

# Matins Propers

## Eleventh Sunday after Pentecost

*in the Second Tone with the Eleventh Resurrection Gospel  
with the Katavasiai from the Canon of the Dormition,  
which are sung from August 14<sup>th</sup> through August 23<sup>rd</sup>*

### Hexapsalmos

*The people stand while the reader chants only Psalm 102 on p. 5 followed by "Glory..." on p. 6  
Matins then continues with the Litany of Peace on page 7.*

### The Lord is God (page 9)

*Tone 2*

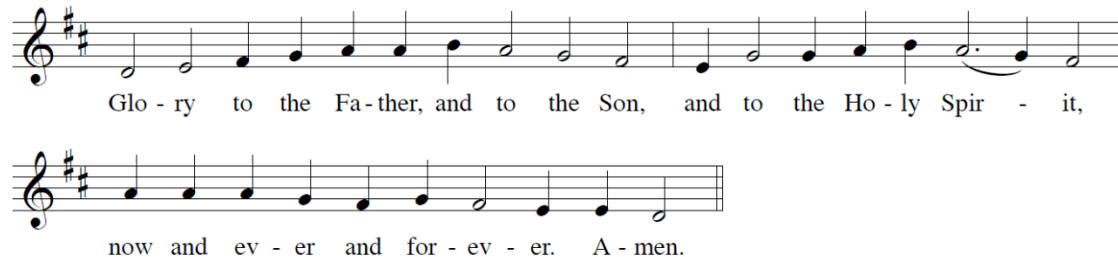


The Lord is God and has re-vealed him - self to us; bless-ed is he who



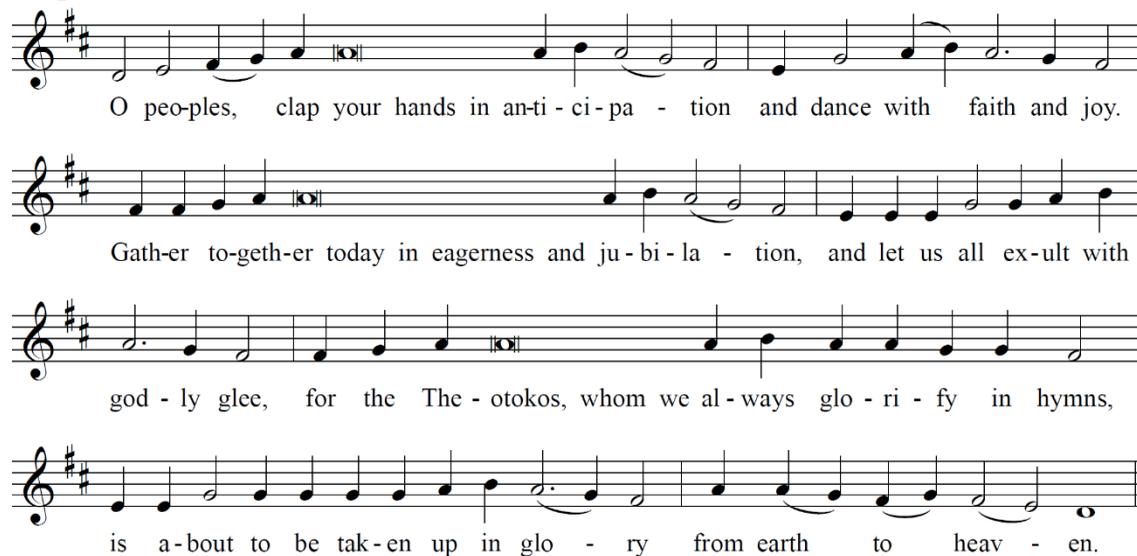
*If it is August 14<sup>th</sup>, the following verse and Troparion of the Prefeast are sung.  
After August 14<sup>th</sup>, the verse and Troparion of the Dormition are sung (p. 3 of this insert).*

**Cantor** (*Tone 4*):



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.

