

Matins Propers

Twenty-First Sunday after Pentecost

in the Fourth Tone with the Tenth Resurrection Gospel

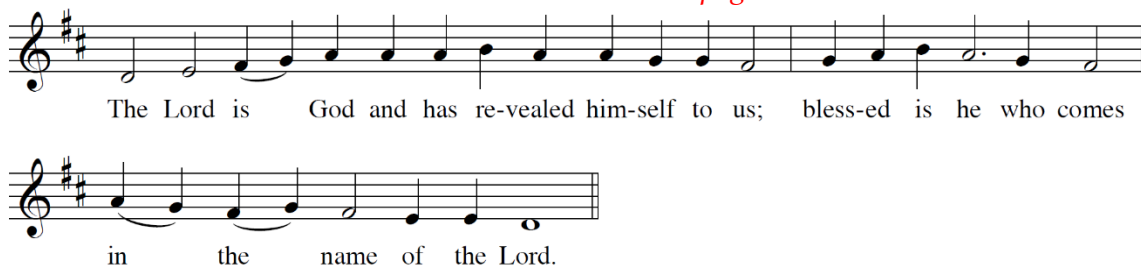
Hexapsalmos

*The reader chants only **Psalm 87** on page 4 followed by "Glory..." on page 6.*

Matins then continues with the Litany of Peace on page 7.

The Lord is God (page 9)

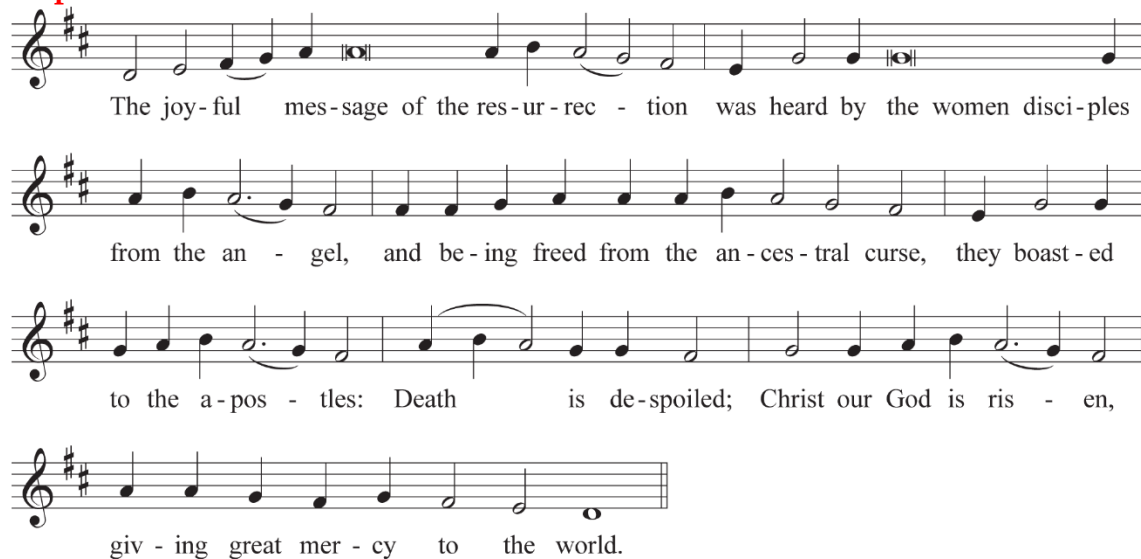
Tone 4



The Lord is God and has re-vealed him-self to us; bless-ed is he who comes
in the name of the Lord.

Troparia (page 9)

