

# Matins Propers

## Twenty-Second Sunday after Pentecost

*in the Fifth Tone with the Eleventh Resurrection Gospel*

### Hexapsalmos

*The reader chants only **Psalm 102** on page 5 followed by "Glory..." on page 6.*

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

### The Lord is God (page 9)

*Tone 5*

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

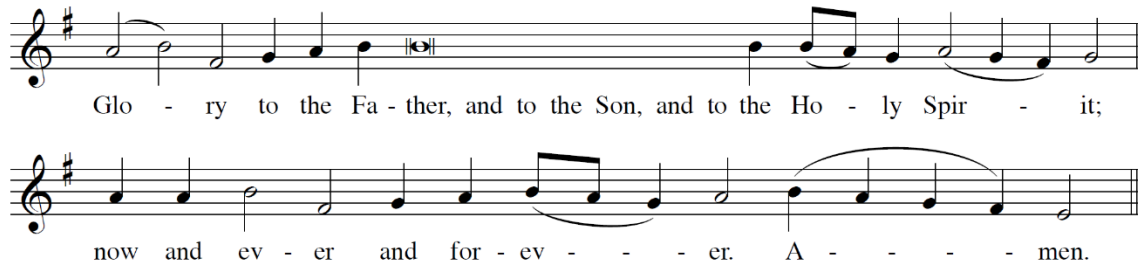
### Troparia (page 9)

**Troparion of the Resurrection- Tone 5:**

O faith-ful, let us praise and a-dore the Word e-ter-nal with the Fa-ther  
and the Spir-it, and born of the Vir-gin for our sal-va-tion.  
For he chose to as-cend the cross in the flesh and to suf-fer death, and to  
raise the dead by his glo-ri-ous res-ur-rec-tion.

*The repetition of the troparion is omitted.*

## Cantor:



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.

## Festive Theotokion – *Tone 5*



Re-joyce, Vir-gin, im-pas-sa-ble Gate - way of the Lord! Re-joyce,  
pro - tec - tive Wall of those who take re - fuge in you! Re-joyce, peace-ful  
Ha - ven un - trou-bled by storms! Re - joyce, O Vir - gin who has not  
known wed - lock, and yet has giv - en birth in the flesh to your  
Cre - a - tor and God! O The - o - to - kos, nev - er cease to in - ter - cede  
for all those who praise and wor - ship your Son.

## 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

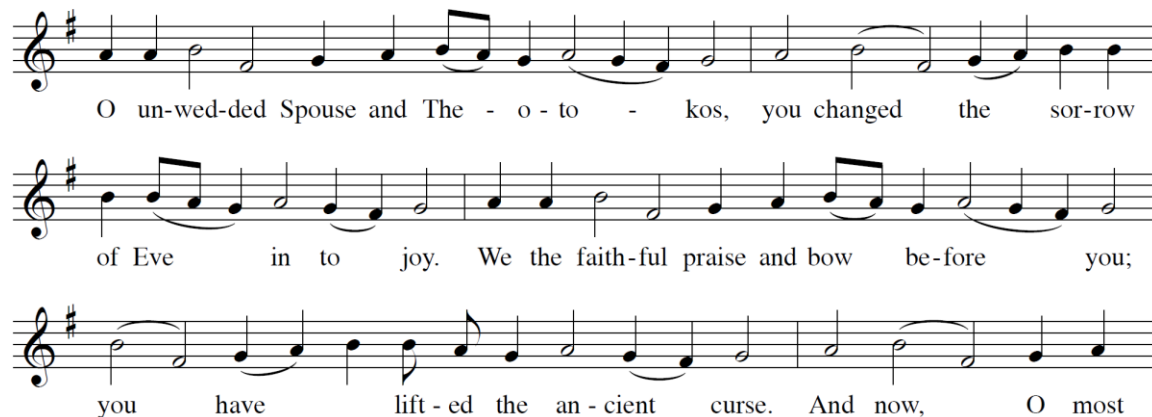
**People:** Now and ever and forever. Amen.

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

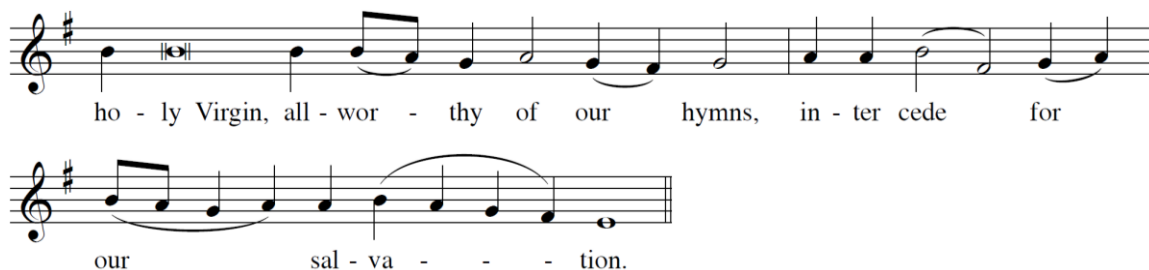
*Matins continues with the small litany on page 10.*

