

# Matins Propers

## Twenty-Third Sunday after Pentecost

*in the Sixth Tone with the First Resurrection Gospel  
& with the Katavasiai from the Canon of the Theotokos,  
which are sung before November 21st*

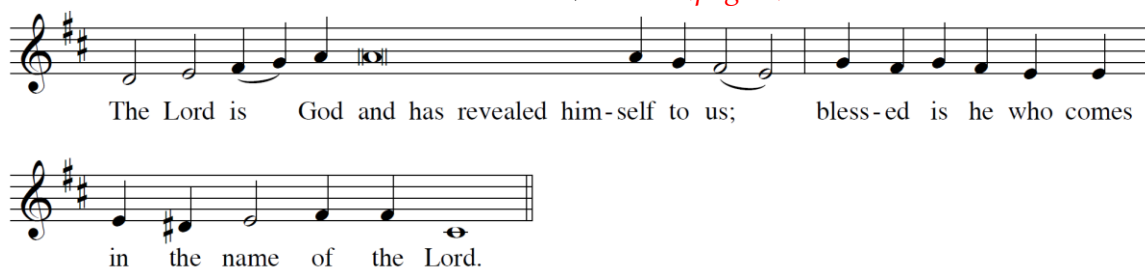
### Hexapsalmos

*The reader chants only **Psalm 3** on page 2 followed by "Glory..." on page 6.*

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

### The Lord is God (page 9)

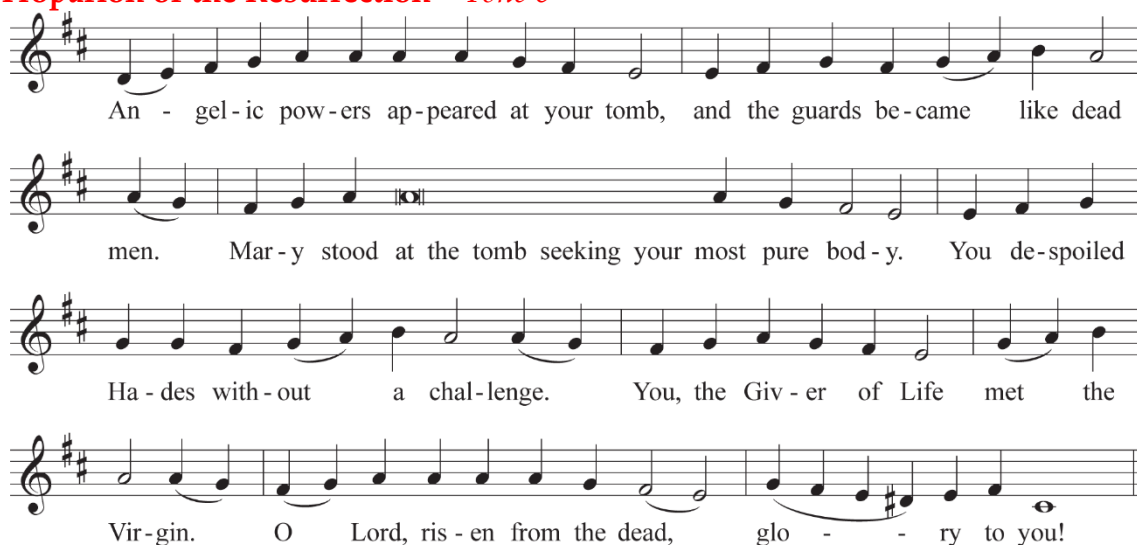
*Tone 6*



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

### Troparia (page 9)

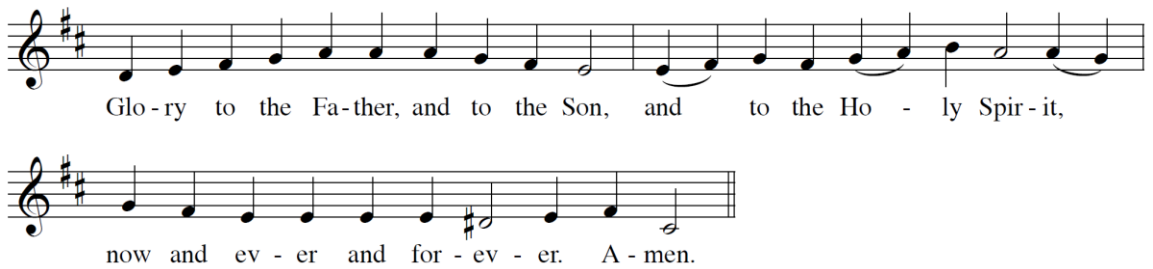
#### Troparion of the Resurrection – Tone 6



An-gel-ic pow-ers ap-peared at your tomb, and the guards be-came like dead  
men. Mar-y stood at the tomb seeking your most pure bod-y. You de-spoiled  
Ha-des with-out a chal-lenge. You, the Giv-er of Life met the  
Vir-gin. O Lord, ris-en from the dead, glo-ry to you!