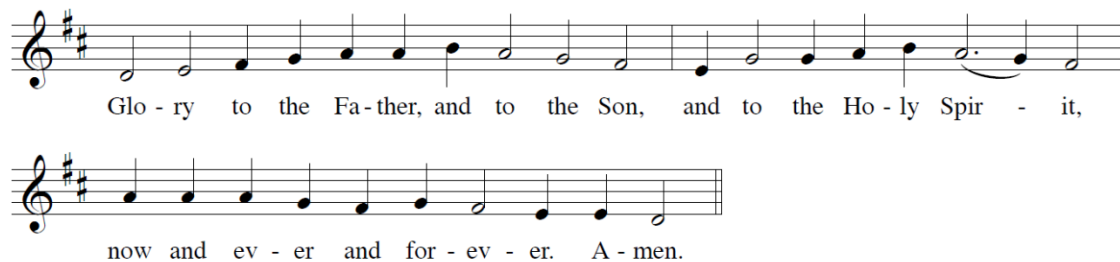
Troparion of the Resurrection – Tone 4



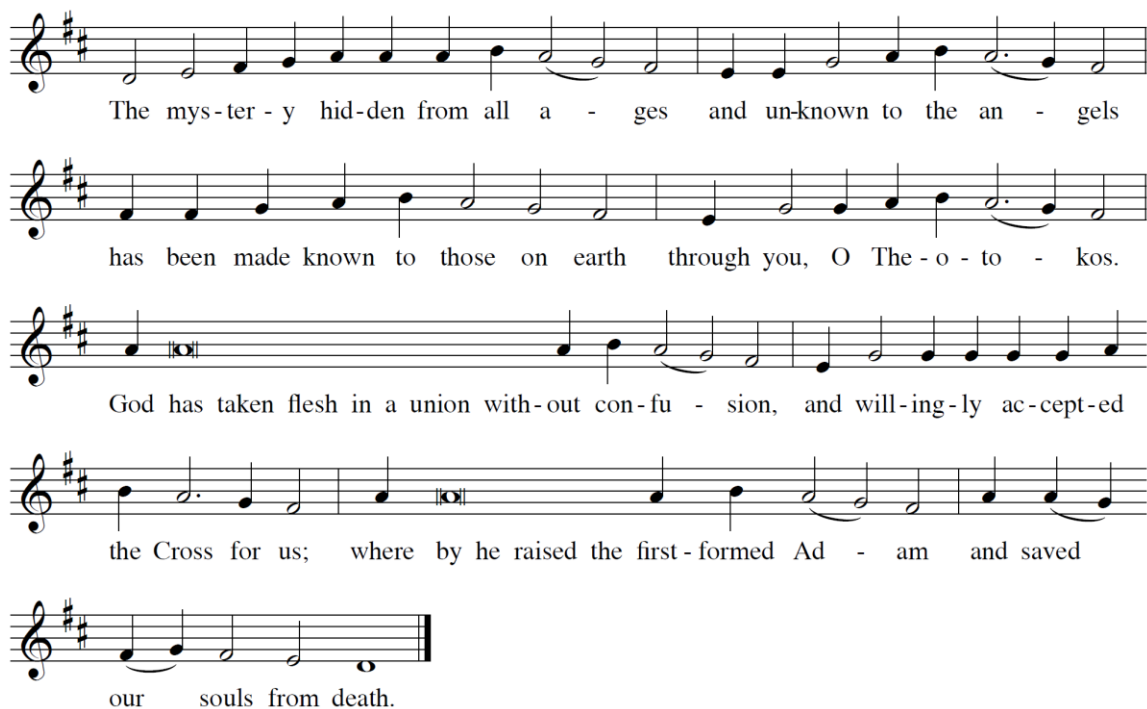
The joy-ful mes-sage of the res-ur-rec - tion was heard by the women disci-ples
from the an - gel, and be-ing freed from the an - ces - tral curse, they boast-ed
to the a-pos - tles: Death is de-spoiled; Christ our God is ris - en,
giv - ing great mer - cy to the world.

The repetition of the troparion is omitted.

Cantor (*Tone 4*):



Festive Theotokion – Tone 4



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 heavens declare the glory of God, and the firmament proclaims his handiwork. Day unto day pours out the word and night unto night imparts knowledge. No speech, no word, no voice is heard yet through all the earth their voice resounds; their message reaches to the ends of the world. There he has placed a tent for the sun; it comes forth like a bridegroom coming from his tent, rejoices like a champion to run its course. At the end of the sky is the rising of the sun; to the furthest end of the sky is its course. There is nothing concealed from its burning heat. The law of the Lord is perfect, it revives the soul. The rule of the Lord is to be trusted; it gives wisdom to the simple. The precepts of the Lord are right, they gladden the heart. The command of the Lord is clear, it gives light to the eyes. The fear of the Lord is holy, abiding forever. The decrees of the Lord are truth and all of them just. They are more to be desired than gold, than the purest of gold and sweeter are they than honey, than honey from the comb. So in them your servant finds instruction; great reward is in their keeping. But who can detect all his errors? From hidden faults acquit me. From presumption restrain your servant and let it not rule me. Then shall I be blameless, clean from grave sin. May the spoken words of my mouth, the thoughts of my heart, win favor in your sight, O Lord, my rescuer, my rock!

Psalm 19

May the Lord hear you on the day of distress; may the name of Jacob's God protect you. May he send you help from his shrine and give you support from Zion. May he remember all your offerings and receive your sacrifice with favor. May he give you your heart's desire and fulfill every one of your plans. May we ring out our joy at your victory and rejoice in the name of our God. (May the Lord grant all your prayers.) I am sure now that the Lord will give victory to his anointed, will reply from his holy heaven with the mighty victory of his hand. Some trust in chariots or horses, but we in the name of the Lord. They will collapse and fall, but we shall hold and stand firm. O Lord, save the king, and hear us when we call upon you.

Psalm 20

Lord, your strength gladdens the king; he rejoices greatly in your salvation. You have granted him his heart's desire; you have not refused the prayer of his lips. You came to meet him with the blessings of success, you have set on his head a crown of precious stones. He asked you for life and this you have given, days that will last from age to age. Your saving help has given him glory. You have laid upon him majesty and

splendor; you have granted your blessings to him forever. You have made him rejoice with the joy of your presence. The king has put his trust in the Lord: through the mercy of the Most High he shall stand firm. His hand will seek and find all his foes, his right hand finds out those that hate him. You will burn them like a blazing furnace on the day when you appear. And the Lord will destroy them in his anger; fire will swallow them up. You will wipe out their race from the earth and their children from the sons of men. Though they plan evil against you, though they plot, they shall not prevail. For you will force them to retreat; at them you will aim with your bow. Be exalted, O Lord, in your strength; we will sing and praise your mighty deeds.

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: Udivisja Josif):


O un - de - filed One, all the ranks of an - gels have been struck by the

mys - tery of your awe - some birth - giv - ing. How is the One who gath - ered the whole


world to - geth - er with his hand now held in your arms as an in - fant?

How is the pre - e - ter - nal One to receive a be - gin - ning in time? How is the

One who feeds every living being with his ineffable good - ness now nour - ished with milk?



There-fore, they glo - ri - fy you with praise, for you are tru - ly the

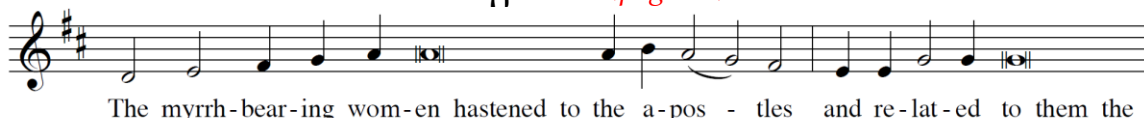


The - o - to - kos.