**Troparion of the Prefeast – Tone 4**



O peo-ples, clap your hands in an-ti - ci - pa - tion and dance with faith and joy.  
Gath-er to-geth-er today in eagerness and ju-bi-la - tion, and let us all ex-ult with  
god - ly glee, for the The - otokos, whom we al - ways glo - ri - fy in hymns,  
is a - bout to be tak - en up in glo - ry from earth to heav - en.

*Matins continues with the Kathismata (see bottom of page 3 of this insert)*

*If it is after August 14<sup>th</sup>, the following verse and Troparion of the Dormition are sung.*

**Cantor** (*Tone 1*):

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.

**Troparion of the Dormition – Tone 1**

O The - o - to - kos, in giv - ing birth you preserved vir - gin - i - ty; and in your  
fall - ing a - sleep you did not for - sake the world. You are the Moth - er of Life  
and have been trans - ferred to life, and through your pray'rs  
you de - liv - er our souls from death.

**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.

My God, my God, hear me; why have you forsaken me? Far from my salvation are the words of my transgressions. O my God, I call by day and you give no reply; I call by night and I find no peace. Yet you, O God, are holy, enthroned on the praises of Israel. In you our fathers put their trust; they trusted and you set them free. When they cried to you, they escaped. In you they trusted and never in vain. But I am a worm and no man, the butt of men, laughing-stock of the people. All who see me deride me. They curl their lips; they toss their heads. "He trusted in the Lord, let him save him; let him release him if this is his friend." Yes, it was you who took me from the womb, entrusted me to my mother's breast. To you I was committed from my birth, from my mother's womb you have been my God. Do not leave me alone in my distress; Come close, there is none else to help. Many bulls have surrounded me, fierce bulls of Bashan close me in. Against me they open wide their jaws, like lions, rending and roaring. Like water I am poured out, disjointed are all my bones. My heart has become like wax, it is melted within my breast. Parched as burnt clay is my throat, my tongue cleaves to my jaws. Many dogs have surrounded me, a band of the wicked beset me. They tear holes in my hands and my feet and lay me in the dust of death. I can count every one of my bones. These people stare at me and gloat; they divide my clothing among them, they cast lots for my robe. O Lord, do not leave me alone, my strength, make haste to help me! Rescue my soul from the sword, my life from the grip of these dogs. Save my life from the jaws of these lions, my poor soul from the horns of these oxen. I shall tell of your name to my brethren and praise you in the middle of the church. "You who fear the Lord give him praise; all sons of Jacob, give him glory. Revere him, Israel's sons. For he has never despised nor scorned the poverty of the poor. From him he has not hidden his face, but he heard the poor man when he cried." You are my praise in the great assembly. My vows I shall pay before those who fear him. The poor shall eat and shall have their fill. They shall praise the Lord, those who seek him. May their hearts live forever and ever! All the earth shall remember and return to the Lord, all families of the nations worship before him; for the kingdom is the Lord's, he is ruler of the nations. They shall worship him, all the mighty of the earth; before him shall bow all who go down to the dust. And my soul shall live for him, my children serve him. They shall tell of the Lord to generations yet to come, declare his faithfulness to peoples yet unborn: "These things the Lord has done."

**Psalm 22**

The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit. He guides me along the right path; he is true to his name. If I should walk in the valley of

darkness no evil would I fear. You are there with your crook and your staff; with these you give me comfort. You have prepared a banquet for me in the sight of my foes. My head you have anointed with oil; my cup is overflowing. Your mercy, O Lord, shall follow me all the days of my life. In the Lord's own house shall I dwell forever and ever.

### Psalm 23

To the Lord belong the earth and its fullness, the world and all who dwell in it. It is he who set it on the seas; on the waters he made it firm. Who shall climb the mountain of the Lord? Who shall stand in his holy place? The man with clean hands and pure heart, who desires not worthless things, who has not sworn so as to deceive his neighbor. He shall receive blessings from the Lord and reward from the God who saves him. Such are the men who seek him, seek the face of the God of Jacob. O gates, lift high your heads; grow higher, ancient doors. Let him enter, the king of glory! Who is the king of glory? The Lord, the mighty, the valiant, the Lord, the valiant in war. O gates, lift high your heads; grow higher, ancient doors. Let him enter, the king of glory! Who is he, the king of glory? He, the Lord of armies, he is the king of glory.