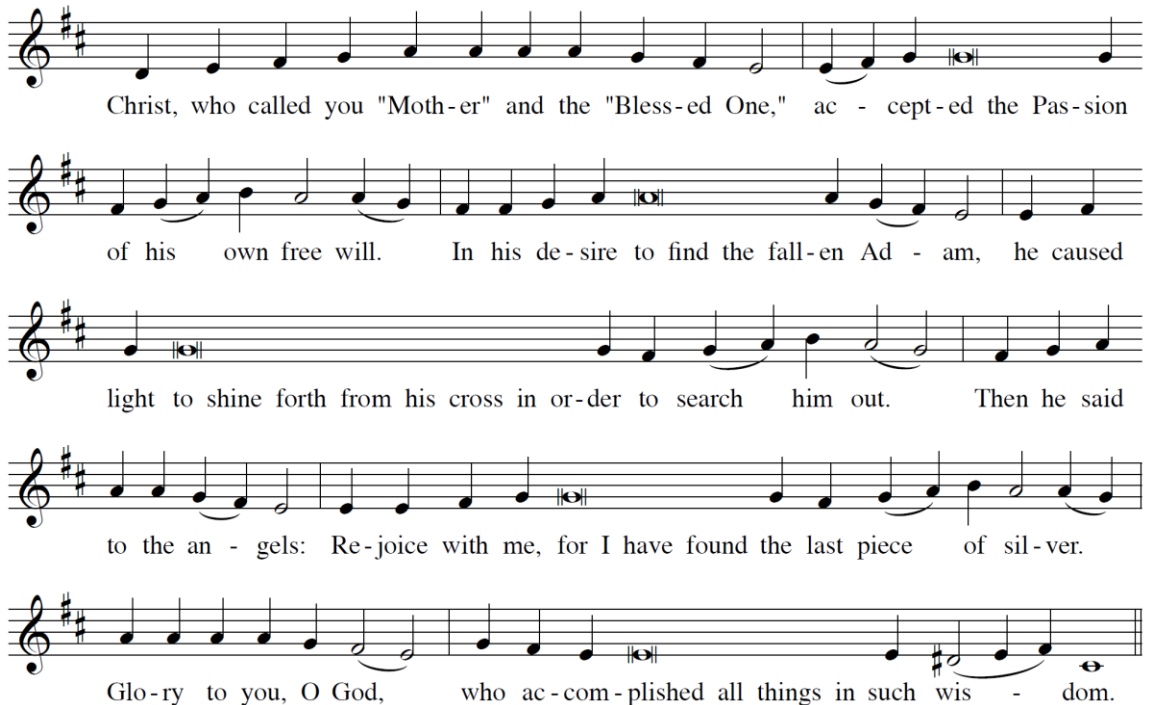
*The repetition of the troparion is omitted.*

**Cantor:**



*The troparion of the saint, if there is one, is omitted.*

**Festive Theotokion – Tone 6**



**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.

I shall praise you, Lord, with all my heart; I shall declare all your wondrous deeds. I shall rejoice in you and be glad, and sing psalms to your name, O Most High. See how my enemies turn back, how they stumble and perish before you. You upheld the justice of my cause; you sat enthroned, judging with justice. You have checked the nations, destroyed the wicked; you have wiped out their name forever and ever. The foe is destroyed, eternally ruined. You uprooted their cities; their memory has perished. But the Lord sits enthroned forever. He has set up his throne for judgment; he will judge the world with justice, he will judge the peoples with his truth. For the oppressed let the Lord be a stronghold, a stronghold in times of distress. Those who know your name will trust you; you will never forsake those who seek you. Sing psalms to the Lord who dwells in Zion. Declare his wondrous deeds among the peoples, for the Avenger of blood has remembered them, has not forgotten the cry of the poor. Have pity on me, Lord, see my sufferings, you who save me from the gates of death; that I may recount all your praise at the gates of the city of Zion and rejoice in your saving help. The nations have fallen in the pit which they made; their feet caught in the snare they laid. The Lord has revealed himself, and given judgment. The wicked are snared in the work of their own hands. Let the wicked go down among the dead, all the nations forgetful of God; for the needy shall not always be forgotten nor the hopes of the poor be in vain. Arise, Lord, let men not prevail! Let the nations be judged before you. Lord, strike them with terror, let the nations know they are but men. Lord, why do you stand afar off and hide yourself in times of distress? The poor man is devoured by the pride of the wicked: he is caught in the schemes that others have made. For the wicked man boasts of his heart's desires; the covetous blasphemes and spurns the Lord. In his pride the wicked says: "He will not punish. There is no God." Such are his thoughts. His path is ever untroubled; your judgment is far from his mind. His enemies he regards with contempt. He thinks: "Never shall I falter: misfortune shall never be my lot." His mouth is full of cursing, guile, oppression; mischief and deceit are under his tongue. He lies in wait among the reeds; the innocent he murders in secret. His eyes are on the watch for the helpless man. He lurks in hiding like a lion in his lair; he lurks in hiding to seize the poor; he seizes the poor man and drags him away. He crouches, preparing to spring, and the helpless fall beneath such strength. He thinks in his heart: "God forgets, he hides his face; he does not see." Arise then, Lord, lift up your hand! O God, do not forget the poor! Why should the wicked spurn the Lord and think in his heart: "God will not punish"? But you have seen the trouble and sorrow, you note it, you take it in hand. The helpless trusts himself to you; for you are the helper of the orphan. Break the power of the wicked and the sinner! Punish their wickedness till nothing

remains! The Lord is king forever and ever. The heathen shall perish from the land he rules. Lord, you hear the prayer of the poor; you strengthen their hearts; you turn your ear to protect the rights of the orphan and oppressed, so that mortal man may strike terror no more.

### Psalm 10

In the Lord I have taken my refuge. How can you say to my soul: "Fly like a bird to its mountain? See the wicked bracing their bow; they are fixing their arrows on the string to shoot upright men in the dark. Foundations once destroyed, what can the just do?" The Lord is in his holy temple, the Lord, whose throne is in heaven. His eyes look down on the world; his gaze tests mortal man. The Lord tests the just and the wicked; the lover of violence he hates. He sends fire and brimstone on the wicked; he sends a scorching wind as their lot. The Lord is just and loves justice; the upright shall see his face.

