

Matins Propers

Ninth Sunday after Pentecost

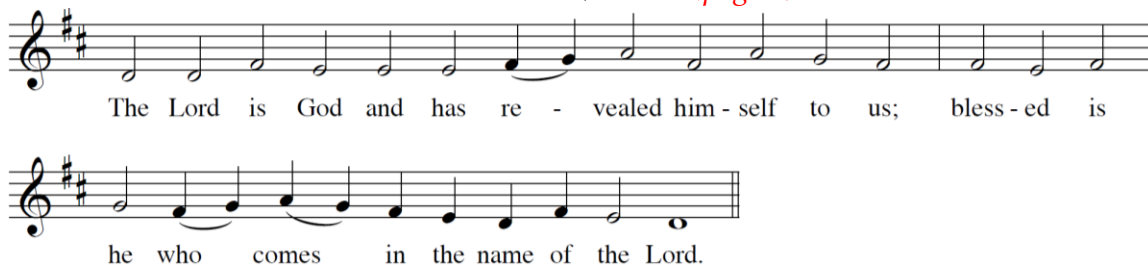
*in the Eighth Tone with the Ninth Resurrection Gospel
& with the Katavasiai from the Canon of the Exaltation of the Cross,
which are sung August 1st through August 6th*

Hexapsalmos

*The people stand while the reader chants only **Psalm 62** on p. 3 followed by "Glory..." on p. 6.
Matins continues with the Litany of Peace on page 7.*

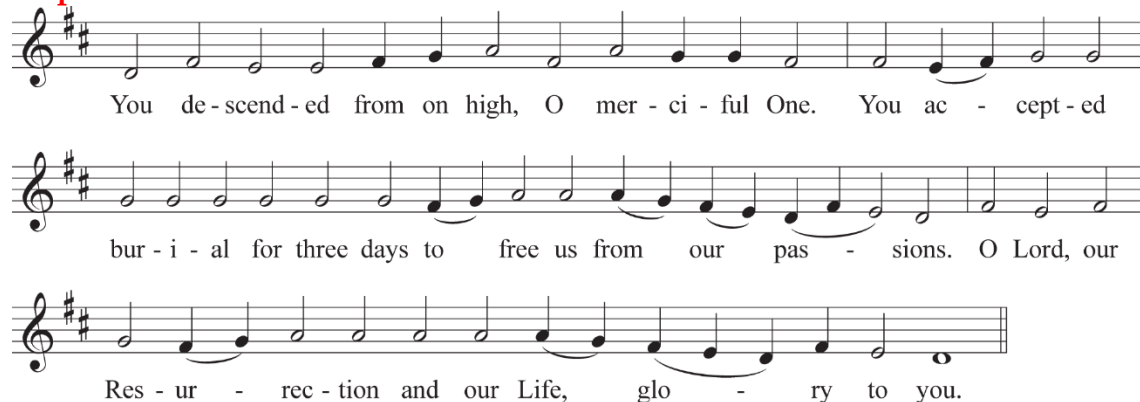
The Lord is God (page 9)

Tone 8



Troparia (page 9)

Troparion of the Resurrection – Tone 8



The repetition of the troparion is omitted

Cantor (*Tone 8*):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it,
now and ev - er and for - ev - er. A - - - men.

The musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The first staff contains the melody for the first line of text, and the second staff contains the melody for the second line. The melody is a simple, flowing line with a mix of quarter and eighth notes, ending with a long, sustained note for 'men'.

Festive Theotokion – *Tone 8*

O gra-cious Lord, for the sake of man-kind you were born of a vir - gin;
through your death on the cross you con - quered Death; and through
your res - ur - rec - tion you re-vealed your-self as God. O Mer - ci - ful Lord,
do not dis - dain those whom you have cre - a - ted with your own hands,
but show forth your love for man-kind. Ac-cept the in - ter-ces-sion
which the Moth - er who bore you makes in our be - half: O Sav - ior,
save your des - pair - ing peo - ple.

The musical notation is in G major (one sharp) and 4/4 time. It consists of seven staves. The melody is a simple, flowing line with a mix of quarter and eighth notes, ending with a long, sustained note for 'ple'.