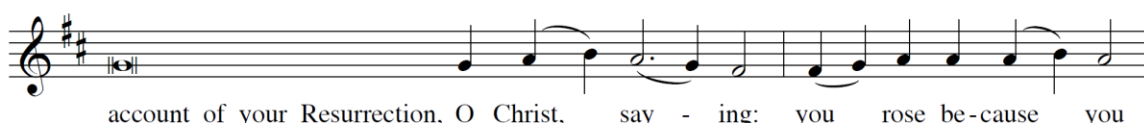
*Matins continues with the Polyeleos on page 12, then
"Hosts of Angels..." is omitted and
Matins continues with the Small Litany on page 21*

Ἡρακλεῖς (page 21)

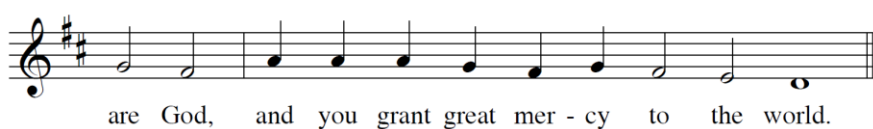
Tone 4



The myrrh-bear-ing wom-en hastened to the a-pos - tles and re-lat-ed to them the



account of your Resurrection, O Christ, say - ing: you rose be-cause you

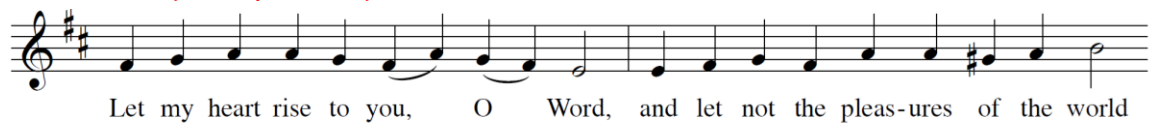


are God, and you grant great mer - cy to the world.

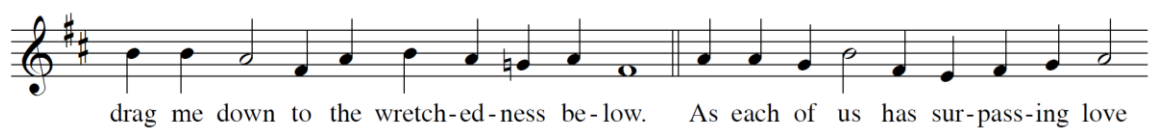
Στεπenna (page 21)

The 1st & 2nd Antiphons of the Stepenna (Gradual Hymns) are omitted.

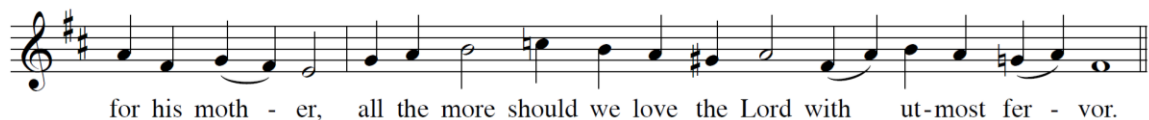
The 3rd Antiphon of the Stepenna in Tone 4:



Let my heart rise to you, O Word, and let not the pleas-ures of the world



drag me down to the wretch-ed-ness be-low. As each of us has sur-pass-ing love



for his moth - er, all the more should we love the Lord with ut-most fer - vor.

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.
 By the Ho - ly Spir - it come rich - es of di - vine knowl - edge,
 di - vine vi - sion and wis - dom, for through him the Word pro - claims
 the com - mand - ments of the Fa - - - ther.

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

Prokeimenon (page 22)

Psalm 43: 27, 1

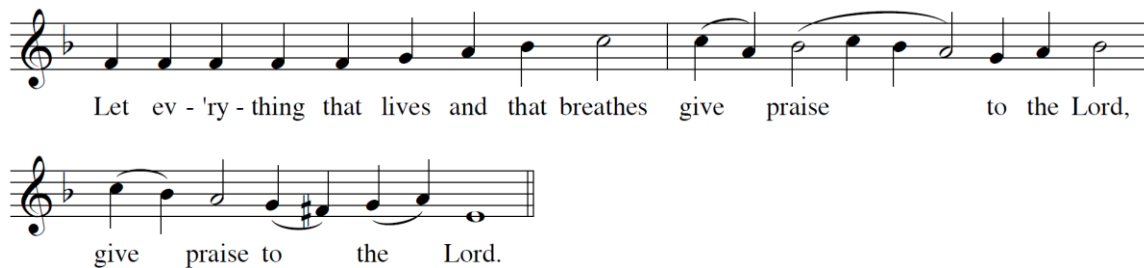
Stand up and come to our help! Re - deem us
 be - cause of your love!

Deacon: We heard with our own ears, O God;
 our fathers have told us the story of the things you did in days long ago.

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

Let everything that lives... (page 22)

Tone 4



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

The Tenth Resurrection Gospel is read (John 21: 1-14).

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.