**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 1<sup>st</sup> Hymn of the 1<sup>st</sup> set of Sessional Hymns (Tone 6 Kontakion):*

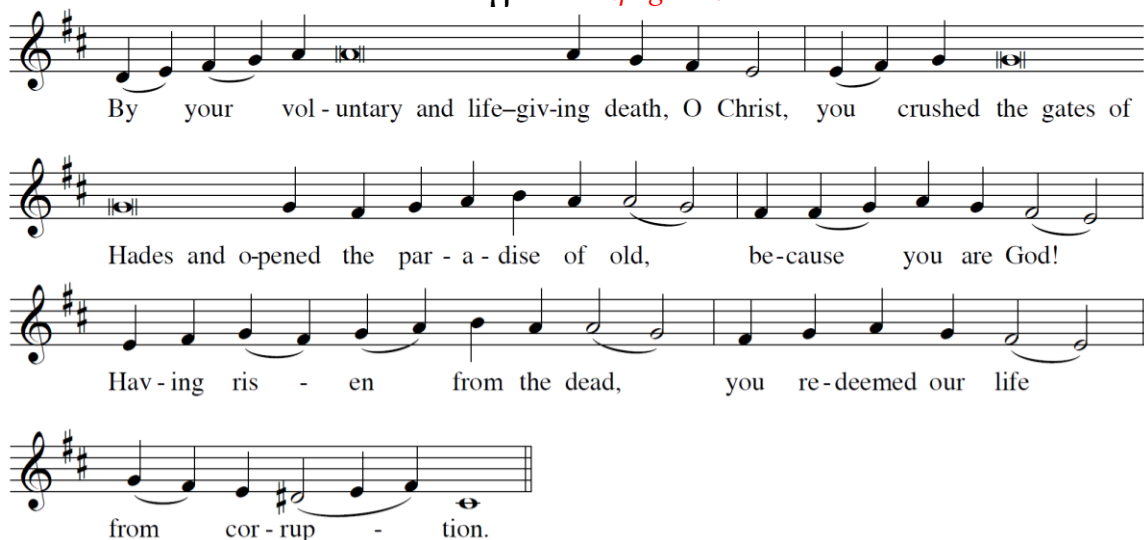
When the tomb was shown to be open and Hades was la-ment - ing, Mar-y cried  
out to the apostles who were hid - ing, and said: Come out, laborers  
of the vine - yard, and pro - claim the news of the Re - sur - rec - tion;  
for the Lord is risen, granting the world great mer - cy.

*Matins continues with the Polyeleos on page 12.*

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

## **Ἡψαλμὸς** (page 21)

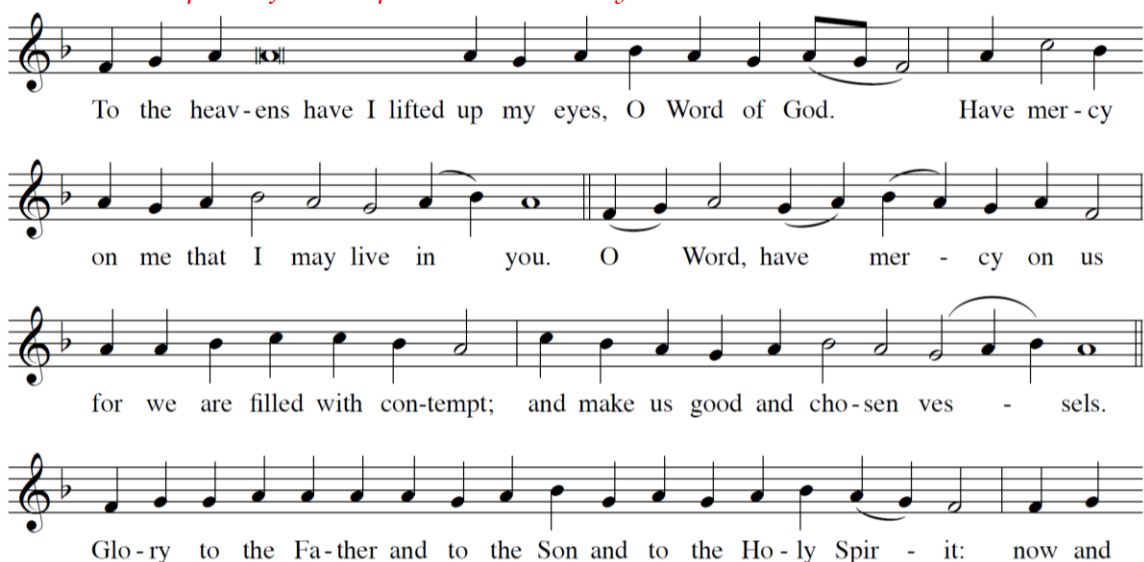
*Tone 6*



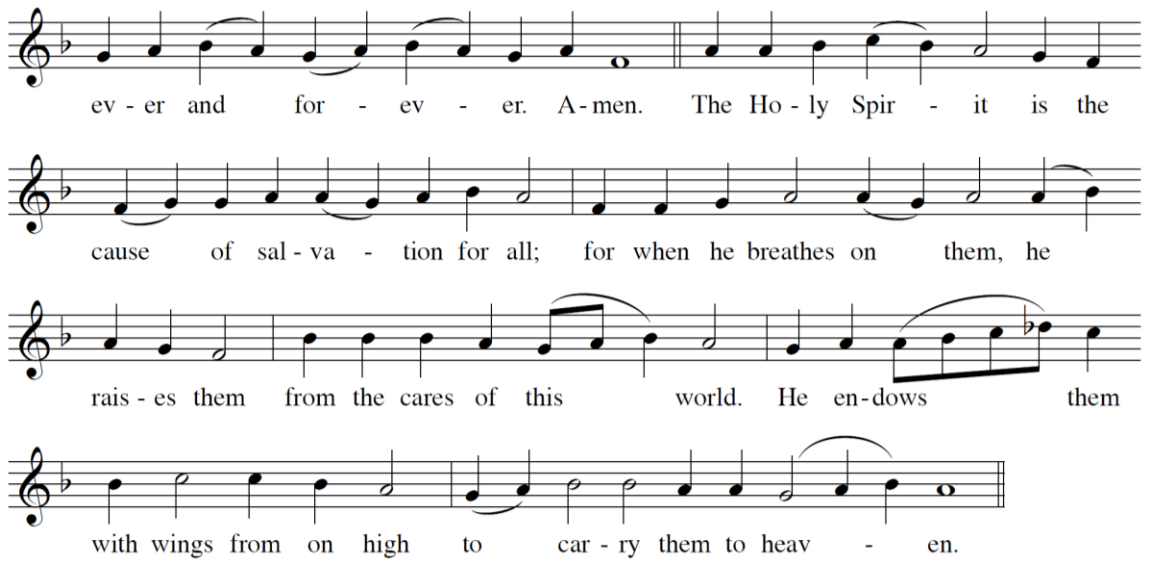
By your vol - untary and life-giv-ing death, O Christ, you crushed the gates of  
Hades and o-pened the par - a - dise of old, be-cause you are God!  
Hav - ing ris - en from the dead, you re-deemed our life  
from cor - rup - tion.