Kathismata (page 10)

People: Lord, have mercy (*three times*)
Glory to the Father and to the Son and to the Holy Spirit

Reader: Now and ever and forever. Amen.

The people sit while the reader, holding a candle and standing in the middle of the church, chants the following without melody.

The 1st stasis of the 3rd Kathisma: **Psalm 17**

I will love you, O Lord, my strength, my rock, my fortress, my savior. The Lord is my rock and my refuge; my shield, my mighty help, my stronghold. The Lord is worthy of all praise, when I call I am saved from my foes. The waves of death rose about me; the torrents of destruction assailed me; the snares of the grave entangled me; the traps of death confronted me. In my anguish I called to the Lord; I cried to God for help. From his temple he heard my voice; my cry came to his ears. Then the earth reeled and rocked; the mountains were shaken to their base: they reeled at his terrible anger. Smoke came forth from his nostril and scorching fire from his mouth: coals were set ablaze by its heat. He lowered the heavens and came down, a black cloud under his feet. He came enthroned on the cherubim; he flew on the wings of the wind. He made the darkness his covering, the dark waters of the clouds, his tent. A brightness shone out before him with hailstones and flashes of fire. The Lord thundered in the heavens; The Most High let his voice be heard. He shot his arrows, scattered the foe, flashed his lightnings and put them to flight. The bed of the ocean was revealed; the foundations of the world were laid bare at the thunder of your threat, O Lord, at the blast of the breath of your anger. From on high he reached down and seized me; he drew me forth from the mighty waters. He snatched me from my powerful foe, from my enemies whose strength I could not match. They assailed me in the day of my misfortune, but the Lord was my support. He brought me forth into freedom, he saved me because he loved me. He rewarded me because I was just, repaid me, for my hands were clean, for I have kept the way of the Lord, and have not fallen away from my God. For his judgments are all before me: I have never neglected his commands. I have always been upright before him; I have kept myself from guilt. He repaid me because I was just and my hands were clean in his eyes. You are loving with those who love you: you show yourself perfect with the perfect. With the sincere you show yourself sincere, but the cunning you outdo in cunning. For you save a humble people but humble the eyes that are proud. You, O Lord, are my lamp, my God who lightens my darkness. With you I can break through any barrier, with my God I can scale any wall. As for God, his ways

are perfect; the word of the Lord, purest gold. He indeed is the shield of all who make him their refuge. For who is God but the Lord? Who is a rock but our God? The God who girds me with strength and makes my way blameless. My feet you make swift as the deer's; you have set me upon the high places. You have trained my hands for battle and my hands to bend the heavy bow. You gave me your saving shield; you upheld me, trained me with care. You gave me freedom for my steps; my feet have never slipped. I pursued and overtook my foes, never turning back till they were slain. I smote them so they could not rise; they fell beneath my feet. You girded me with strength for battle; you made my enemies fall beneath me; you made my foes take flight; those who hated me I destroyed. They cried, but there was no one to save them; they cried to the Lord, but in vain. I crushed them fine as dust before the wind; trod them down like dirt in the streets. You saved me from the feuds of the people and put me at the head of the nations. People unknown to me served me: when they heard of me, they obeyed me. Foreign nations came to me cringing; foreign nations faded away. They came trembling out of their strongholds. Long life to the Lord, my rock! Praise be the God who saves me, the God who grants me vindication and subdues people under me. You saved me from my furious foes. You set me above my assailants. You saved me from violent men, so I shall praise you, Lord, among the nations: I shall sing a psalm to your name. He has given great victories to his king and has shown his love for David, his anointed, and his descendants forever.

Reader: Glory to the Father and to the Son and to the Holy Spirit

People: Now and ever and forever. Amen.

Alleluia, alleluia, alleluia! Glory to you, O God! *(three times)*

Matins continues with the Small Litany on page 10.

Sessional Hymn *(page 11)*

the 2nd of the 2nd set of Sessional Hymns (Tone 8 Kontakion):



When the wom-en came with bur - i - al oint-ments, they heard an an-gel - ic voice



from the grave, say-ing: Cease your tears and re-ceive joy in-stead of sor - row,



and cry out in praise that Christ the Lord is ris - en, and as God he was
pleased to save the hu - man race.