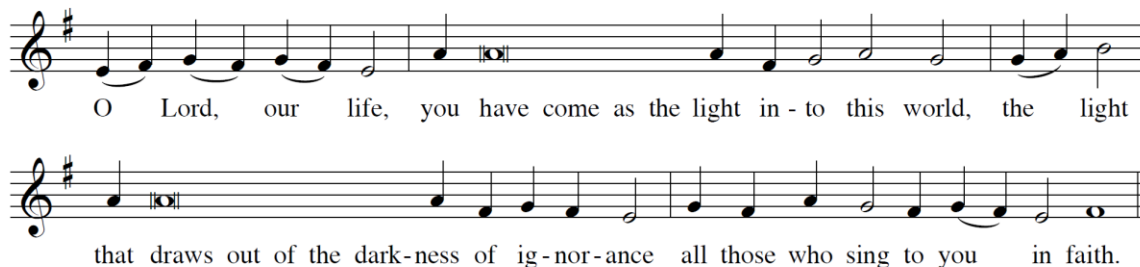
The Canon (page 32)

Tone 4

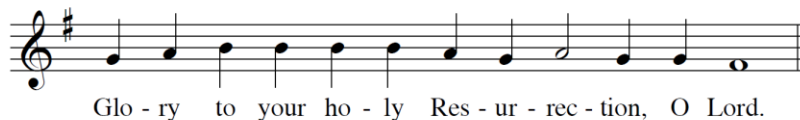
Odes 1-4 are omitted and the Canon of the Resurrection continues with Ode 5.

(The Canons of the Cross-Resurrection, and of the Theotokos are omitted)

Ode 5 Irmos

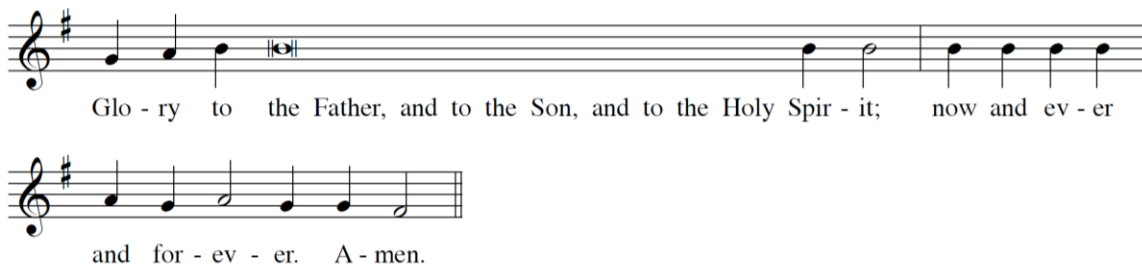


Refrain



O Lord, you came down to this earth in your compassion; and nailed to the cross, you raised up our fallen human nature. *Refrain*

You have taken away the weight of my sins, O Christ, and you have put an end to the pangs of death, O God of tenderness, by your holy Resurrection.

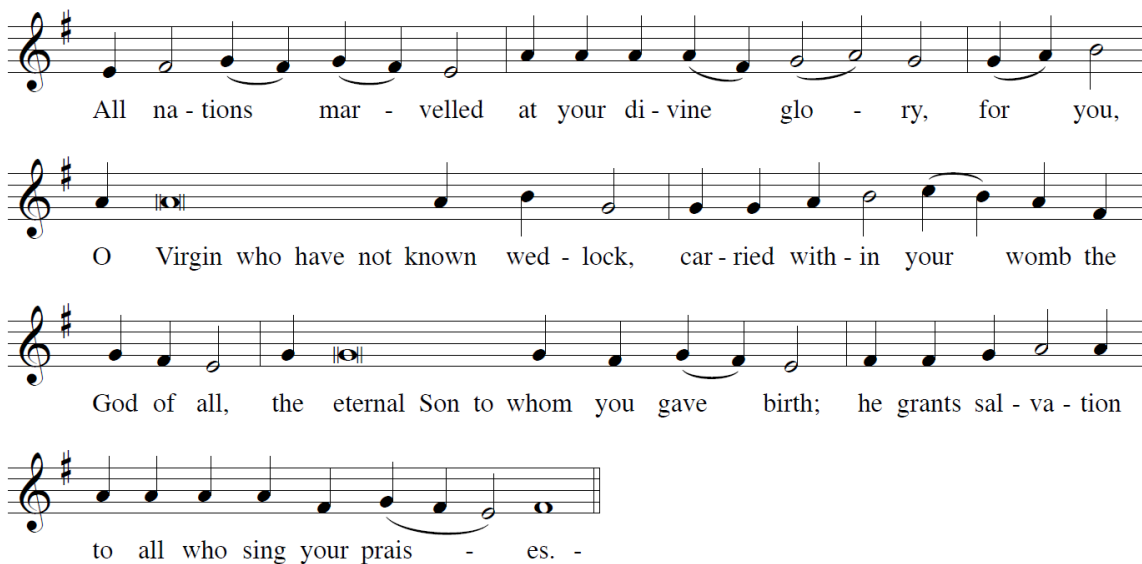


Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er
and for - ev - er. A - men.

Without seed you gave birth, O Theotokos, to Christ our justice and redemption; and you freed the nature of our first parents from the curse.

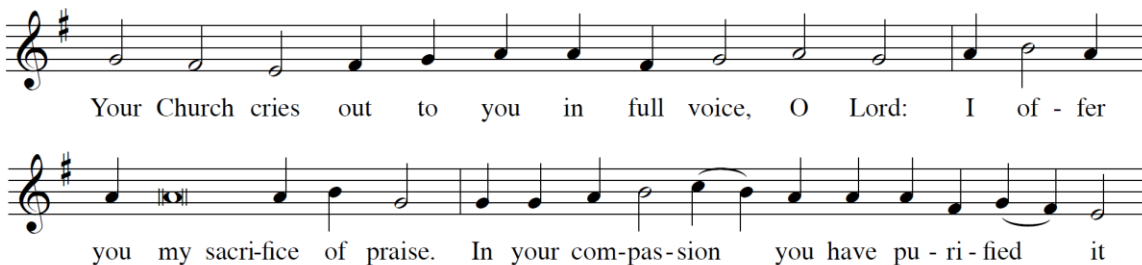
Katavasia 5 of the Theotokos

Tone 4



All na - tions mar - velled at your di - vine glo - ry, for you,
O Virgin who have not known wed - lock, car - ried with - in your womb the
God of all, the eternal Son to whom you gave birth; he grants sal - va - tion
to all who sing your prais - es. -