**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 Theotokion of the second set of Sessional Hymns (Podoben: Blahoobraznyj Josif):*

You are truly most bless-ed, O vir-gin The-o-to-kos.  
Through the One who was in-car-nate of you, Ha-des  
was chained, A-dam re-vived, the curse wiped out, Eve

set free, Death put to death, and we our - selves  
 were brought back to life. That is why we cry out  
 in praise: Bless - ed are you, O Christ our God,  
 who finds in this your good pleas - ure. Glo - - - - ry to you!

*Matins continues with Psalm 118 on page 17 followed by Hosts of Angels on page 18.*

## Ἕψαλλοῦς (page 21)

*Tone 2*

The wom - en went to the tomb af - ter your pas - sion to a - noint your  
 bod - y, O Christ our God. They saw the an - gels and were a - ston - ished;  
 for they heard them cry - ing with a loud voice: The Lord is risen and grants great  
 mer - cy to the world.

## Stepenna (page 21)

### *The Third Antiphon of the Stepenna in Tone 2:*

Those who put their trust in the Lord are like Mount Zi-on, for they are  
nev-er shak-en by the at-tacks of Sa-tan. They who live the di-vine life  
work no e-vil with their hands. Christ will not de-liv-er his in-her-i-tance  
to the E-vil Ones. 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 Ho-ly Spir-it is the Font of all wis-dom. Through him, grace is giv-en  
to the A-pos-tles; the mar-tys are crowned by him in their strug-gles  
and through him the proph-ets re-ceive their vi-sion.

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

## Prokeimenon (page 22)

*Psalm 7:6,7*

Lord, rise up in your anger, rise against the fu-ry of my foes. My God, a-wake!  
You will give judg - ment. Let the com-pa - ny of na-tions  
gath - er round you.

**Deacon:** Lord God, I take refuge in you.  
From my pursuers save me and rescue me.

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

## Let everything that lives... (page 22)

*Tone 2*

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

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

*The Eleventh Resurrection Gospel is read (John 21:15-25).*

*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)

*The faithful come forward to venerate the Gospel Book on the tetrapod.  
Odes 1-4 are omitted and the Canon of the Theotokos continues with Ode 5.*

### Ode 5

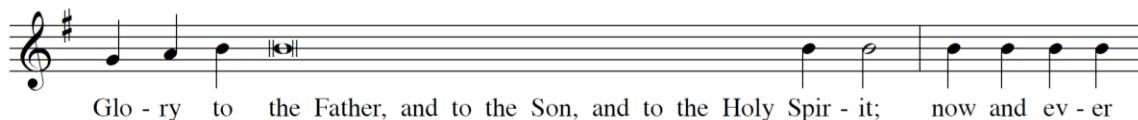
#### Irmos

*Tone 2*

He whom Isaiah prophesied as a burning Coal, \* the Sun of Justice, \* dawned from a virginal womb \* in order to shine upon those who lay in the darkness of error, \* to grant them the knowledge and light of God.



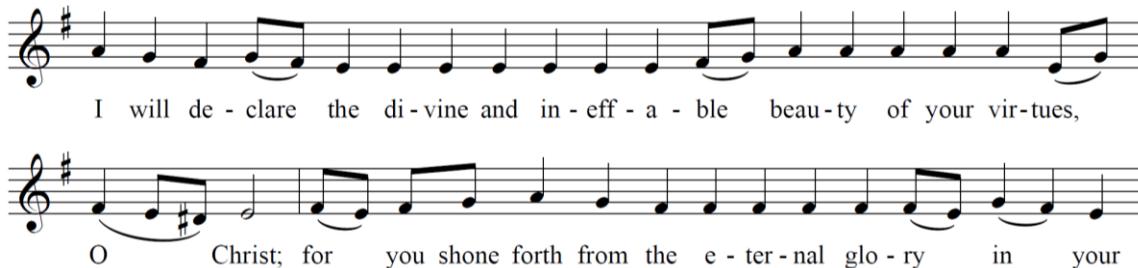
O clouds, drop down sweet joy upon this earth, for unto us a Child has been given: the God who exists from before all ages, who has appeared in our flesh from the womb of a Virgin.