Matins continues with Psalm 118 on page 17.

Ἡρακλε (page 21)

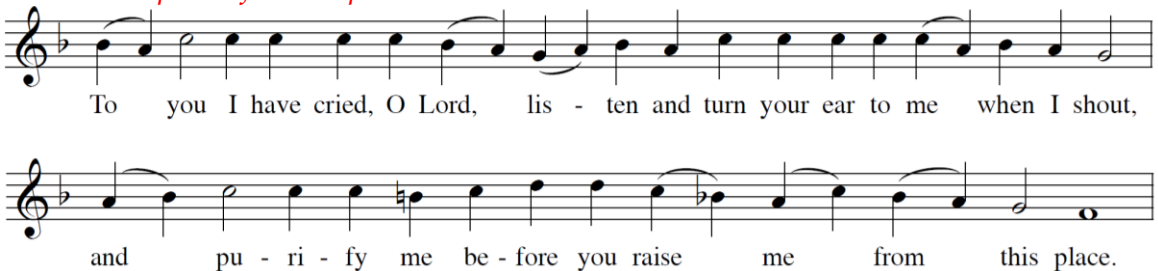
Tone 8



The myrrh-bear - ing wom - en came to the tomb of the Giv - er of Life,
seek - ing a - mong the dead the Lord, who is death - less.
When they re - ceived the Good News from the an - gels,
they preached to the a - pos - tles that the Lord is ris - en,
grant - ing great mer - cy to the world.

Stepenna (page 21)

The 3rd Antiphon of the Stepenna in Tone 8:



To you I have cried, O Lord, lis - ten and turn your ear to me when I shout,
and pu - ri - fy me be - fore you raise me from this place.

Ev - 'ry - one shall re - turn to his moth - er, the earth, and shall be dis - solved
at once, re - ceiv - ing ei - ther hon - ors or pun - ish - ment as re - ward for his
deeds in this life. Glo - ry to the Fa - ther, and to the Son, and to the
Ho - ly Spir - it, now and ev - er and for - ev - er. A - men.
Through the Ho - ly Spir - it is made known to us the one God who is
thrice - ho - ly: the e - ter - nal Fa - ther, and the Son be - fore
all a - ges, and the con - sub - stan - tial Spir - it who pro - ceeds from
the Fa - ther.

Matins continues with the Prokeimenon ("Let us be attentive...") on page 22.

Prokeimenon (page 22)

Psalm 145:10, 1-2

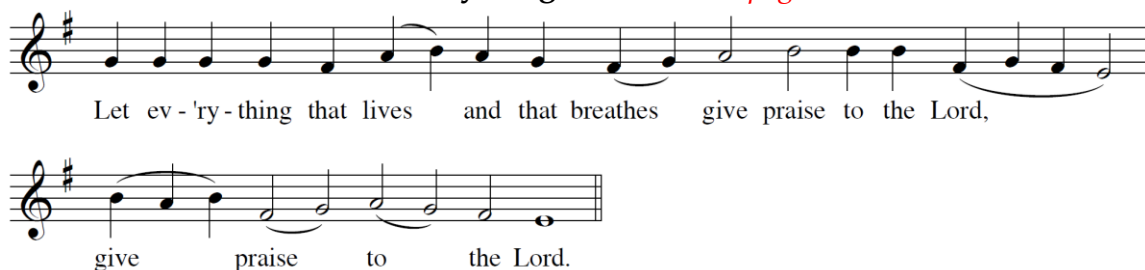
The Lord will reign for - ev - er; Zi - on's God from age to age.

Deacon: My soul, give praise to the Lord!
I will praise my God all my days.

Matins continues with the Preparation for the Gospel ("Let us pray...") on page 22.

Let everything that lives... (page 22)

Tone 8



The Preparation for the Gospel continues with "That we may be deemed..." on page 23.

The Ninth Resurrection Gospel is read (John 20:19-31).

The Hymn of the Resurrection is sung (p. 24) and then Psalm 50 (p. 26).

