

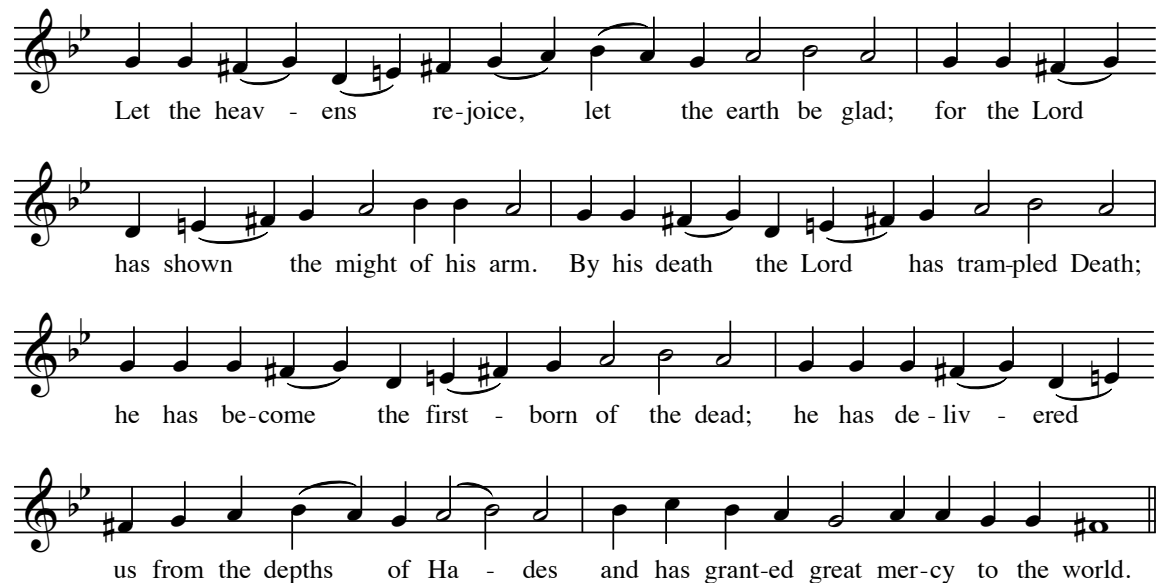
THIRD HOUR PROPER FOR MAY 5TH, 2020

1stThe holy and glorious martyr Irene, at Thessalonica in Macedonia. Since she had hidden the sacred books in violation of the edict of Diocletian, she was taken to a public house of ill repute, then burned in a fire by order of the governor Dulcetius. It was under this same governor that her sisters Agape and Chionia had suffered previously. (1st century)

Our venerable father Nicephor, hegumen of the Medikion Monastery. He lived the life of an ascetic as a monk on Mt. Athos with the wise Theoliptos. He was a teacher of Gregory Palamas and wrote a work on mental prayer. Nicephor taught: "Gather your mind and force it to enter into the heart and remain there. When your mind is established in the heart, it should not remain empty, but allow it to continually perform this prayer: O LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME [THE JESUS PRAYER]! Never allow it to be silent. Because of this, the entire chain of virtues will enter into you: love, joy, peace and all others, because of which your every petition to God will be fulfilled later." (14th century)

Tuesday of the Fourth Week of Pascha

Troparion of the Resurrection - Tone 3:



Let the heav - ens re-joice, let the earth be glad; for the Lord
has shown the might of his arm. By his death the Lord has tram-pled Death;
he has be-come the first - born of the dead; he has de - liv - ered
us from the depths of Ha - des and has grant-ed great mer-cy to the world.

Cantor (Tone 4):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

The musical notation is on a single staff in G major (one sharp) and 4/4 time. It consists of a sequence of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, F#5, E5, D5, C5, B4, A4, G4. The final note G4 is held for a full measure.

Troparion - Tone 4

Your lamb I - rene, O Jesus, cries out in a loud voice: I love you,

The musical notation is on a single staff in G major (one sharp) and 4/4 time. It consists of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, F#5, E5, D5, C5, B4, A4, G4. There is a double bar line after the eighth note (F#5).

my Bridegroom; I seek you with pain-ful long - ing; I am cru - cified with you;

The musical notation is on a single staff in G major (one sharp) and 4/4 time. It consists of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, F#5, E5, D5, C5, B4, A4, G4. There is a double bar line after the eighth note (F#5).

in your baptism, I am bur - ied with you; I suf - fer for you that I may

The musical notation is on a single staff in G major (one sharp) and 4/4 time. It consists of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, F#5, E5, D5, C5, B4, A4, G4. There is a double bar line after the eighth note (F#5).

reign with you; and I die for you that I may live with you. Re - ceive me

The musical notation is on a single staff in G major (one sharp) and 4/4 time. It consists of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, F#5, E5, D5, C5, B4, A4, G4. There is a double bar line after the eighth note (F#5).

as a spotless sacrifice immo lat - ed with love for you. By her pray'rs, O merci - ful

The musical notation is on a single staff in G major (one sharp) and 4/4 time. It consists of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, F#5, E5, D5, C5, B4, A4, G4. There is a double bar line after the eighth note (F#5).

One, save our souls.

The musical notation is on a single staff in G major (one sharp) and 4/4 time. It consists of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, F#5, E5, D5, C5, B4, A4, G4. There is a double bar line after the eighth note (F#5).

Cantor (Tone 4):

Now and ev - er and for - ev - er. A - men.

The musical notation is on a single staff in G major (one sharp) and 4/4 time. It consists of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, F#5, E5, D5, C5, B4, A4, G4. The final note G4 is held for a full measure.

Theotokion of Third Hour - Tone 4:

O The - o - to - kos, you are the true vine laden with the Fruit of Life;

The musical notation is on a single staff in G major (one sharp) and 4/4 time. It consists of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, F#5, E5, D5, C5, B4, A4, G4. There is a double bar line after the eighth note (F#5).

where - fore, we im - plore you, O La - dy, to in - ter - cede

to - gether with the apos - tles and all the saints that we may obtain mer - cy

for our souls.

Third Hour continues with "May the Lord God be blessed..." on p. 9

Kontakion - Tone 4

An - oint - ed with the sweetness of vir - gin - i - ty, you were beautiful in your

mar - tyr dom, O vir - gin I - rene. Robed in crim - son from your blood, you

exposed the lies of the god - less. For this the Cre a - tor crowned you in

tri - umph.

Third Hour continues with "Lord, have mercy..." (40 times) on p. 11

¹Format 24: Weekdays during the Paschal Season