### Sessional Hymn (*page 11*)

*The Theotokion of the 2<sup>nd</sup> set of Sessional Hymns (Resurrection Tone 5):*



O un-wed-ded Spouse and The - o - to - kos, you changed the sor-row  
of Eve in to joy. We the faith-ful praise and bow be-fore you;  
you have lift-ed the an - cient curse. And now, O most



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

## **Ἡπᾱκοε (page 21)**

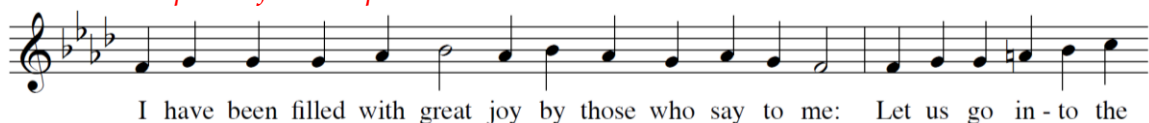
*Tone 5*



## **Stepenna (page 21)**

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

*The 3rd Antiphon of the Stepenna in Tone 4:*





courts of the Lord. I have of-fered con-stant praise! In the house  
of Da-vid awe-some won-ders take place. For there is a burn-ing fire,  
con - sum-ing ev - 'ry e - - - vil thought. 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 gives light to the world,  
for he fills ev - 'ry be-ing with life, as does the Fa-ther to-geth-er with the  
Word.

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

**Prokeimenon** (page 22) *Psalm 9:12a, 33a, 8a, 2*



A - rise, then, Lord! My God, lift up your hand! The Lord is  
King for - ev - er and ev - er, for - ev - er! The Lord is King

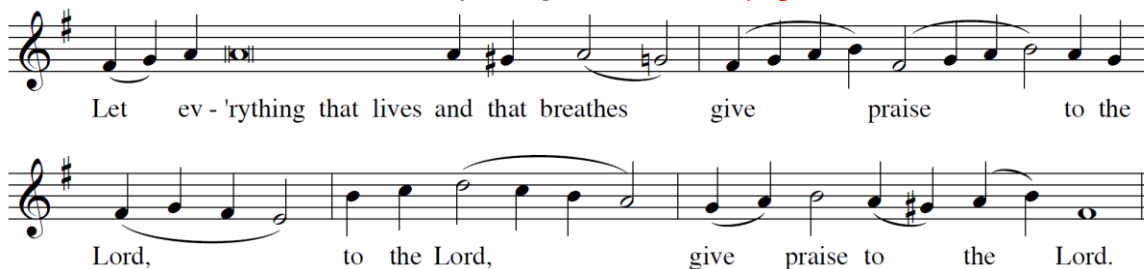


**Deacon:** I will praise you, Lord, with all my heart;  
I will recall all your wonders.

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

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

**Tone 5**



*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)

*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**

**Tone 5**



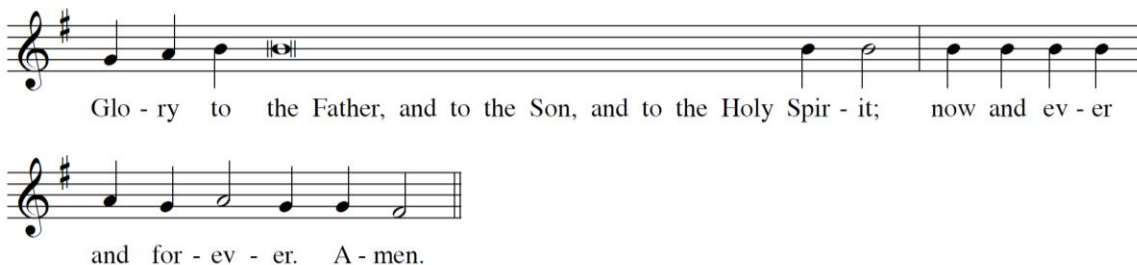


### Refrain



O Lord of glory, you voluntarily took on our condition without glory and were hung on the wood of infamy. In your kindness you gained for me the divine glory. *Refrain*

