PRIEST / DEACON

Wisdom! Arise! Let us hear the Holy Gospel.

PRIEST

Peace be to you 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

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.

CHOIR

Glory to you, O Lord, glory to you.

READER

Having seen the Resurrection of Christ, let us worship the Holy Lord Jesus, the only sinless one. Your Cross do we worship, O Christ, and Your holy Resurrection do we hymn and glorify. For You are our God, we know no other but You, we call upon Your name. Come all the faithful, let us worship the holy Resurrection of Christ; for behold through the Cross, joy has come in all the world. Ever blessing the Lord, we extol His Resurrection. For enduring the Cross for us, He destroyed death by death.

CHOIRS

Psalm 50.

Mode 2g (*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 re-
joice.

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

Create in me a clean heart, O God, and re-
new 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 bro-
ken 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.

Glory. Mode pl. 4c.

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.

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.

Idiomelon. Mode pl. 2d.

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."

PRIEST / DEACON

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 most pure Lady the Theotokos and ever-Virgin Mary; the power of the precious and life-giving Cross; the protection of the honorable, bodiless Powers of heaven; the supplications of the honorable and 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, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker and Charalambos the Hieromartyr; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; [the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriakè, Fotenè, Marina, Paraskevè and Irene;] of our holy God-bearing Fathers; (*the patron saint of the*

church); the holy and righteous ancestors of God Joachim and Anna and of all your Saints; we beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIRS

Lord have mercy. (12)

PRIEST

Through the mercy, compassion, and love of mankind of your only begotten Son, with whom you are blessed, together with your all holy, good and life-giving Spirit, now and forever and to the ages of ages.

CHOIRS

Amen.

PRIEST / DEACON

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

The Magnificat. Mode 4e.

CHOIRS

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

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.

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

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.

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.

Greater in honor than the Cherubim, and in glory greater beyond compare than the Sera-

phim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

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

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.

Verse: He 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.

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.

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

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.

Ode ix. Katavasia. Same Mode.

Christ the Cornerstone was from you cut, but not by human hand, O Virgin, * for you are the un-quarried mountain; and He united the separated natures. * As we rejoice because of this, O Theotokos, you we magnify.

PRIEST / DEACON

Let us again in peace pray to the Lord.

Help us, save us, have mercy upon us, and protect us, O God, by your grace.

Remembering our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us

commit ourselves and one another, and our whole life to Christ our God.

CHOIRS

To You, O Lord.

PRIEST

For all the powers of heaven praise you and give you glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

CHOIRS

Amen.

Holy is the Lord our God. (3)

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

The 4th Exaposteilarion.

Mode 2g. On the mountain.

Let us with virtues dazzling bright * envision two men standing * in the life-bearing sepulcher * wearing dazzling apparel * beside the myrrh-bearing women * who bow their faces to the earth. * Let us be taught the rising of * Him who rules over heaven. And let us run * unto life within the tomb, joining Peter. * Marveling at what has occurred, * let us abide to see Christ.

For the Feast.

Mode 2. O Women, hearken.

Exult, O peoples, and applaud, * and sing in praise with joyful heart. * And cry to Christ, Oh how wondrous * are all Your works, and unusual! * And who is able to declare * the mighty deeds that You perform, * O Savior, for You unified * our single mind and consensus * in one holy Church assembly.

Theotokíon.

The swords of hostile heresy * and even its memorial * have ceased to be now completely * and disappeared with a great

sound. * O all-pure Lady, as we see * your temple once again adorned * majestically with the graces * of the venerable icons, * our souls are all filled with gladness.

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.

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

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

You endured crucifixion and death, O Lord, and resurrected from the dead. O Almighty One, we glorify Your resurrection.

Praise God in His saints, praise Him in the firmament of His power.

O Christ, by means of Your Cross, You have set us free from the ancient curse; and by means of Your death, You have neutralized the devil who tyrannized our nature; and by Your rising, You filled all things with joy. Therefore we shout to You, who rose from the dead, "Glory to You, O Lord."

Praise Him for His mighty acts, praise Him according to the abundance of His greatness.

By means of Your Cross, O Lord, direct us to Your truth, O Christ our Savior; and deliver us from the snares of the foe. You who rose from the dead, raise us who are fallen because of sin, extending Your hand, O Lord who loves humanity, at the intercession of Your holy ones.

Praise Him with the sound of trumpet, praise Him with the harp and lyre.

Only-begotten Logos of God, while departing not from the Father's bosom, You

came to earth for love of humanity, immutably becoming human; and You physically endured the Cross and death, although impassible in divinity. Having risen from the dead, You granted the human race immortality, as the only almighty One.

Prosomoia for the Feast.

Mode 4e. *You have given.*

Praise Him with timbrel and dance, praise Him with strings and flute.

The Church is exultant now in You the Lover of humankind, * You her Bridegroom and Fashioner, * in You, who by Your own will, most divine, have ransomed * her from the delusion of idols with Your precious blood, * and then, O Master, betrothed her to yourself. * And gaily she takes pleasure in the most august reestablishment * of the Icons, with faith and joy * giving glory and praising You.

Praise Him with resounding cymbals, praise Him with triumphant cymbals. Let everything that breathes praise the Lord.

The Church is exultant now in You the Lover of humankind, * You her Bridegroom and Fashioner, * in You, who by Your own will, most divine, have ransomed * her from the delusion of idols with Your precious blood, * and then, O Master, betrothed her to yourself. * And gaily she takes pleasure in the most august reestablishment * of the Icons, with faith and joy * giving glory and praising You.

Arise, O Lord God, let Your hand be lifted high; and do not forget Your poor.

We now reestablish the representation of You, O Lord, * in the flesh, and we reverence it * relatively, and by it * show forth the great myst'ry * of Your Dispensation. * For You, O Friend of man, appeared * in truth and physical nature unto us, * not merely in appearance as the sons of Manis,

Your enemies, say.* Through Your icon we are led up * to a longing and love for You.

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

Today has been manifested as a day of festivity, * as a day full of happiness. * The bright light of very true * dogmas shines like lightning. * And Christ's Church is glowing, * for she is once again adorned * by the replacement and installation now * of holy icons and depictions, and the light that they radiate. * And a oneness of mind among * the believers has God bestowed.

Glory. For the Feast.

Mode pl. 2d.

Moses, after a time of self-control, received the law and won over the people. Elias, in fasting, caused the closing of the heavens; and the three youths, descendants of Abraham, by fasting overcame the law-breaking tyrant. Through fasting make us also worthy, O Savior, to arrive at *Your* Resurrection, as thus we cry aloud, "Holy God, Holy Mighty, Holy Immortal, have mercy on us."

Both now. **Theotokion.**

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate, was Hades taken prisoner, and Adam has been summoned back, and the curse has been neutralized, and Eve has been liberated; death has been put to death, and we have been brought to life. Therefore extolling we cry out: O Christ our God, You are blessed, for so was Your good pleasure. Glory to You.

The Doxology follows immediately.

Last Revision: 1/1/2010