## **Stepenna** (page 21)

*The First Antiphon of the Stepenna (Gradual Hymns) in Tone 6:*



To the heav-ens have I lifted up my eyes, O Word of God. Have mer - cy  
on me that I may live in you. O Word, have mer - cy on us  
for we are filled with con-tempt; and make us good and cho-sen ves - sels.  
Glo-ry to the Fa-ther and to the Son and to the Ho - ly Spir - it: now and



*The 2<sup>nd</sup> & 3<sup>rd</sup> Antiphons of the Stepenna are omitted & Matins continues with the Prokeimenon ("Let us be attentive...") on page 22.*

### **Prokeimenon** (page 22)

*Psalm 79: 3, 2*

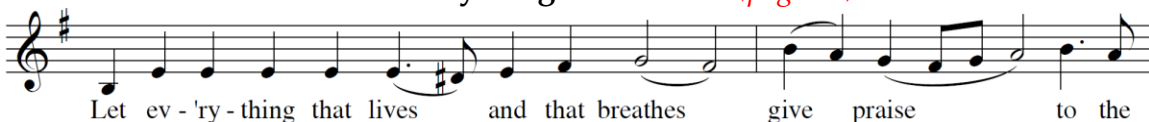


**Deacon:** O Shepherd of Israel, hear us;  
you who lead Joseph like a flock.

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

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

*Tone 6*





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

*The First Resurrection Gospel is read (Matthew 28:16-20).*

*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.*

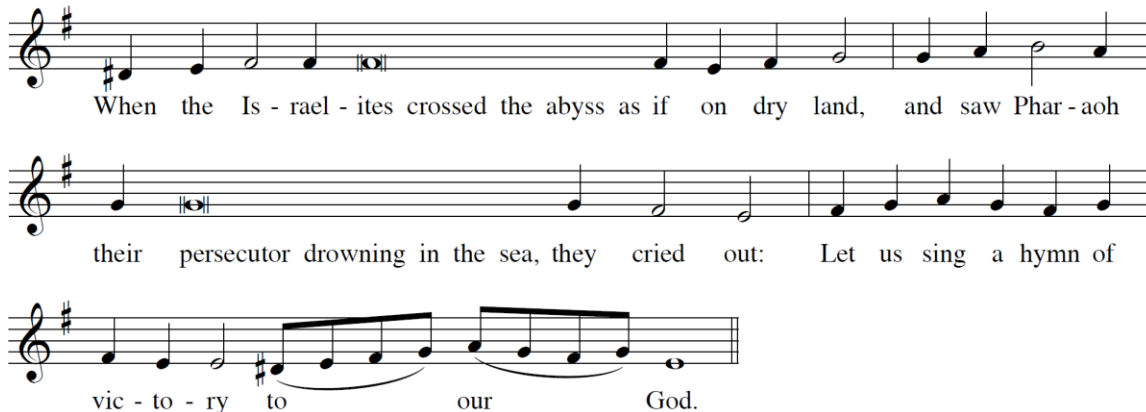
## **The Canon** (page 32)

**Tone 6**

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

### **Ode 1**

#### **Irmos**

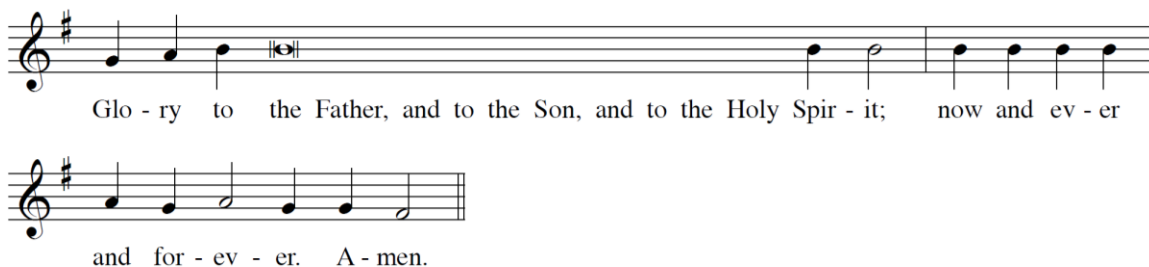


#### **Refrain**



When you stretched out your hands on the cross, O God of goodness, you fulfilled the good will of your Father. With one heart we now sing a hymn of victory to you. *Refrain*

At your order, O Master of life, death approached you as a servant who is filled with fear; and through death you have granted us resurrection and eternal life.