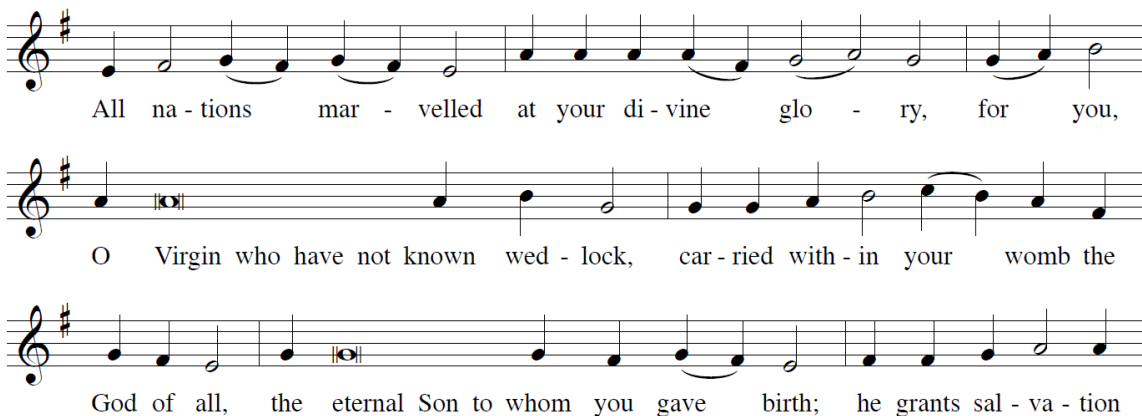
You clothed me with the robe of immortality when you suffered the tomb and death in your flesh without undergoing corruption; and on the third day you rose from the tomb.



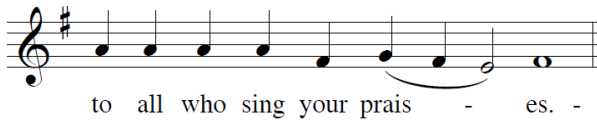
Without seed you gave birth, O Theotokos, to Christ our justice and redemption; and you freed the nature of our first parents from the curse.