The usual stichera at Psalm 50 (p. 28) are sung.

The Canon (page 32)

Tone 8

*The faithful **come forward** to venerate the Gospel Book on the tetrapod.*

Odes 1-4 are omitted and the Canon of the Cross & Resurrection continues with Ode 5.

Ode 5 Irmos

Give light to our hearts * with your ordinances, O my Lord; * and through the power of your extended arm * grant us your peace, * for you are the Lover of us all!

Refrain: Glory to your holy Cross and Resurrection, O Lord.

O Christ, guide us by the power of your Cross, for through it, we bow down in worship before you. Grant us your peace, for you are the Lover of us all.

Refrain: Glory to your holy Cross and Resurrection, O Lord.

Direct us in our lives, O God of all goodness, for we sing of your resurrection. Grant us your peace, for you are the Lover of us all.

Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er
and for - ev - er. A - men.

O Mary, holy Virgin who knew not wedlock, ceaselessly entreat your Son and our God, that he send his great mercy upon us the faithful.

Katavasia 5 of the Exaltation of the Cross

Tone 6 simple

O Cross, tri-ple blest Tree on which Christ the King and Lord was cru-ci-fied,
it was through you that the Evil One, who tempted our first parents with the tree,
was de-stroyed. He was en-snared by the trap set by God, who was cru-ci-fied
up-on you in the flesh. Through this mys-te-ry, peace has been grant-ed
to our souls.

Ode 6 Irmos

Tone 8

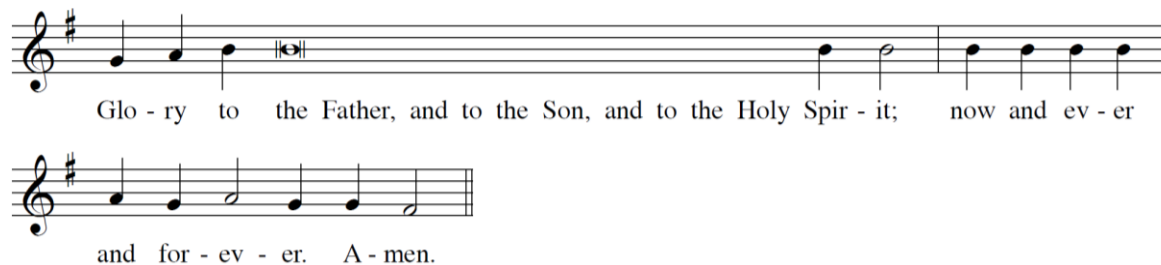
I pour out before the Lord my humble prayer, * and to him I expound my deep sorrow. * My soul is filled with intense tribulation, * and my poor life is too close to the low abyss. * And so like Jonah I cry out: * "O my God, from corruption deliver me!"

Refrain: Glory to your holy Cross and Resurrection, O Lord.

Stretching out your hands on the Cross, you healed the hand of our first father Adam, which was stretched out in greed to the forbidden tree. In his stead, you tasted the bitter gall, O all-powerful Christ, and saved those who glorify your sufferings in your passion.

Refrain: Glory to your holy Cross and Resurrection, O Lord.

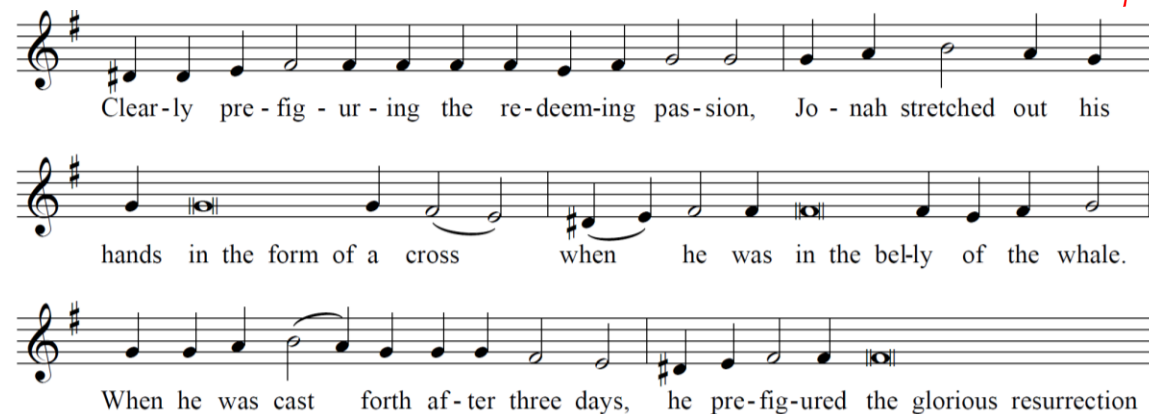
The Redeemer tasted death in order to destroy the dominion of Death and the ancient condemnation. Descending to those held captive in Hades, by his power he raised up and saved those who sing of his divine resurrection.