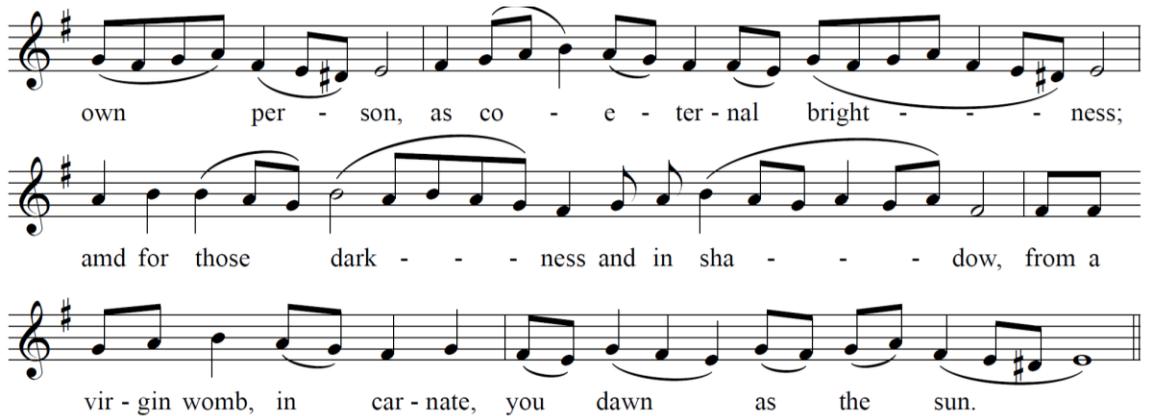


The Light has shone upon my life in the flesh, and it has taken away the sadness of sin: it is the Most High who in these latter times has taken flesh without seed from a Virgin

### Katavasia 5 of the Dormition

*Tone 1*





own per - son, as co - e - ter - nal bright - - - ness;  
 amd for those dark - - - ness and in sha - - - dow, from a  
 vir - gin womb, in car - nate, you dawn as the sun.

## Ode 6

### Irmos

*Tone 2*

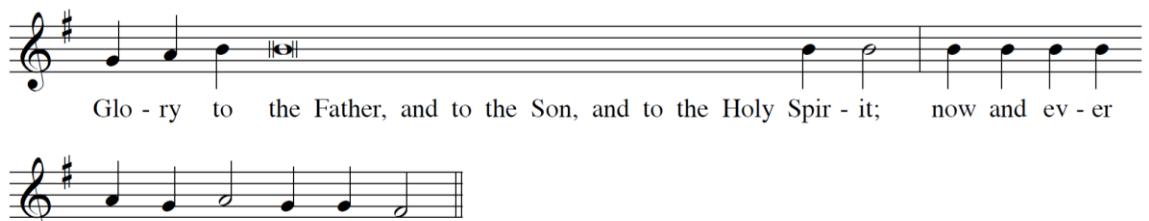
O Master, \* hear the prayer and supplication, \* which my soul pours forth in my distress and anguish, \* that you save it from all dangers, \* for you alone are the source of our salvation.

*Refrain*



Most ho - ly The - o - to - kos, save us!

Human nature, enslaved by sin, was set free through you, O all-blameless Lady, for your Son was sacrificed as a Lamb on behalf 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.

Together, we all call upon you as the true Theotokos: deliver, then, your servants; you alone possess the influence of a mother before your Son.