### Katavasia 5 of the Theotokos

### Tone 4

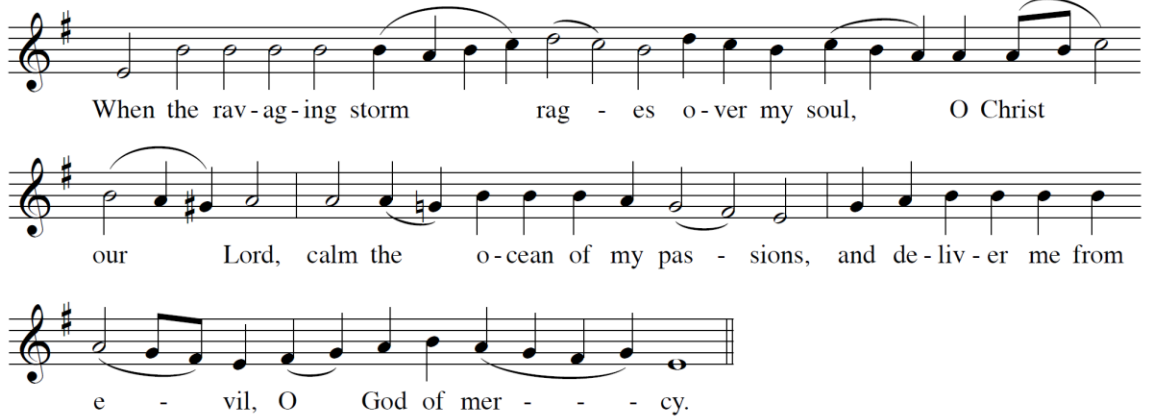






**Ode 6**  
**Irmos**

**Tone 5**

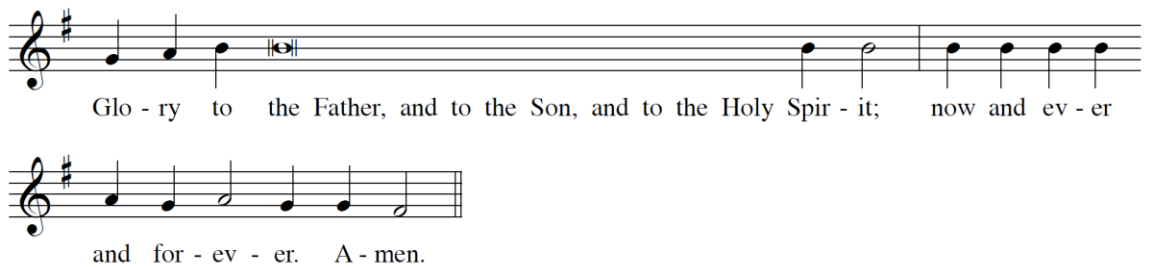


**Refrain**



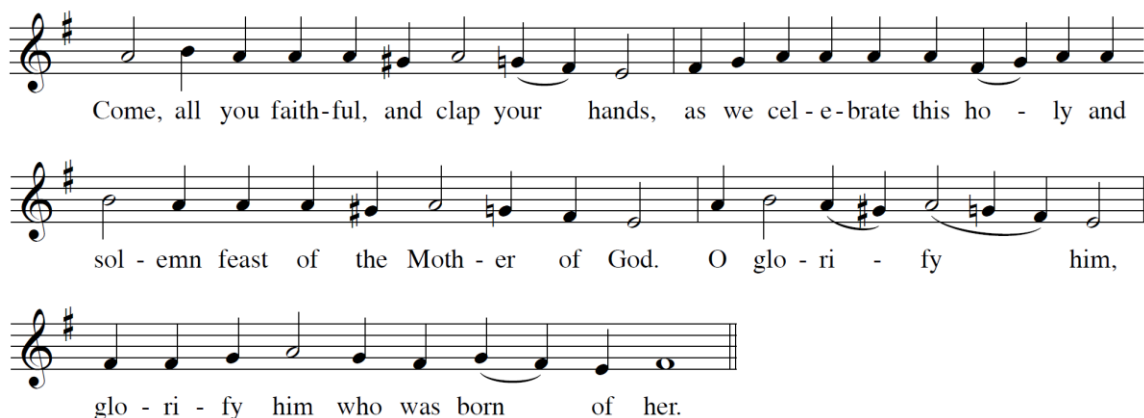
The ancestor of our race slid down into the pit for having tasted the forbidden fruit; but he was raised up to life by your sufferings, O Christ our Savior. *Refrain*

You descended into Hades, O Christ our Master and our Life; you became the death of the giver of death, and by your death you gave resurrection to all.



O Virgin, you gave birth and remained a virgin after childbearing; as Virgin and Mother, you truly bore the One who bears the universe in his hands.

### Katavasia 6 of the Theotokos

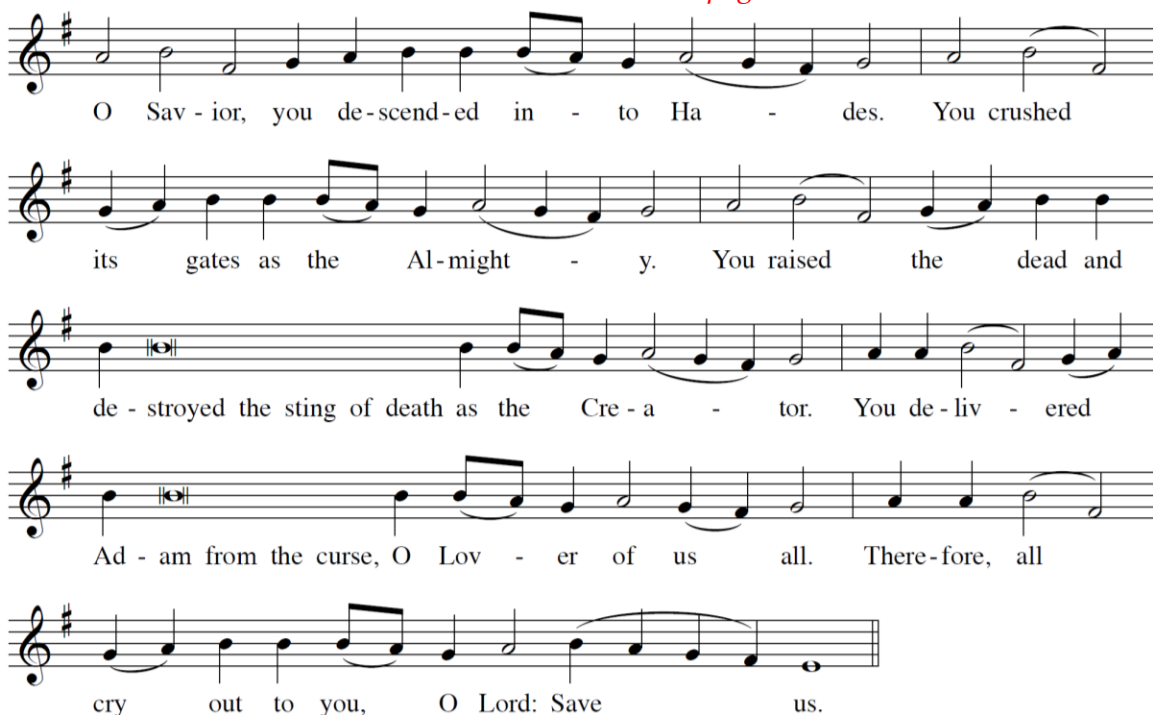


Come, all you faith-ful, and clap your hands, as we cel-e-brate this ho-ly and  
sol-lemn feast of the Moth-er of God. O glo-ri-fy him,  
glo-ri-fy him who was born of her.