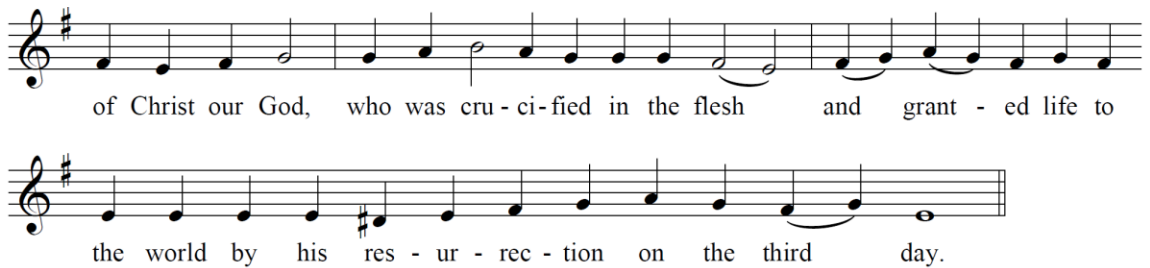


Never cease to intercede for us, O most holy Theotokos and Virgin, for you are the stronghold of believers. We are strengthened by our hope in you, and with love we glorify you and the Son who took flesh in your womb.

Katavasia 6 of the Exaltation of the Cross

Tone 6 simple

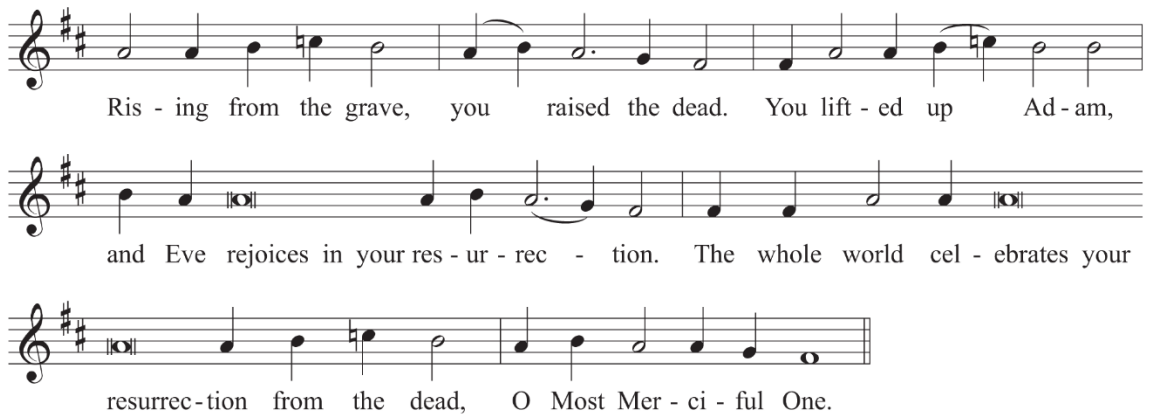




Matins continues with the Small Litany on page 33.

Kontakion & Ikos (page 34)

Tone 8



Ikos: Having despoiled the kingdom of Hades and having risen from the dead, O compassionate Lord, you went before the myrrh-bearing women and brought them joy instead of tears. You showed the signs of your victory to your apostles, O Savior and Source of life. And You enlightened all creation, O Lover of us all. Therefore, the world also rejoices at your awakening from the dead, O God of mercy.