## Katavasia 6 of the Dormition

*Tone 1*

The fire with-in the whale, the mon - ster dwel - ling in the salt  
sea, was a pre - fig - ur - ing of your three - day bur - i - al;  
and Jo - nah be - came its in - ter - pre - ter, for, saved and  
un - harmed, as though he had ne-ver been swal - lowed,  
he cried a-loud: "I will sac - ri - fice to you with a voice of praise,  
O Lord."

*Matins continues with the Small Litany on page 33.*

## Kontakion & Ikos (page 34)

*Tone 2*

You a - rose from the grave, Al-might - y Sav - ior. See - ing the  
mir - acle, Hades was struck with fear; the dead a - rose. At this sight, all  
cre - a - tion re-joic - es with you; Ad - am joins with ex - ul - ta - tion;



and the world, O my Savior, sings your prais - es for - ev - er.

**Ikos:** O Light of those who are in darkness, you are the Resurrection and the Life of all. You have raised the faithful with you, O Savior. You have despoiled the kingdom of Death and have shattered the gates of Hades, O Word. The sight of such wonders astonished mortals, and every creature rejoices in your Resurrection. We also glorify you, O Lover of us all, and we praise your condescension; the whole world sings your praises, O my Savior.

### Ode 7

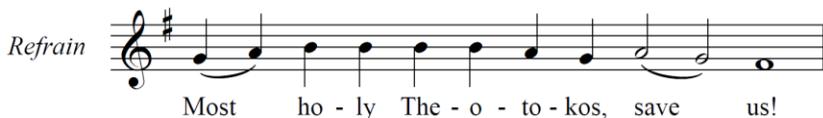
#### Irmos

*Tone 2*

The young men showed themselves to be orators, \* for from the depth of their hearts, \* steeped in the wisdom of God, \* they lifted up this hymn on their lips: \* "O our Lord, the God of our Fathers, blessed are you!"



As a figure in the night, Jacob saw the God of glory incarnate in our flesh. Born of you, he appeared as a beacon to the eyes of all who call him the God of our Fathers, the Lord glorified above all.



The Most High wrestled with Jacob, a sign of the ineffable intertwining by which he willed to be united to mankind through you, O all-blameless Virgin. He is the God of our Fathers, the Lord glorified above 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.

Hapless is the man who does not profess with his heart and mouth in faith that you, the Son of the Virgin, are one of the all-holy Trinity, the God of our Fathers, the Lord glorified above all.

### Katavasia 7 of the Dormition

*Tone 1*

Fight - ing a-gainst cruel wrath and fire, di - vine love quenched

the fire with dew; and it laughed the wrath to scorn mak-ing the three - stringed

lyre of the ho - ly Youths in - spired by God sing in the midst of the

flame in ans - wer to the in - stru - ments of mu - sic: "Bles - sed

are you, most glo - ri - ous God, our God and the God

of our fa - thers!"

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

## Ode 9

### Irmos

*Tone 2*

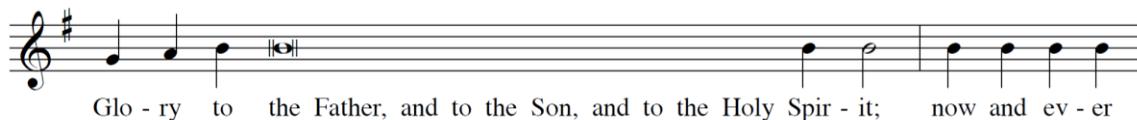
The Word, true God from true God, \* who in his ineffable wisdom came to restore Adam \* after the fall of man brought about by sin, \* took flesh for our sake from a holy Virgin. \* With one heart, we the faithful magnify him.



O Word of God, sweet object of my desire, Son of the Virgin, God of gods, Lord more holy than all the holy ones: together with her who gave you birth, we all magnify you.



A staff of power has been given to us in your womb; it is the Word of God who has raised up our fallen nature which was slipping into the tomb. Thus, all-blameless Virgin, as Theotokos we magnify you.