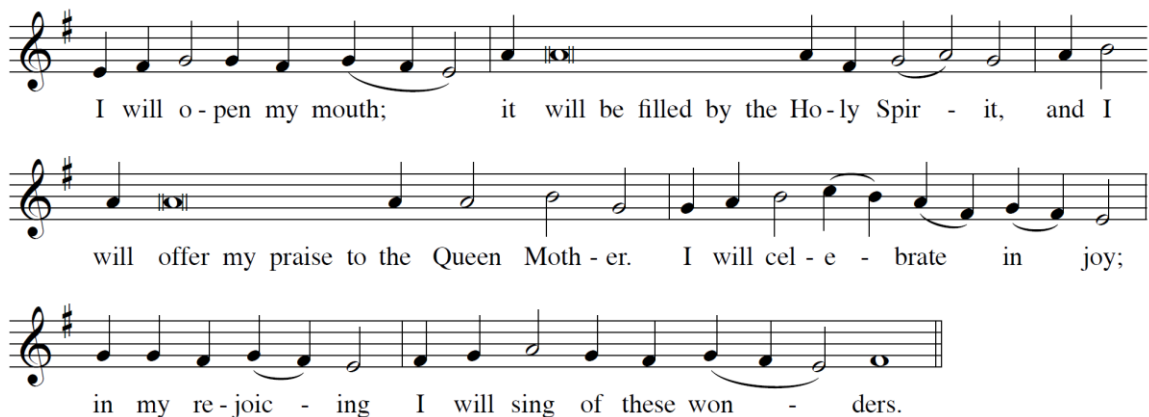


Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er  
and for - ev - er. A - men.

You have received your Creator as he himself willed; he took flesh ineffably in your womb without seed; O pure Virgin, you are truly the Queen of all creation.

### Katavasia 1 of the Theotokos

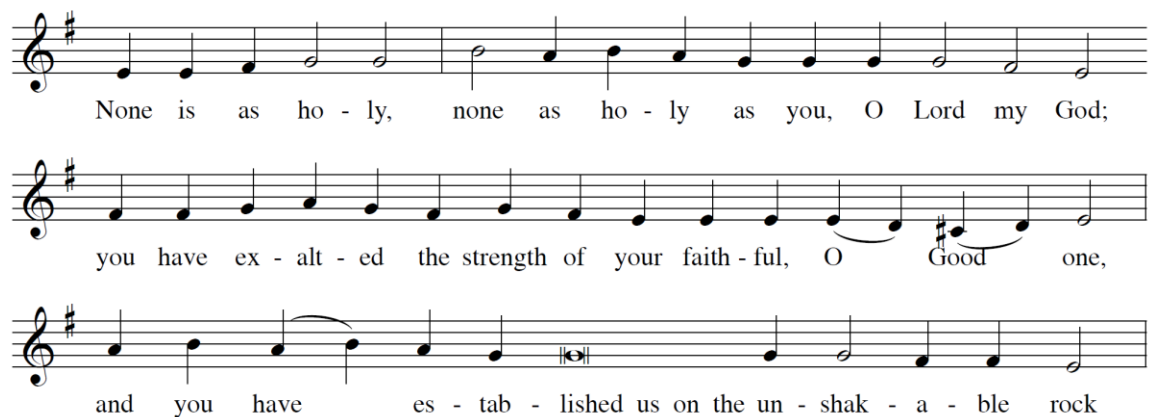
**Tone 4**



I will o - pen my mouth; it will be filled by the Ho - ly Spir - it, and I  
will offer my praise to the Queen Moth - er. I will cel - e - brate in joy;  
in my re - joic - ing I will sing of these won - ders.

*The Canons of the Cross-Resurrection, and of the Theotokos are omitted.  
The Canon of the Resurrection in Tone 6 continues with Ode 3.*

### Ode 3 Irmos



None is as ho - ly, none as ho - ly as you, O Lord my God;  
you have ex - alt - ed the strength of your faith - ful, O Good one,  
and you have es - tab - lished us on the un - shak - a - ble rock



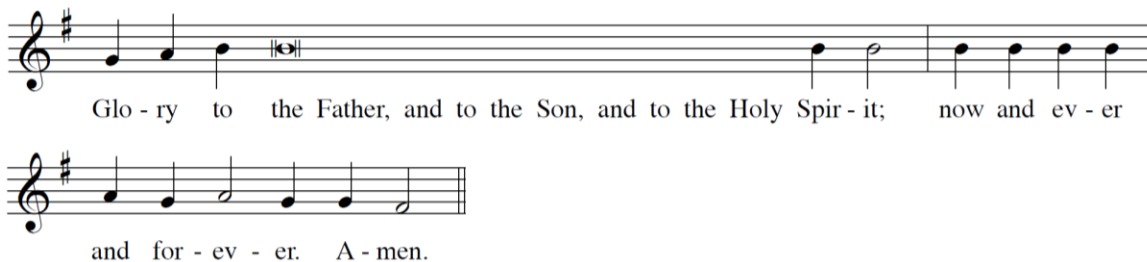


### Refrain



When creation saw God crucified in the flesh, it trembled with fear; but it was held together by the hand of the One who let himself be crucified for us. *Refrain*

