

Matins Propers

Sunday of the Forefathers

between December 11th & December 17th
in the Third Tone with the Sixth Resurrection Gospel

Hexapsalmos

*The reader chants only **Psalm 142** on page 6 followed by “Glory...” on page 6.*

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

The Lord is God (page 9)

Tone 3

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

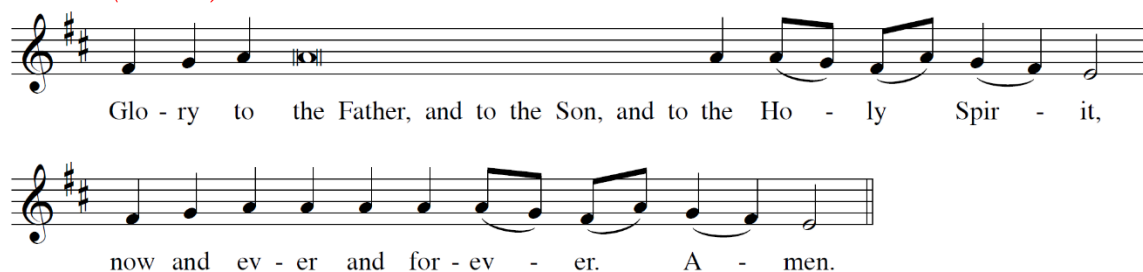
Troparia (page 9)

Troparion of the Resurrection – Tone 3

Let the heav - ens re-joice, let the earth be glad; for the Lord
has shown the might of his arm. By his death the Lord has tram-pled Death;
he has be-come the first - born of the dead; he has de - liv - ered
us from the depths of Ha - des and has grant-ed great mer-cy to the world.

The repetition of this Troparion is omitted.

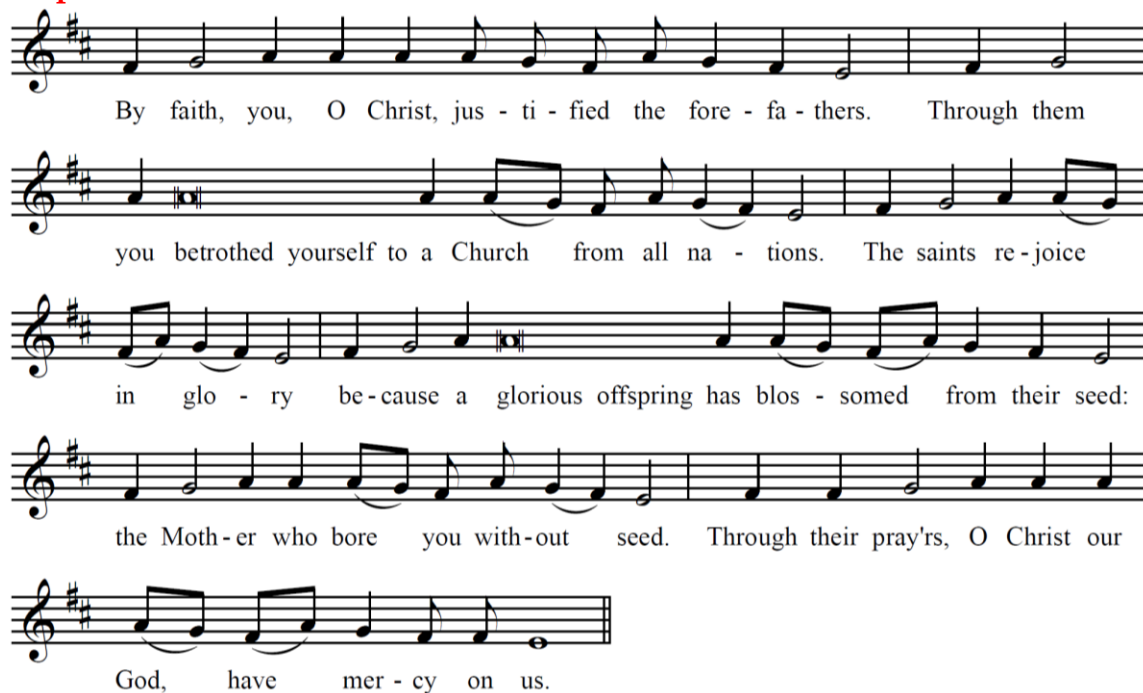
Cantor (*Tone 2*):



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

The Troparion of the Saint is omitted.