Ode 6 Irmos



Your Church cries out to you in full voice, O Lord: I of - fer
you my sacri - fice of praise. In your com - pas - sion you have pu - ri - fied it

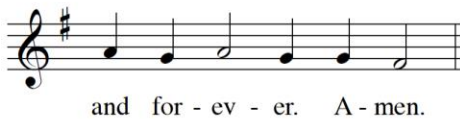
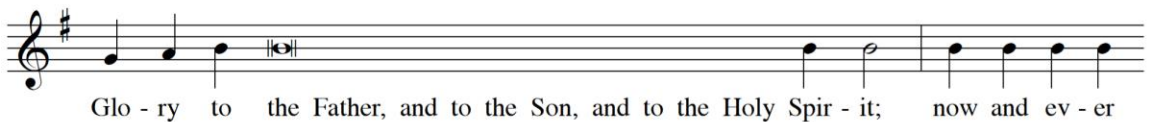


Refrain



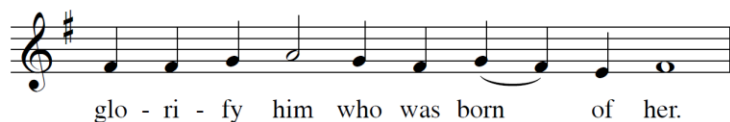
Girded with power, you have ascended the cross; in your struggle against the Tyrant, you have thrown him down from the heights; and with your invincible hand, you have raised us with you. *Refrain*

You are risen from the tomb, O Christ, dazzling with beauty: By your divine lordship, you have scattered all your enemies; O God, you have filled the whole world with joy.



O wonder surpassing all the wonders of old! Without the aid of a man, a virgin conceives in the narrowness of her womb the One who holds the whole world in his hand.

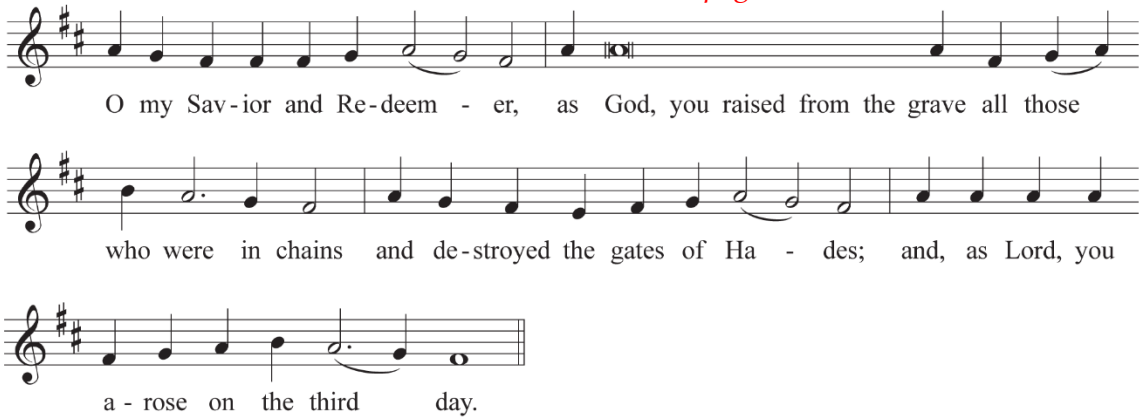
Katavasia 6 of the Theotokos



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

Kontakion & Ikos (page 34)

Tone 4

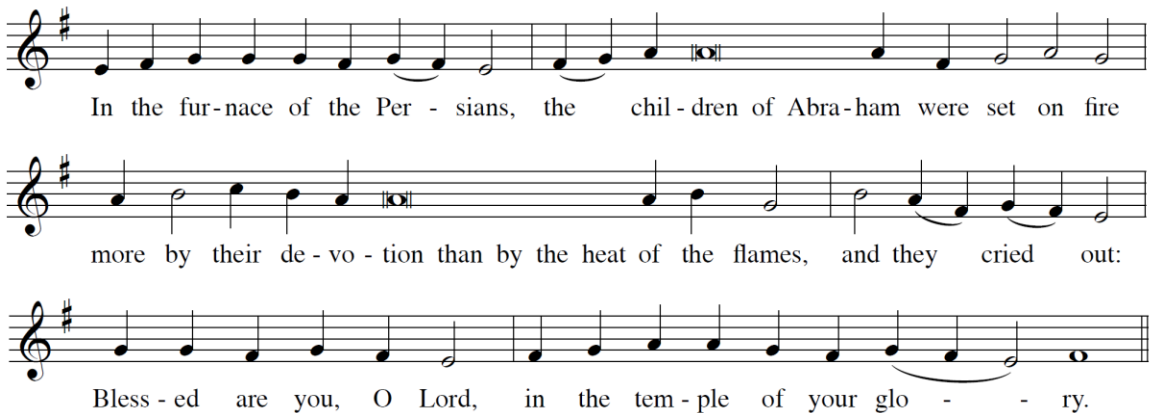


O my Sav-ior and Re-deem - er, as God, you raised from the grave all those
who were in chains and de-stroyed the gates of Ha - des; and, as Lord, you
a - rose on the third day.

Ikos: Risen from the dead, Christ the Giver of life comes forth from the tomb on the third day; today he has shattered the gates of death. By his own power he has put Hades to death, he has broken the sting of death, and has set Adam and Eve free. Let us sing to him, all you people, and in thanksgiving let us offer him unceasing praise; for he alone is the almighty God and the Master who is risen on the third day.