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

### Kontakion & Ikos (page 34)

*Tone 5*



O Sav-ior, you de-scend-ed in-to Ha-des. You crushed  
its gates as the Al-might-y. You raised the dead and  
de-stroyed the sting of death as the Cre-a-tor. You de-liv-ered  
Ad-am from the curse, O Lov-er of us all. There-fore, all  
cry out to you, O Lord: Save us.

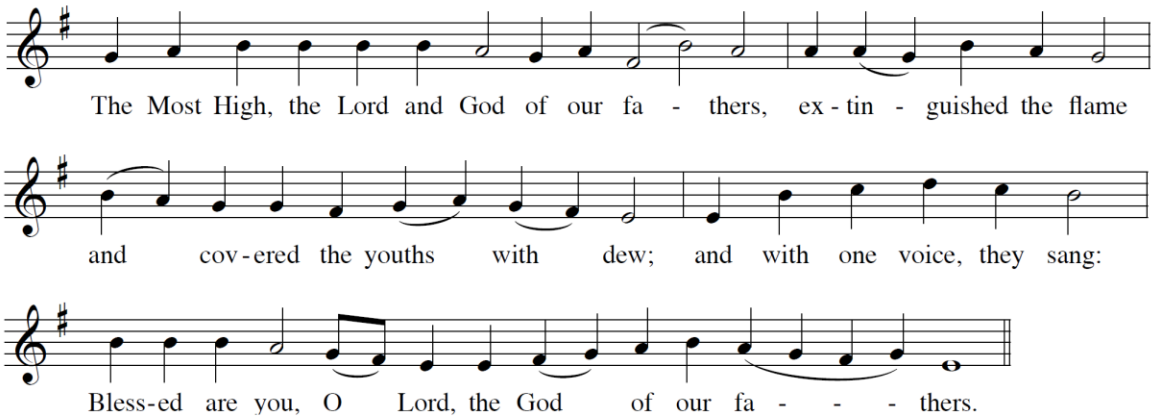
**Ikos:** Having heard the words of the angel, the women were seized with joy and ceased their dirges; and with trembling they contemplated the Resurrection. And behold,

Christ approached them and said: Take courage! Rejoice! For I have conquered the world and saved the captives; hasten and announce to the disciples that I go before them into Galilee for the news which they must proclaim. Therefore, we also cry out to you, O Lord: In your great love, save us!

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

**Ode 7**  
**Irmos**

**Tone 5**



The Most High, the Lord and God of our fa - thers, ex - tin - guished the flame  
and cov - ered the youths with dew; and with one voice, they sang:  
Bless - ed are you, O Lord, the God of our fa - - - thers.

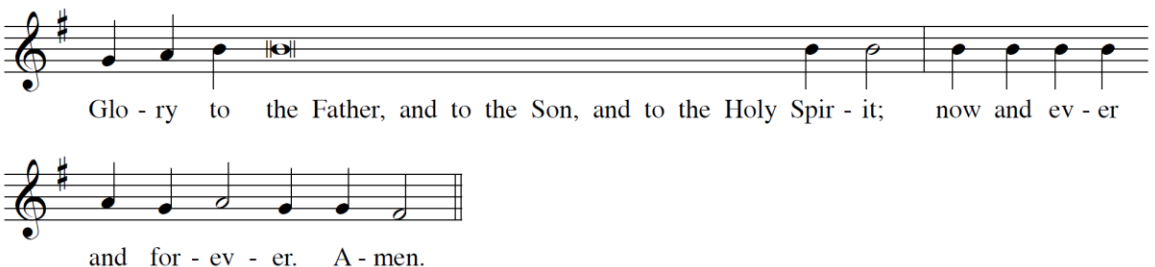
**Refrain**



Glo - ry to your ho - ly Res - ur - rec - tion, O Lord.

Wrapped in the flesh as bait on a hook, by your divine power you carried away the Serpent and raised up those who cry out to you: Blessed are you, O Lord, God of our fathers. *Refrain*

The One who gives life and being to the entire universe is now contained in a body and hidden in the narrowness of the tomb; for he is the infinite One for whom we all sing: Blessed are you, O Lord, God of our fathers.



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 all-pure One, you gave birth to the incarnate God, one Person in two natures; for him we all sing: Blessed are you, O Lord, God of our fathers.