Troparion of the Forefathers – Tone 2



By faith, you, O Christ, jus - ti - fied the fore - fa - thers. Through them
you betrothed yourself to a Church from all na - tions. The saints re - joice
in glo - ry be - cause a glorious offspring has blos - somed from their seed:
the Moth - er who bore you with - out seed. Through their pray'rs, O Christ our
God, have mer - cy on us.

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.

from the 3rd stasis of the 3rd Kathisma: **Psalm 21:1-18**

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!

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

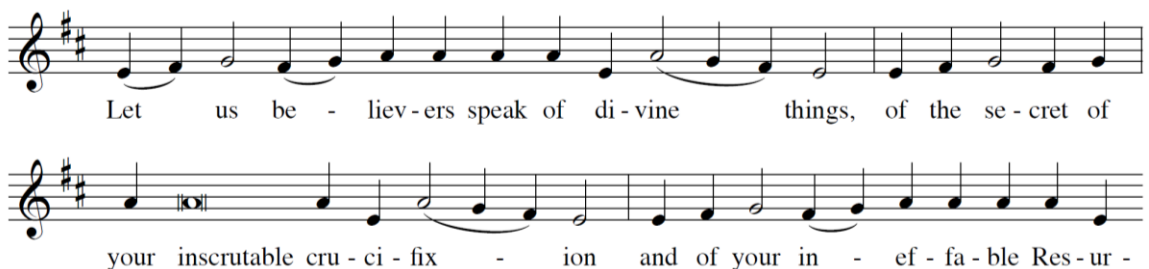
People: Now and ever and forever. Amen.

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 Hymn of the 2nd set of Sessional Hymns (Tone 3 Kontakion):



rec - tion; for to - day Death and Ha - des have been led cap - tive,
and the hu - man race has been invested with in - cor - rup - tion. There - fore,
we cry out in grat - i - tude: Glo - ry to your Res - ur - rec - tion,
O Christ!

Matins continues with the Polyeleos on page 12.

"Hosts of Angels..." is omitted & then Matins continues with the Small Litany on p. 21.

Ἡπᾱκοε (page 21)

Tone 3

The bril - liant an - gel star - tled the myrrh - bear - ing wom - en and said: Why do
you seek the Liv - ing One in the grave? He is tru - ly
ris - en and has emp - tied the tombs. Know, there - fore, that the
Change - less One changed corruption to in - cor - rup - tion. Say to him:
how dread - ful are your works, O Lord, for by your death



you have saved the hu - man race.

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.

Sessional Hymn of the Forefathers – Tone 8

With hymns let us all praise Abraham, Isaac and Jacob, * the meek David, Joshua, and the twelve patriarchs, * together with the three youths that quenched the fiery flame with the power of the Spirit. * And let us cry out to them: * Rejoice, you who bravely denounced the deception of the mad king! * Pray to Christ, that He grant remission of offenses to those who celebrate your holy memory with love.

Stepenna (*page 21*)

The 1st Antiphon of the Stepenna is omitted. The 2nd Antiphon of the Stepenna in Tone 3:



If the Lord does not build the house of vir - tues, we la - bor in vain.



But if he de-fends and pro-pects our lives, no one shall pre-vail a-gainst



our ci - ty. The saints are tru - ly as the fruit of your womb,



and they have not ceased to be chil - dren of the Fa - ther, O Christ,

through the breath of the Ho - ly Spir - - - it. 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. In the Ho - ly Spir - it re - sides
all ho - li - ness and wis - dom; for he is the Cre - a - tor of all
cre - a - - - tion. There - fore let us wor - ship him for he is God
as is the Fa - ther and the Word!

*The 3rd Antiphon of the Stepenna is omitted &
Matins continues with the Prokeimenon ("Let us be attentive...") on page 22.*

Prokeimenon (page 22)

Psalm 95:10, 1

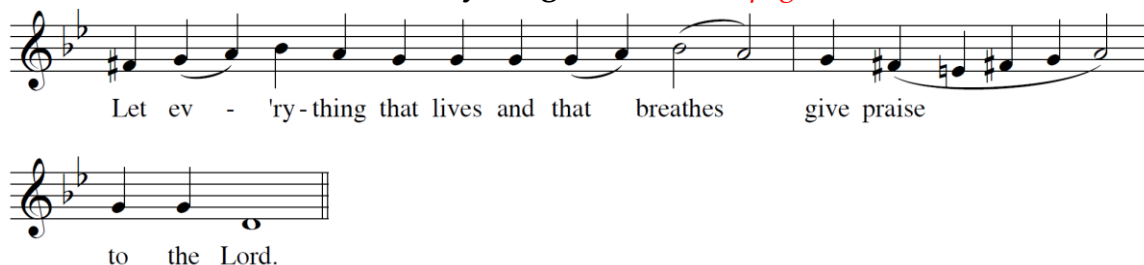
Pro - claim to the na - tions: God is King. The world he made firm,
not to be moved.