The Synaxarion is omitted & the Canon continues with Ode 7.

Ode 7 Irmos



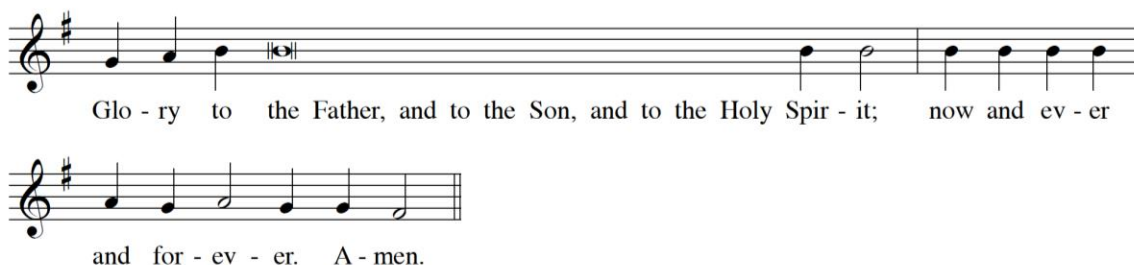
In the fur-nace of the Per - sians, the chil - dren of Abra-ham were set on fire
more by their de - vo - tion than by the heat of the flames, and they cried out:
Bless - ed are you, O Lord, in the tem - ple of your glo - - - ry.

Refrain



Bathed in the blood of Christ, the human race is called to immortal life and in thanksgiving sings: Blessed are you, O Lord, in the temple of your glory. *Refrain*

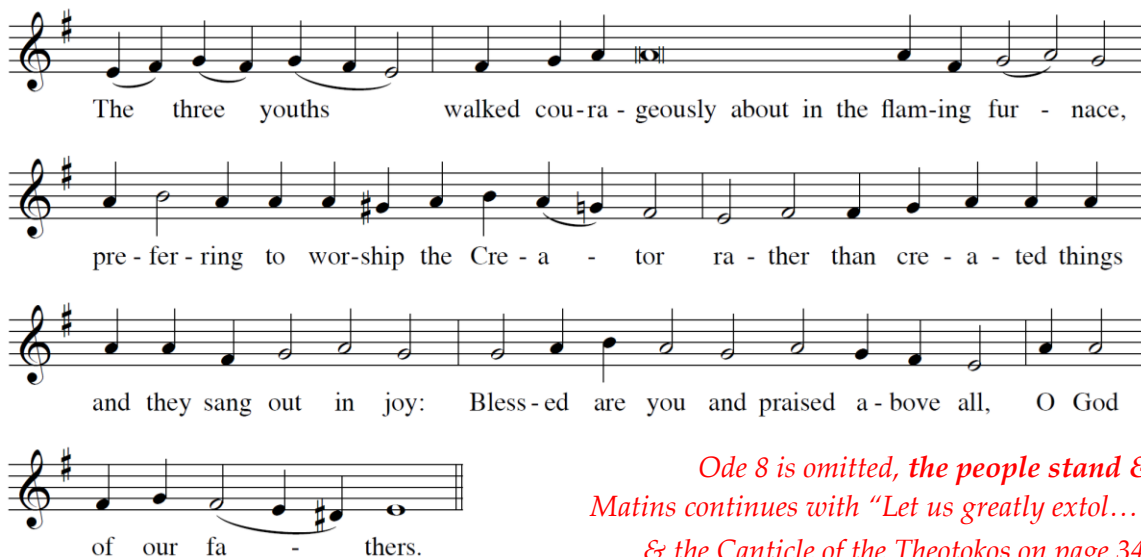
Your life-giving tomb, O Christ, has appeared to us as truly more precious than paradise and more brilliant than any royal dwelling place. It is the source of our resurrection.



Rejoice, O sanctified dwelling-place and divine tabernacle of the Most High! It is through you, O Theotokos, that joy is given to us; therefore we cry out: Blessed are you among women, O all-immaculate One!

Katavasia 7 of the Theotokos

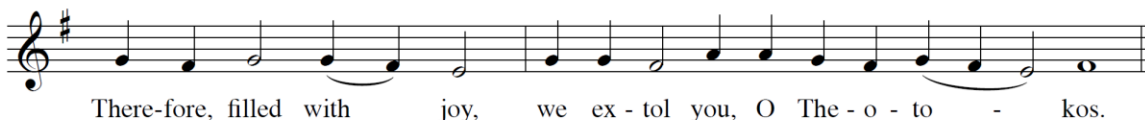
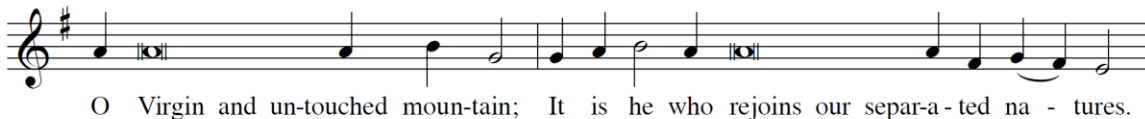
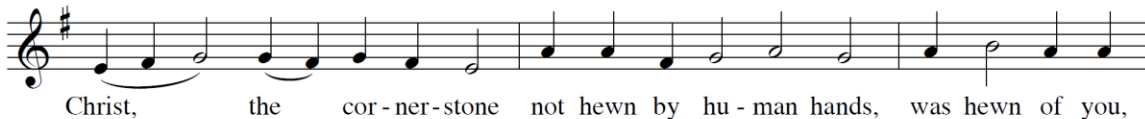
Tone 4