O Master, in your compassion hear her whom you chose beforehand. Let your mother be our advocated so that the whole world be filled with your blessings; and we all magnify you!

*Matins continues with the Small Litany on page 36.*

## Holy is the Lord our God (page 37)

*Tone 2*

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)

After his Resurrection the Lord asked Peter three times: Do you love me? Then the Lord set Peter as a shepherd over his sheep. When Peter saw the disciple whom Jesus loved following him, he asked the Lord: What about him? And the Lord said: If I want him to wait until I come again, what is that to you, O Peter, my beloved?

Glory... now and ever ...

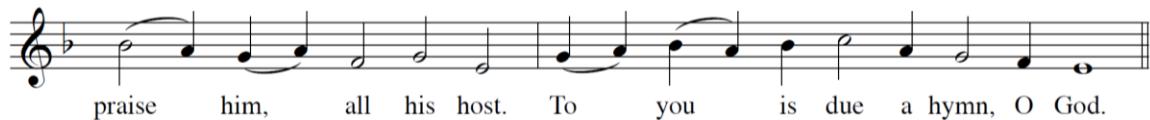
What an awesome mystery; what a dazzling wonder! Death has been abolished completely by death. O Word, who will not then praise, and who will not glorify your Resurrection? Who will not praise the Theotokos, who gave birth to you in the flesh and in purity? Therefore, by her prayers, save us all from Hades.

*Matins continues with the Psalms of Praise.*

## Psalms of Praise (page 38)

*Tone 2*

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,

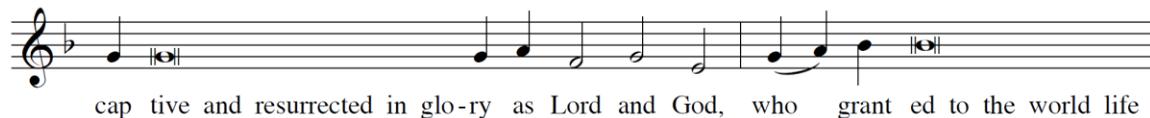
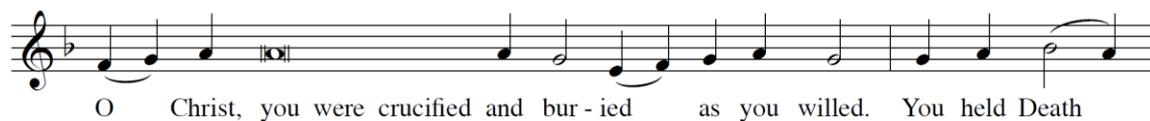


*The Psalms of Praise continue with "Praise him, sun and moon..." on page 38.*

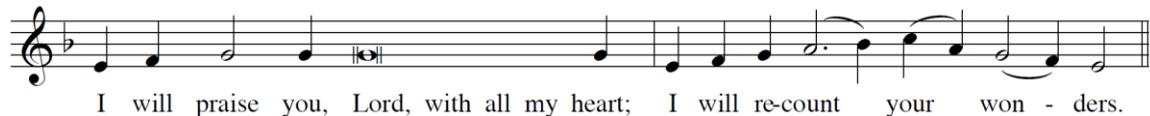
### Stichera (page 40)

*the 7<sup>th</sup> and 8<sup>th</sup> of the 8 Sunday stichera:*

**Cantor (Tone 2):**



**Cantor (Tone 2):**





O trans-gres-sors of the law, when you sealed the tomb, you did in truth



mag-nify the miracle for us as the guards know; es - pe - cial - ly since you



per-suad-ed them to say on the day of his res-ur - rec - tion from the tomb:



While we slept, the disciples came and stole him a-way. For who would steal



a corpse, espe-cial - ly a nak - ed one? He tru - ly arose in his di - vine



pow - - - er leav - ing his shroud in the grave; with-out break-ing



the seals he has tram - pled down Death, and he has giv - en to the human



race life e-ter - nal and great mer - cy.

**Cantor** (*Tone 8*):



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