**Katavasia 7 of the Theotokos**

**Tone 4**

The three youths walked cou-ra - geously about in the flam-ing fur - nace,  
pre - fer - ring to wor-ship the Cre - a - tor ra - ther than cre - a - ted things  
and they sang out in joy: Bless - ed are you and praised a - bove all, O 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 page 34.*

**Ode 9**

**Irmos**

**Tone 5**

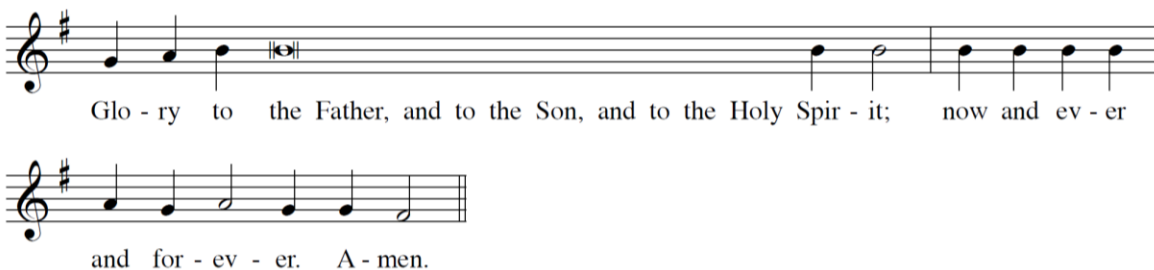
Re-joice, O I - sai - ah! The Vir - gin was with child  
and bore a Son, Em-ma - nu - el. He is God and man:  
O - ri - ent is his name. By ex - tol - - ing him, we  
al - so praise the Vir - - - gin.

### Refrain



O Christ our Master, you have completely taken upon yourself our fallen nature and united it to yourself in the womb of the Virgin. As the only One free from sin, you deliver us completely from corruption by your holy passion. *Refrain*

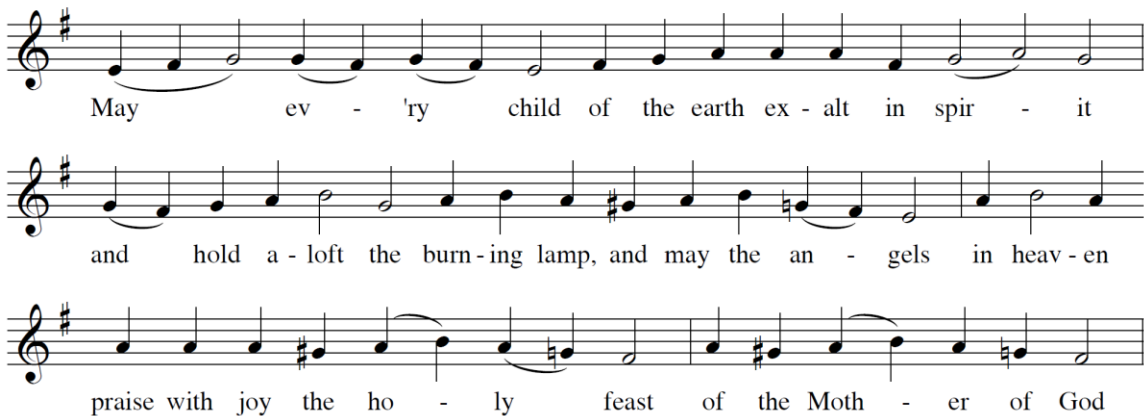
O Christ our Master, by the stream of your divine blood flowing from your life-giving and immaculate side, the sacrifices to false gods have ceased; and together with all the earth, we offer a sacrifice of praise to you.



It is not a God without a body nor simply a human person, that the pure and sinless Virgin has brought into the world. But he is indeed truly God and truly human, and we extol him with the Father and the Spirit.

### Katavasia 9 of the Theotokos

### Tone 4





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

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

*Tone 5*



## 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?

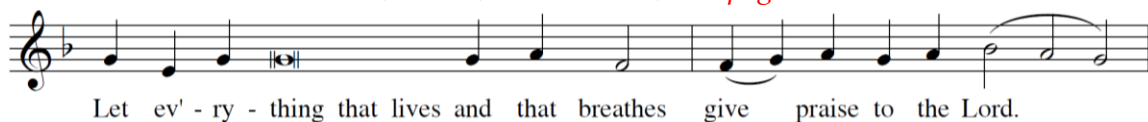
Glory... now and ever ...