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

Ode 9

Irmos

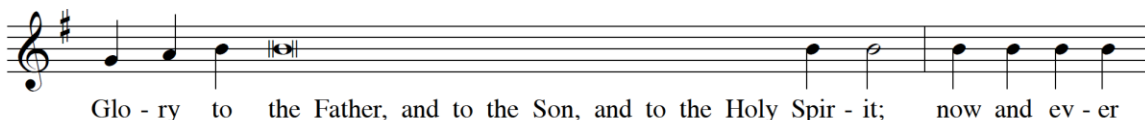


Refrain

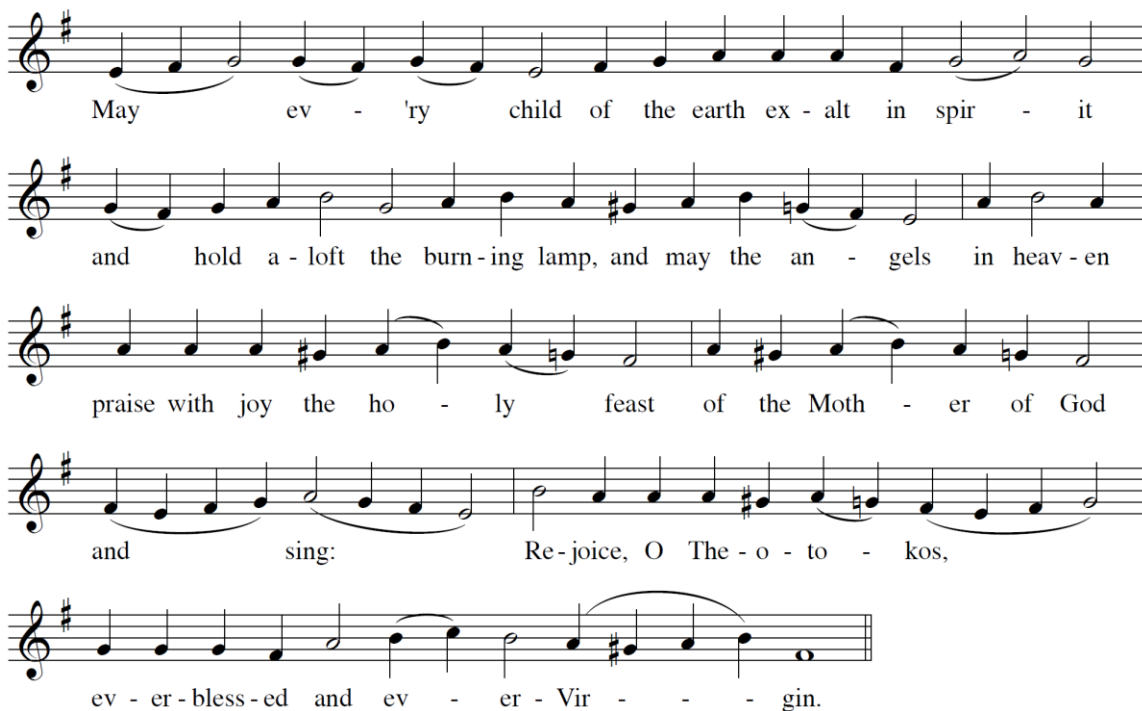


You have taken on my entire being in a union without confusion, and to my entire being you have granted salvation by the passion which you suffered on the cross in your own body, O God of compassion. *Refrain*

Seeing the tomb open and the cloth which wrapped your divine body now abandoned in your Resurrection, your disciples cried out together with the angels: The Lord is truly risen!

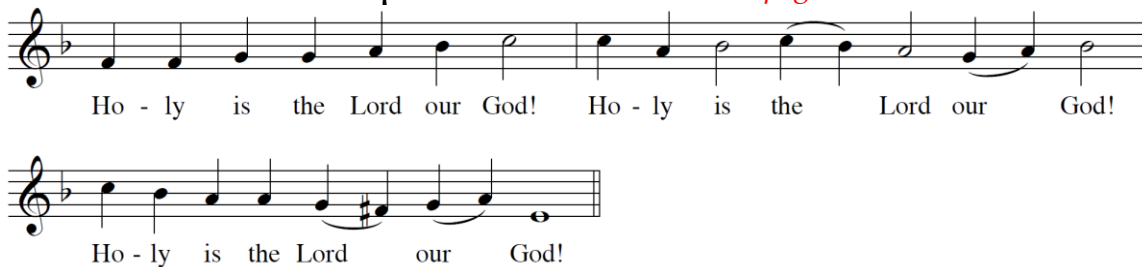


O faithful, we adore the Unity of the divine essence and the Trinity of persons, without confusion, equal in power, and worthy of the same honor, our God whom we extol in faith.

Katavasia 9 of the Theotokos**Tone 4**

May ev - 'ry child of the earth ex - alt in spir - it
and hold a - loft the burn - ing lamp, and may the an - gels in heav - en
praise with joy the ho - ly feast of the Moth - er of God
and sing: Re - jice, O The - o - to - kos,
ev - er - bless - ed and ev - er - Vir - - - gin.

Matins continues with the Small Litany on page 36.

Holy is the Lord our God (page 37)**Tone 4**

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)

The two sons of Zebedee, with Peter, Nathanael, and Thomas, and two others were fishing in the Lake of Tiberias. By the command of Christ, they cast the net on the right side and drew out many fish. Peter, recognizing Christ, came swimming toward him. This was the third appearance of the Lord after his Resurrection. Then he shared with them bread and fish from the fire.