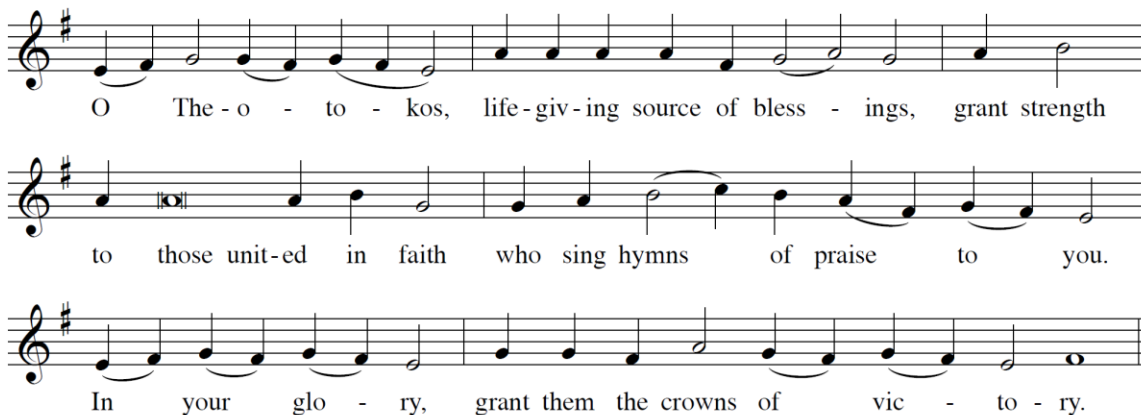
The power of Death has been crushed by death and now lives without strength; for it could not bear the divine invasion of Life, and resurrection is granted to the whole world.



O pure Virgin, the wonder of your divine birthgiving surpasses the laws of nature, for it is God himself whom you ineffably conceived in your womb, and you remain a virgin even after giving birth.

### Katavasia 3 of the Theotokos

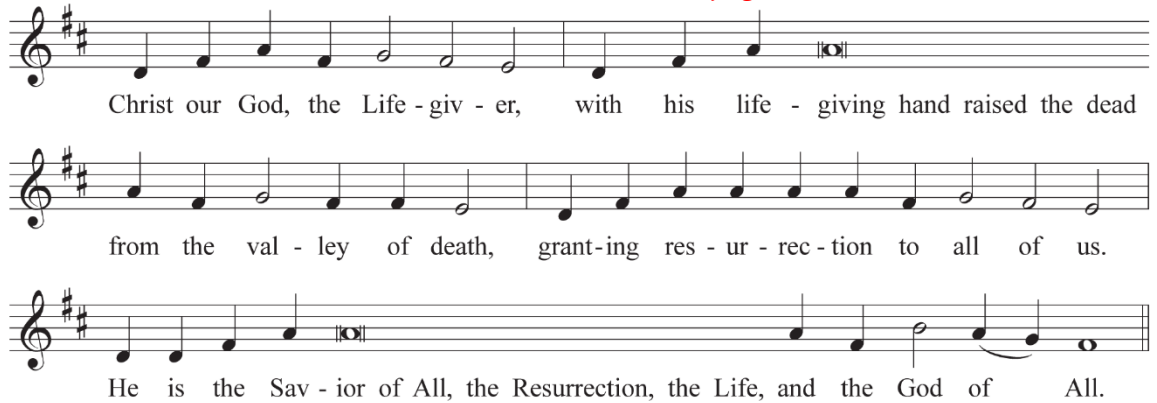
### Tone 4



*Matins continues with the Small Litany on page 33.  
The Kontakion, Ikos, & Sessional Hymn of the Saint after Ode 3, & Odes 4-6 are omitted.  
Matins continues with the Kontakion & Ikos of the Resurrection in Tone 6.*

### Kontakion & Ikos (page 34)

*Tone 6*



Christ our God, the Life - giv - er, with his life - giving hand raised the dead  
from the val - ley of death, grant - ing res - ur - rec - tion to all of us.  
He is the Sav - ior of All, the Resurrection, the Life, and the God of All.

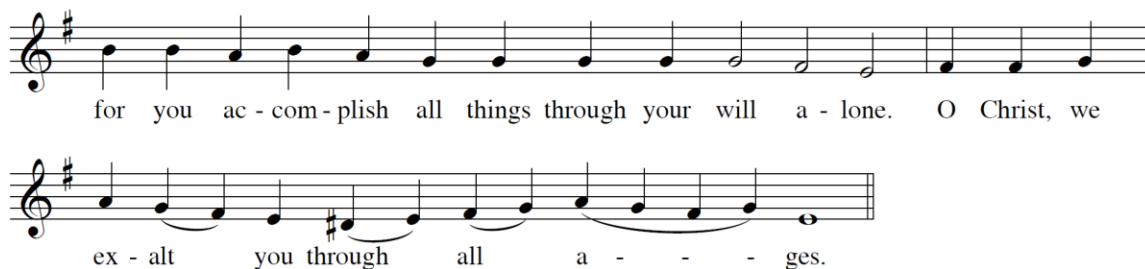
**Ikos:** O Source of life, we the faithful, praise and bow before your cross and your tomb; for you have chained Hades, O immortal Lord, and as the almighty God, you have raised the dead with you. You shattered the gates of Hades and destroyed the dominion of Death. We mortals now praise you with love, for you have risen and demolished the power of the deadly enemy. You have raised all those who believe in you, and you delivered the world from the arrows of the Serpent. O all-powerful One, you have freed us from the deceits of the Enemy. Therefore, in faith we praise your Resurrection by which you save us, O God of the universe.

*The Synaxarion & Ode 7 are omitted & the Canon continues with Ode 8.*

### Ode 8 Irmos



You made dew spring forth a - mid the flames for your ho - ly ones,  
and through wa - ter you set fire to the sac - ri - fice of your just one,