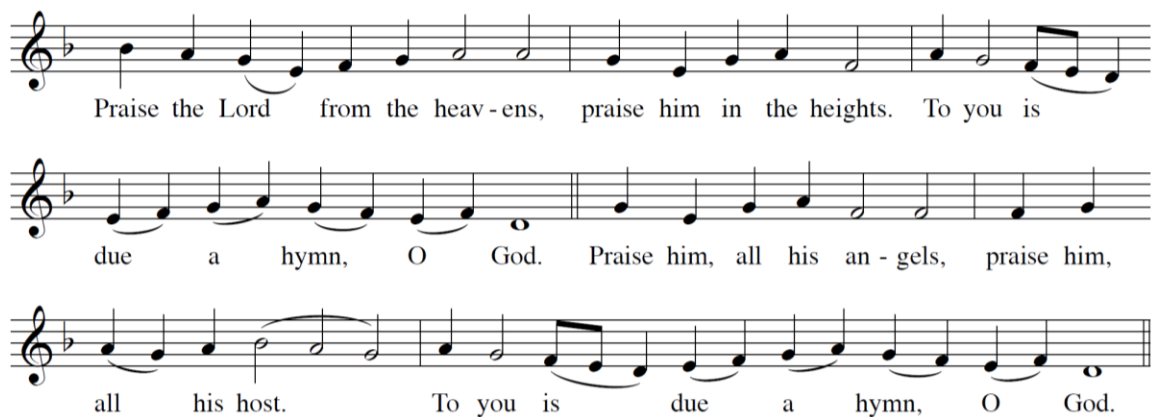
What an awesome mystery; what a dazzling wonder! Death has been abolished completely by death. O Word, who will not then praise, and who will not glorify your Resurrection? Who will not praise the Theotokos, who gave birth to you in the flesh and in purity? Therefore, by her prayers, save us all from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