Ode 7 Irmos

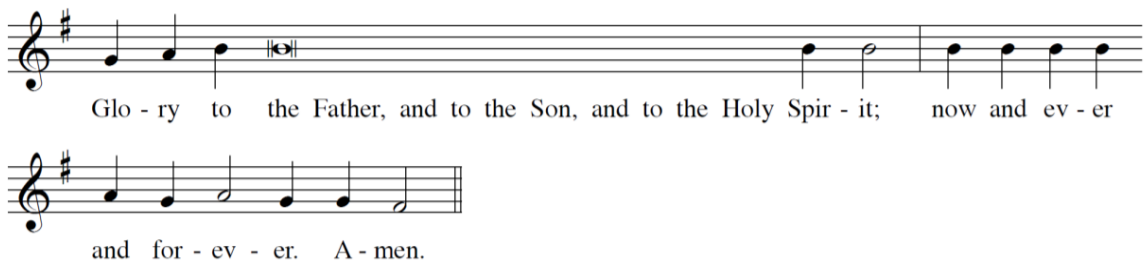
The young men of Judea, * who were brought into Babylon in captivity, had the power to trample the flames of the furnace, * for they sang to the Trinity: * "Blessed are you, O our God, the God of our Fathers!"

Refrain: Glory to your holy Cross and Resurrection, O Lord.

As David prophesied, you brought about salvation in the middle of the earth. Lifted up on the Cross, you draw back to yourself all those who sing to you with faith: "Blessed are you, O our God, the God of our Fathers!"

Refrain: Glory to your holy Cross and Resurrection, O Lord.

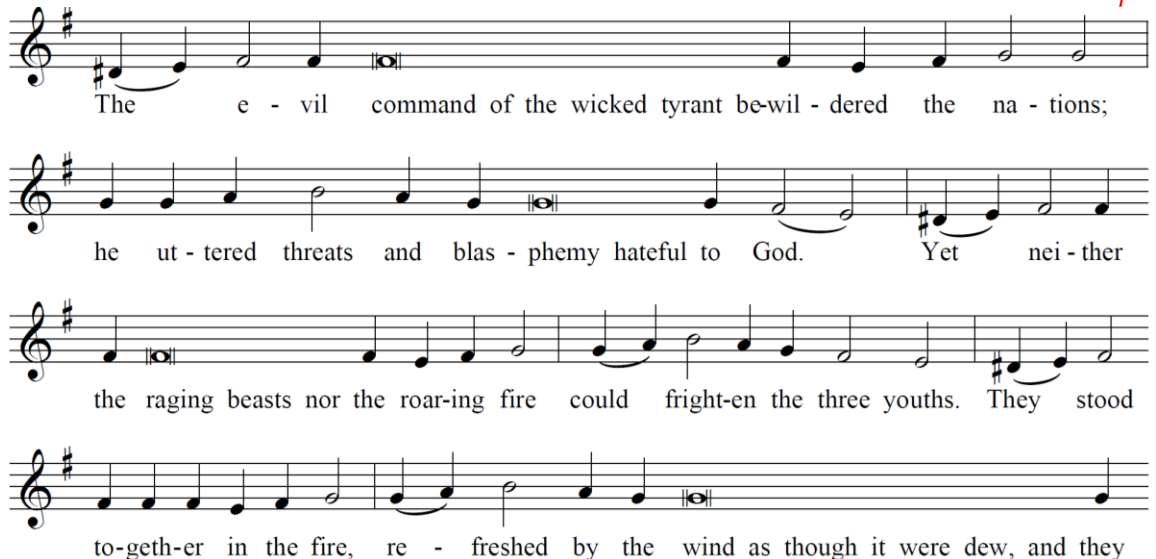
Rising from the tomb as from sleep, you saved mankind from Death. You lead all creation to the faith through your apostles, who proclaimed your resurrection: "Blessed are you, O our God, the God of our Fathers!"