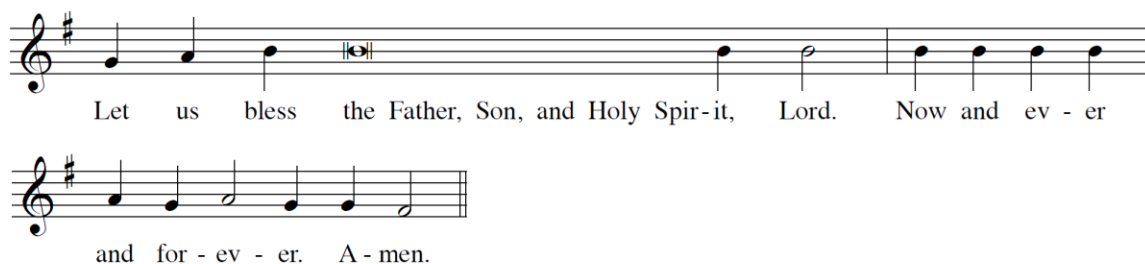


### Refrain



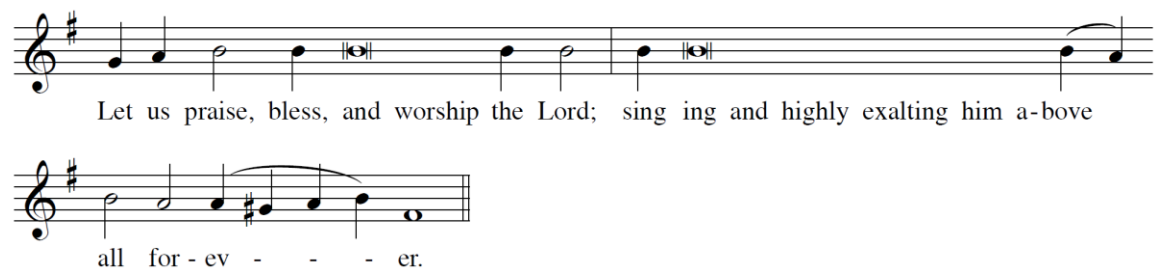
The people who formerly killed the prophets have now been seized with envy and have crucified the Word of God, whom we exalt through all ages. *Refrain*

Without leaving the vaults of heaven, you descended into Hades, O Christ, and raised with you humanity who had been lying in the corruption of the grave, and who exalts you through all ages.



You conceived the Word, the Light of light, and are filled with glory for having given birth in a manner beyond expression, for the Holy Spirit made his dwelling in you. O Virgin, we exalt you through all ages.

### Tone 4



# Katavasia 8 of the Theotokos

Tone 4

The three youths in the fur - nace were saved by the Offspring of the

The - o - to - kos. He who was fore-told has been born on earth,

and he joins to - geth - er all cre - a - tion to sing: All you works

of the Lord, bless the Lord, and praise him a - bove all for - ev - er.

*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

For the hu - man race, it is im - pos - si - ble to see God, up - on

whom e - ven the an - gels dare not gaze; but be-cause of you,

O most pure One, the Word made flesh is seen by mor - tals; and when

we ex - tol you, together with the ranks of heav - ens, we pro-claim you

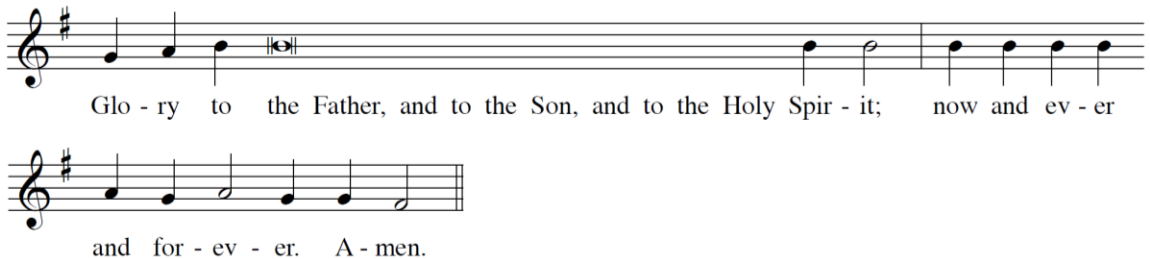


### Refrain



You remained a stranger to passions, O Word of God, even though you lived our human condition in the flesh; but you delivered humanity from its passions, having overcome our passions by your own passion, O our Savior. For you alone are beyond all suffering and are almighty. *Refrain*

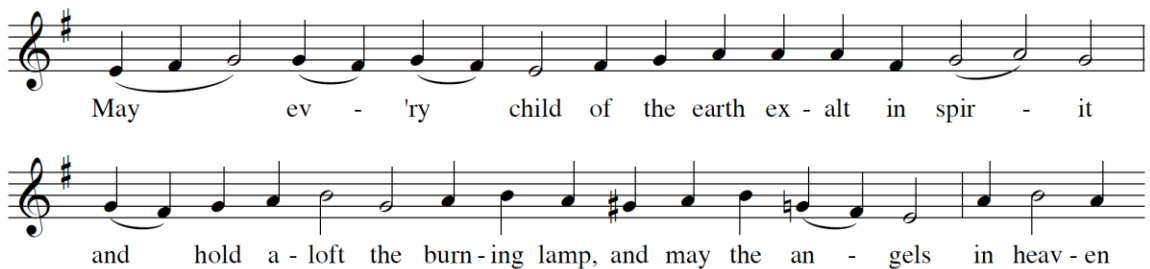
Descending into the abyss of death, you preserved your body from the corruption of the tomb; and your soul was not left in Hades, O Giver of life, but you were raised up as from sleep, O Lord, raising us with you.