*Matins continues with the Psalms of Praise.*

## Psalms of Praise (page 38)

*Tone 5*



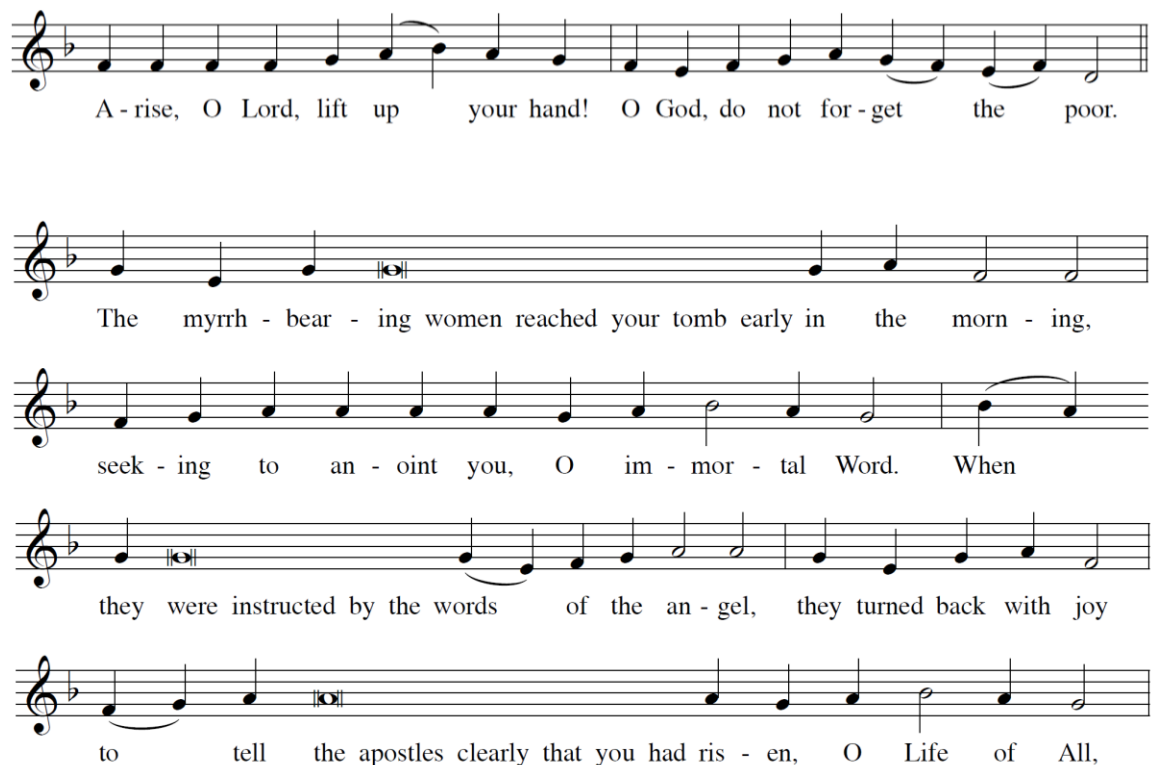


*The Psalms of Praise continue with "Praise him, sun and moon..." on page 38.*

### Stichera (page 40)

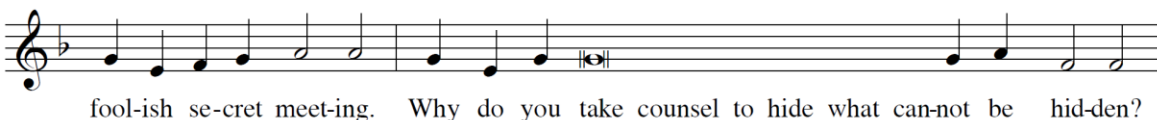
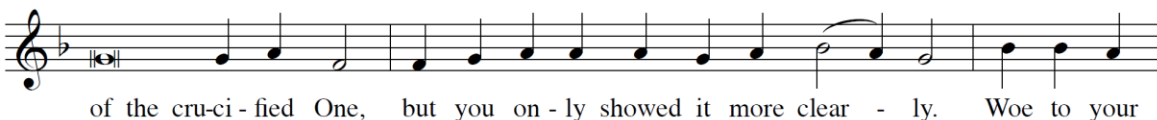
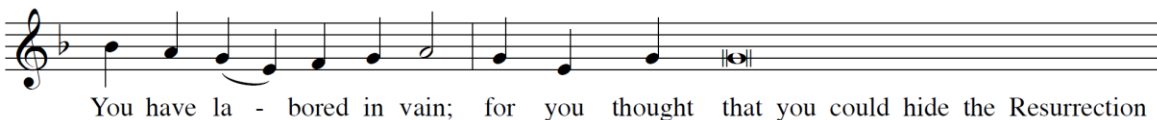
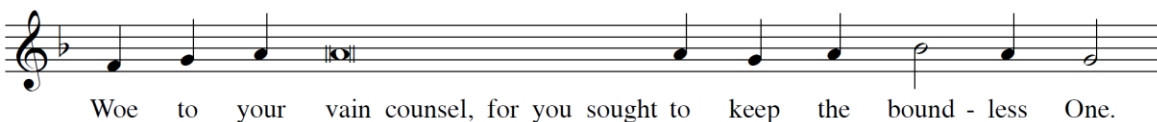
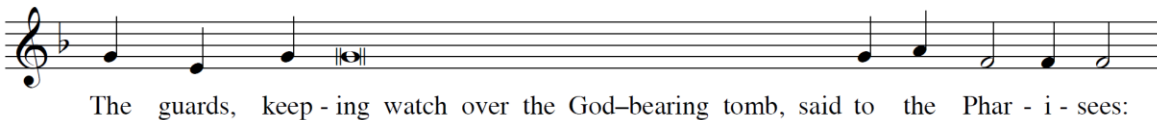
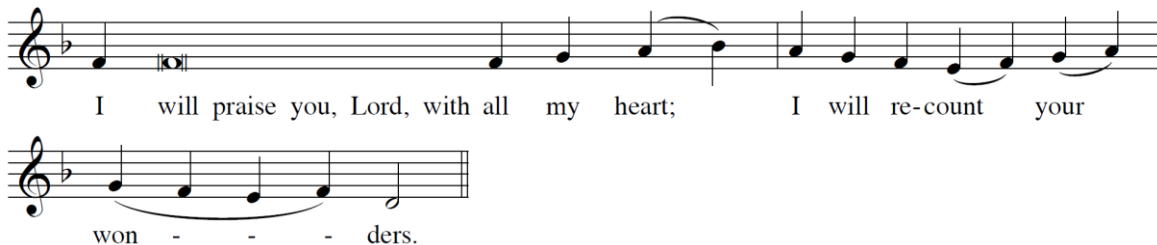
*the 7th & 8th stichera of the 8 Sunday stichera (all the rest are omitted):*

#### Cantor (Tone 5):





**Cantor** (*Tone 5*):





to believe in that which hap-pened. An an-gel, re-splen-dent like light-ning,  
de - scend-ed from heaven and rolled a-way the stone, and from fear of him we were  
en-com - passed by death. To the cou-ra - geous myrrh-bearing wo-men he said:  
Do you not see the guards as dead, the seals broken and Ha-des emp - tied?  
Why do you then seek as dead him who a - bolished the victory of Hades  
and broke the thorn of death? Go quick-ly and tell the good news of the Resurrection  
to the a - pos - tles, and shout fear-less - ly, say - ing: In truth the Lord  
is ris - en, the One who gives us great mer - cy.

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

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

# Eleventh Gospel Stanza

Tone 8

When you showed yourself to the dis-ci - - ples af - ter your Res-ur-rec-tion,

O Sav - ior, you ap-point-ed Simon to watch o - ver your sheep as a

rec-om-pense for his love; you asked him to tend the flock with care.

You said to him: If you love me, O Pe - ter, feed my lambs and feed

my sheep. But at once he inquired concerning the oth-er dis-ci - - ple,

re - veal - ing him to be the be - lov - ed. There - fore, by the interces-sion

of both, O Christ, keep your flock from the rav - ag - ing wolves.

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