Deacon: O sing a new song to the Lord;
Sing to the Lord, all the earth.

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

Let everything that lives... (page 22)

Tone 3



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

The Sixth Resurrection Gospel is read (Luke 24: 36-53).

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*

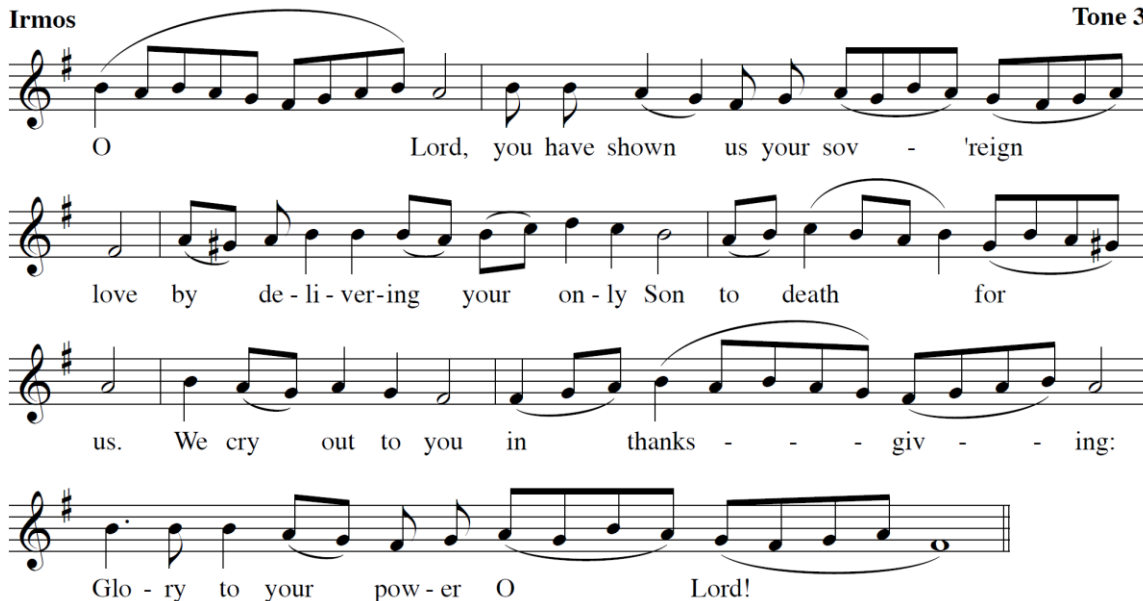
Odes 1-3 are omitted & the Canon of the Resurrection continues with Ode 4.

(The Canon of the Three Holy Youths & of the Saint are omitted)

Ode 4

Irmos

Tone 3

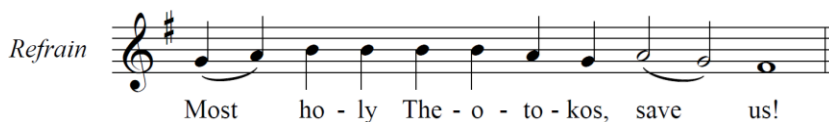


Refrain



O Christ, you endured wounds and injuries; for us you suffered the insult of being slapped; you allowed yourself to be spat upon, O long-suffering One: and thus you won my salvation. Glory to your power, O Lord! *Refrain*

Because of the misery and oppression of the poor and the unfortunate, you willed to undergo the death of a mortal, even though you are the Life; and in the glory of a victor, you have raised all with you.



O Christ, hear the prayers and compassion of your glorious Mother and remember the flock which you gained through your passion; visit them in their distress and save them by your power, O Lord.

The Irmos of the Canon of the Forefathers, which will be repeated as Katavasia, is omitted.

Refrain: Holy forefathers, pray to God for us!