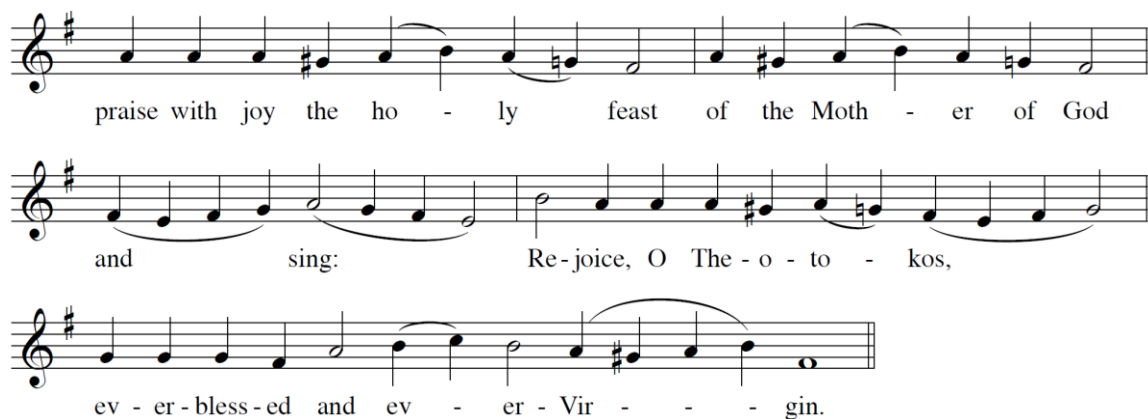


Let us mortals purify our lips that we may glorify God the Father and his coeternal Son, and venerate the ineffable and glorious power of the most Holy Spirit. For you alone are all-powerful, O indivisible Trinity.

### Katavasia 9 of the Theotokos

### Tone 4

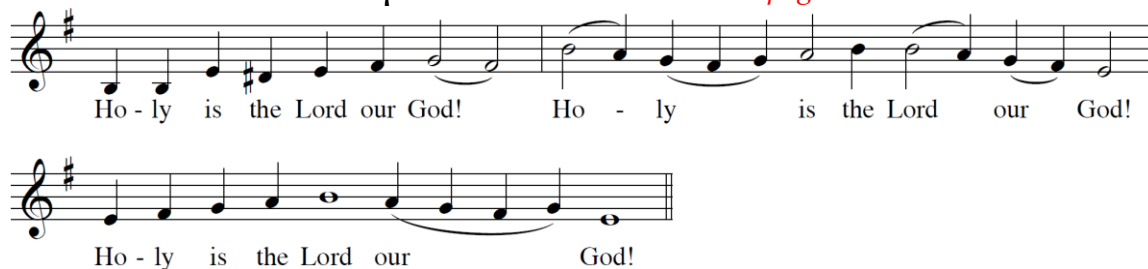




*Matins continues with the Small Litany on page 36.*

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

*Tone 6*



## **Hymn of Light** (page 37)

O faithful, let us gather with the disciples on the mountain in Galilee to behold Christ as he says to them: I have received all power over all things on high and those below. Let us learn how he taught them to baptize all nations in the name of the Father and of the Son and of the Holy Spirit, and how he promised his disciples to be present with them to the end of the world.

Glory... now and ever...

You rejoiced with the disciples, O Virgin Theotokos, for you beheld Christ risen from the tomb on the third day as he said. He appeared to his disciples, teaching them and revealing things sublime. He commanded them to baptize the believers in the name of the Father, and of the Son, and of the Holy Spirit so that we may believe in his Resurrection and that we may glorify you, O Theotokos.

*Matins continues with the Psalms of Praise.*

# Psalms of Praise *(page 38)*

*Tone 6*

## Psalm 148

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 1<sup>st</sup> & 2<sup>nd</sup> of the 8 Sunday stichera (all the rest are omitted):*

### Cantor *(Tone 6):*

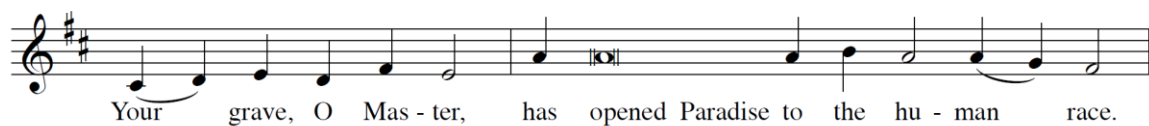
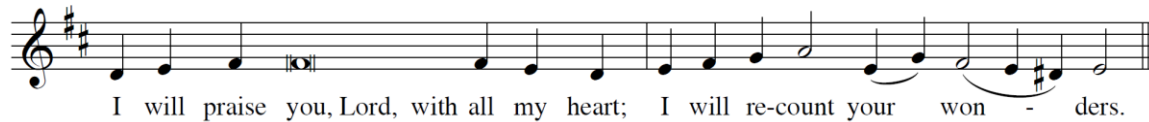
A-rise, O Lord, lift up your hand! O God, do not for - get the poor.

Your cross, O Lord, is life and resurrection to your peo-ple and we place our hope

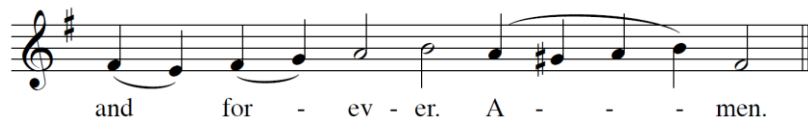
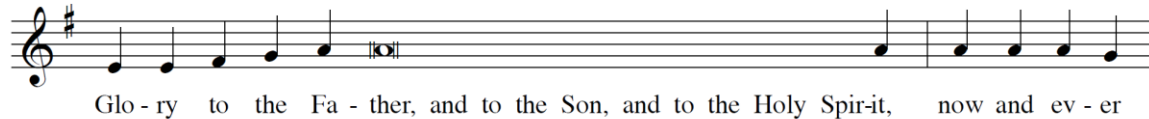
in it. We praise you, our God, ris - en from the dead.



**Cantor** (*Tone 6*):



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





## First Gospel Stanza

## Tone 1

The Lord ap-peared to his dis-ci-ples who had has-tened to the  
mountain for his ascen-sion from here be-low, and they bowed be-fore him.  
They learned of his uni-ver-sal pow-er and were sent to all  
the peo-ples of the earth to an-nounce his resur-rec-tion from the dead  
and his re-turn from earth to heav-en. He al-so promised to be with them  
al-ways, and his word is truth; for he is Christ our God,  
the Sav-ior of our souls.

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