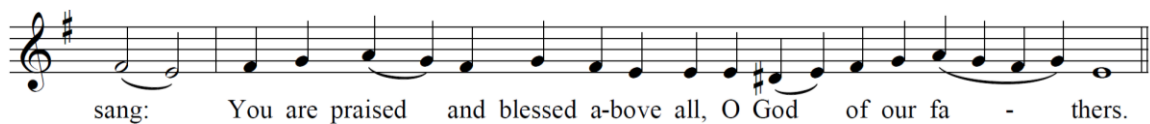


At the good will of the Father and the Spirit, the Word, who shares the eternity, power, and energy of the Father, was fashioned in the womb of the Virgin: "Blessed are you, O our God, the God of our Fathers!"

Katavasia 7 of the Exaltation of the Cross

Tone 6 simple





Ode 8 is omitted, the people stand, & Matins continues with "Let us greatly extol..." & the Cantic of the Theotokos on p. 34.

Ode 9 Irmos

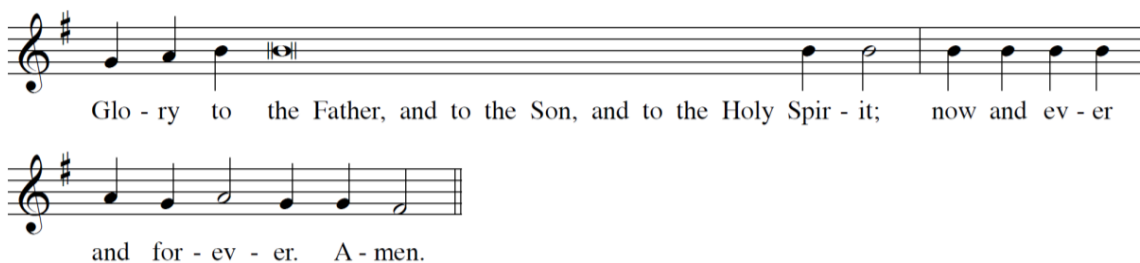
All were filled with amazement upon hearing of the ineffable condescension of God: * for the Most High saw fit to come down in a body * and to become man in the womb of the Virgin. * O pure Theotokos, * all we the faithful magnify you!

Refrain: Glory to your holy Cross and Resurrection, O Lord.

By nature, you are the Son of God, conceived in the womb of the Theotokos and made man for our salvation. Seeing you suffer upon the Cross in your humanity, although incapable of suffering in your divinity, we magnify you!

Refrain: Glory to your holy Cross and Resurrection, O Lord.

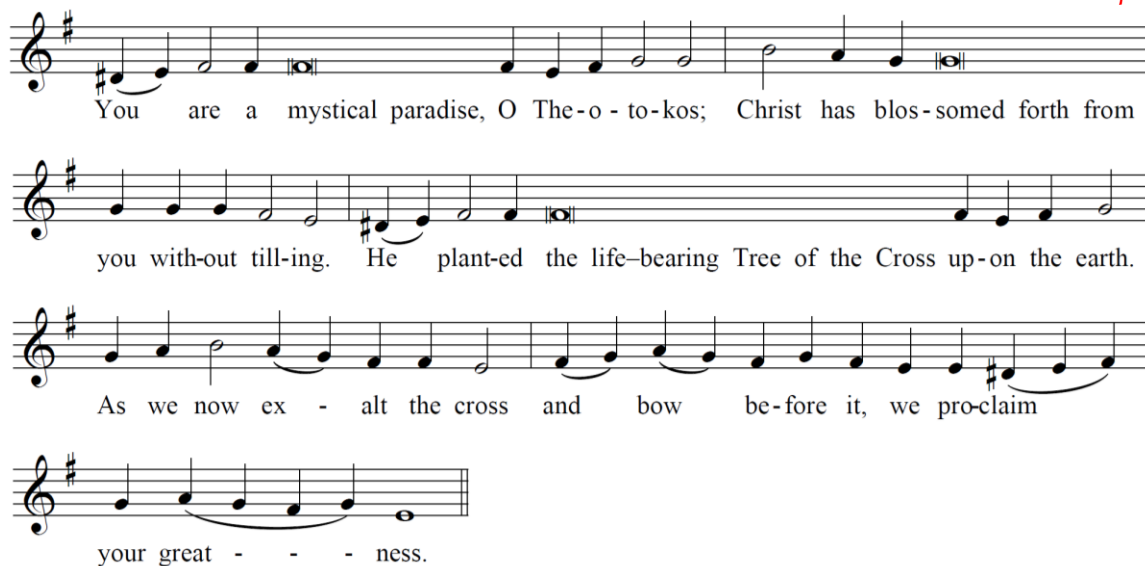
Gloomy darkness has been dispelled. Christ, the Sun of Justice, has risen from Hades, bringing light to all by the radiance of his divinity. He is the Man from Heaven, the God upon the earth: in his two natures, we magnify him!