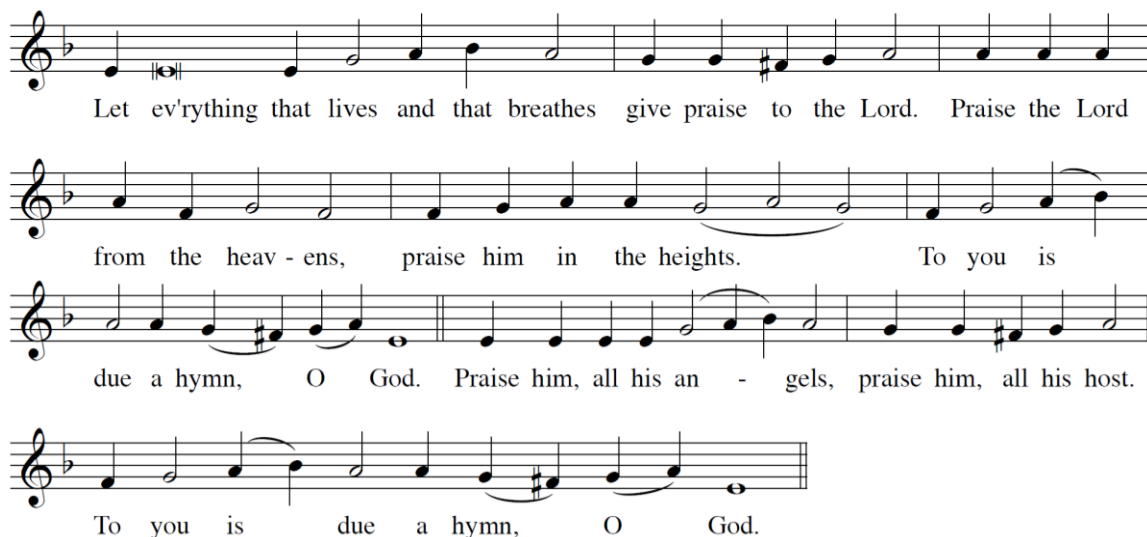
Glory... now and ever ...

O Virgin, pray to the Lord who rose from the tomb on the third day for us Christians who praise and bless you with zeal. For we have all taken you as a refuge of salvation and as a mediatrix with him. For we are your servants, O Theotokos; we are the people of your house, and we all await your protection.

Matins continues with the Psalms of Praise.

Psalms of Praise (page 38)

Tone 4



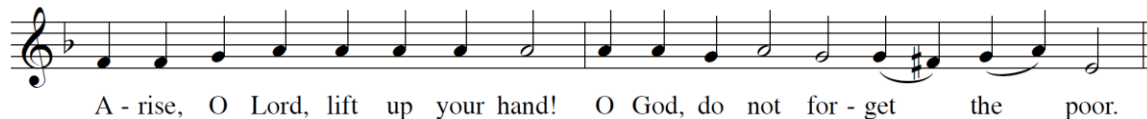
Let ev'rything that lives and that breathes give praise to the Lord. Praise the Lord
from the heav - ens, praise him in the heights. To you is
due a hymn, O God. Praise him, all his an - gels, praise him, all his host.
To you is due a hymn, O God.

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

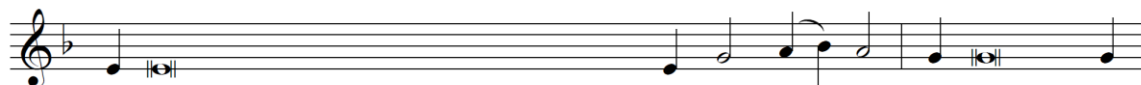
Stichera (page 40)

the 7th & 8th stichera of the 8 Sunday stichera (all the rest are omitted):

Cantor (*Tone 4*):



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



The women desired to behold your Resurrection, O Christ our God. Mar-y Magda-lene



went a-head of them; she found the stone rolled from the grave and saw



the angel seat-ed there who said: Why do you seek the Liv-ing a-mong the dead?



Tru-ly he is risen to save all cre-a-tion, for he is God.

Cantor (*Tone 4*):



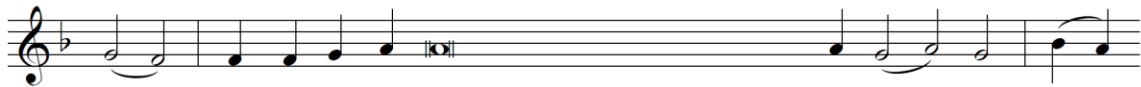
I will praise you, Lord, with all my heart; I will re-count your won-ders.



Where is Jesus whom you thought you were guard-ing? Where is he whom you



had placed in the grave and sealed with a stone? Give us his body, O deni-ers of



life. Give us the bur-ied one or else believe in the Res-ur-rec-tion. And



e-ven if you keep silent, the stones shall pro-claim this good news, es-pe-cially

that stone which was rolled away from the entrance of the tomb. How great is
your mer-cy, O Lord, and great is the mystery of your plan of sal-va - tion!
O Sav - - ior, glo - ry to you!

Cantor (*Tone 6*):

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

Tenth Gospel Stanza

Tone 6

Af - ter your descent into Ha - des, O Christ, and your Resur-rec - tion from
the dead, the dis - ci - ples grieved o - ver your de - par - ture. They re - turned
to their oc - cu - pa - tions and attended to their nets and their boats, but their
fish - ing was in vain. You ap - peared to them since you are the Lord of all;
you commanded them to cast their nets on the right side. Im - me - diate - ly your

word be-came deed. They caught a great num-ber of fish, and they found an

unexpected meal pre-pared for them on the shore, which they im-me-diate-ly

ate. Now, make us worthy to enjoy this meal with them in a spirit-ual man-ner,

O Lord and Lov-er of us all.

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