In your royal splendor and beauty, go forth and reign, O Son of the Theotokos. Make enemy nations fall under you through the power of the Faith. Grant to us Orthodox Christians the invincible weapons of your lance and your Cross.

Katavasia 9 of the Exaltation of the Cross

Tone 6 simple



You are a mystical paradise, O The-o - to-kos; Christ has blos-somed forth from
you with-out till-ing. He plant-ed the life-bearing Tree of the Cross up-on the earth.
As we now ex - alt the cross and bow be-fore it, we pro-claim
your great - - - ness.

Matins continues with the Small Litany on page 36.

Holy is the Lord our God (page 37)

Tone 8



Ho - ly is the Lord our God! Ho - ly is the Lord our God!
Ho - ly is the Lord our God!

Hymn of Light (page 37)

Though the doors were locked, O Lord, you entered and filled your apostles with the Holy Spirit, and breathing over them, you gave them your peace. You said to them: Whose sins you forgive, they are forgiven; whose sins you bind, they are bound. After eight days you showed Thomas your hands and your side. With them, therefore, we cry to you: You are my Lord and my God!

Glory... now and ever ...

When you beheld your Son risen from the tomb after three days, O most holy Virgin bride of God, you put away all sorrow which you had borne as a Mother when you beheld him suffering. Now that your soul is filled with joy, you sing hymns of praise together with the disciples. Now save those who proclaim you as Theotokos.

Matins continues with the Psalms of Praise.

Psalm 148

Psalms of Praise (page 38)

Tone 8

Let ev' - ry - thing that lives and that breathes give praise to the Lord.

Praise the Lord from the heav - ens, praise him in the heights.

To you is due a hymn, O God. Praise him, all his an - - gels,

praise him, all his host. To you is due a hymn, O God.

The Psalms of Praise continue with "Praise him, sun and moon..." on page 38.

Stichera (page 40)

the 5th & 6th of the 8 Sunday stichera:

Cantor (Tone 8):

A - rise, O Lord, lift up your hand! O God, do not for - get the poor.

You suf-fered on the cross al-though you were beyond suffering in your
 di-vin-i-ty; for three days you accept-ed bu-ri-al that you might
 set us free from the bondage of the En-e-my and grant us life through your
 Res-ur-rec-tion, O Christ, the Lov-er of us all.

Cantor (*Tone 8*):

I will praise you, Lord, with all my heart; I will re-count your won-ders.
 I wor-ship, glorify, and praise your Resurrection from the tomb, O Christ,
 by which you released us from the bonds of Ha-des. For, as God, you grant
 e-ter-nal life and great mer-cy to the world.

Cantor (*Tone 5*):



Ninth Gospel Stanza

Tone 5

In the full-ness of time, O Christ, you ap-peared among your beloved ones on the Sab-bath eve - ning. And through a new won - der, you con - firmed your Resurrection from the dead by your en-trance while the doors were closed. You filled the dis - ci - ples with joy, grant-ing them the Ho - ly Spir - it and be-stow-ing on them pow-er to for-give sins. As for Thom - as, you did not permit him to drown in the depths of faith - less - ness There-fore, grant us the knowl-edge of the truth and for-give-ness of sins, O com-pas-sion-ate Lord.

The musical notation for the Ninth Gospel Stanza is on a single staff in G major (one sharp). It begins with a treble clef and a key signature of one sharp (F#). The melody consists of quarter and eighth notes, with a final cadence marked by a double bar line and repeat dots.

Matins continues with "Now and ever..." & the Theotokion for normal Sundays on p. 41.