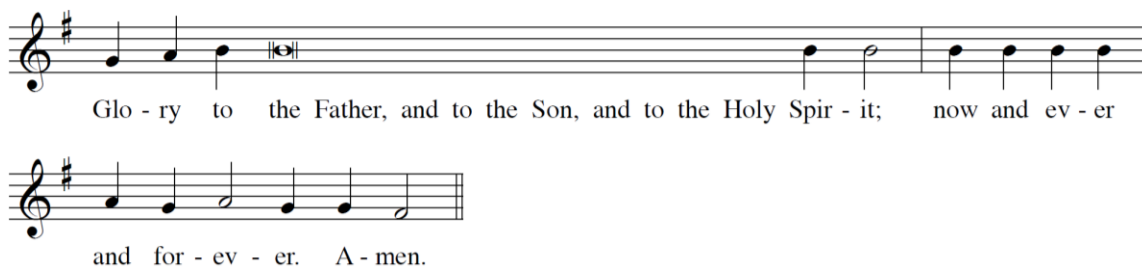
Let us offer up praise to God, honoring with hymns Noah, who is truly righteous; for he hath been shown to be adorned in all the divine commandments, having been well pleasing unto Christ, to Whom we, the faithful, chant: Glory to Thy power, O Lord!

Refrain: Holy forefathers, pray to God for us!

Beholding your nobility and simplicity of character, God clearly showed you forth, O Noah, as perfect in all respects and the leader of the new world, who saved for it, from the deluge, the seed of every species, even as He Himself commanded.

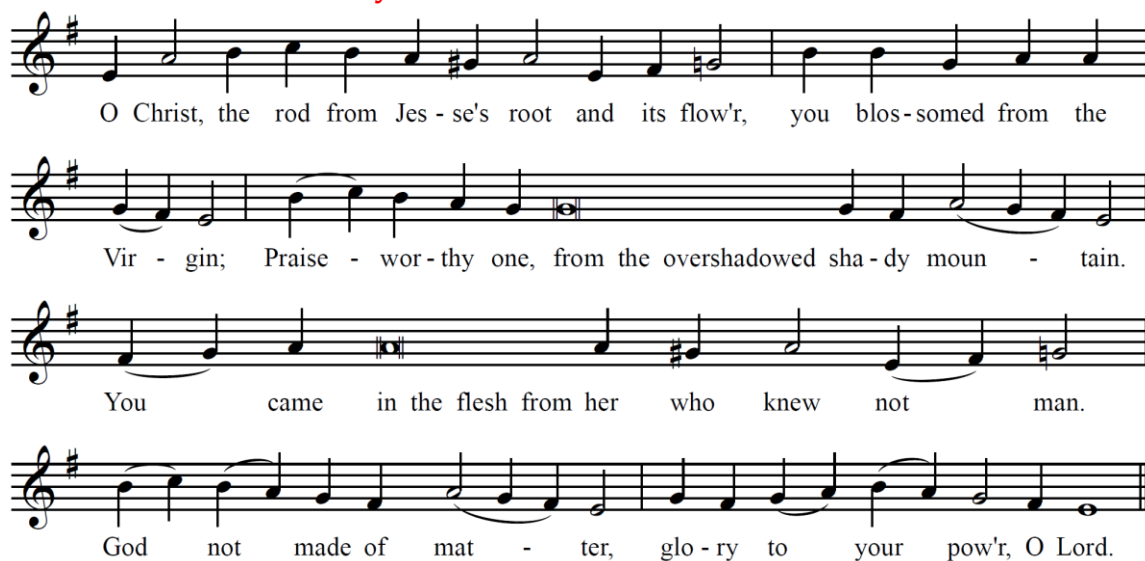
Refrain: Holy forefathers, pray to God for us!

With hymns let us piously bless Noah, who preserved the Law of God intact; who, alone among all his generation, was found to be righteous, and of old saved the species of the animals with an ark of gopher wood at the command of Him who accomplishes all things.



○ blessed Noah, your memory pours forth upon us who honor you the wine of compunction, which ever makes glad the hearts and souls of those who, in a pure manner, bless your honorable and divine life.

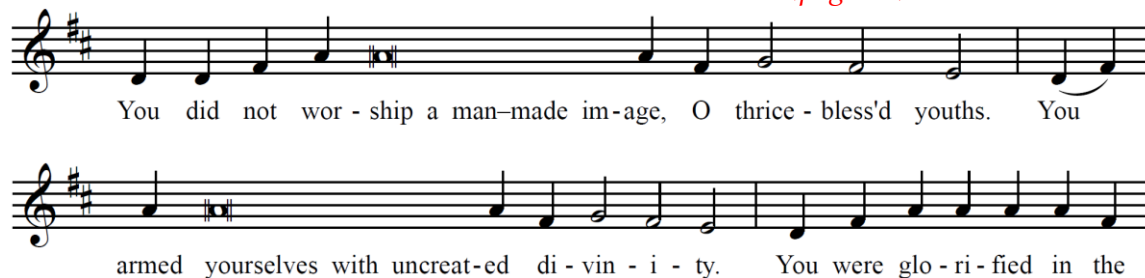
Katavasia 4 of the Nativity of the Lord

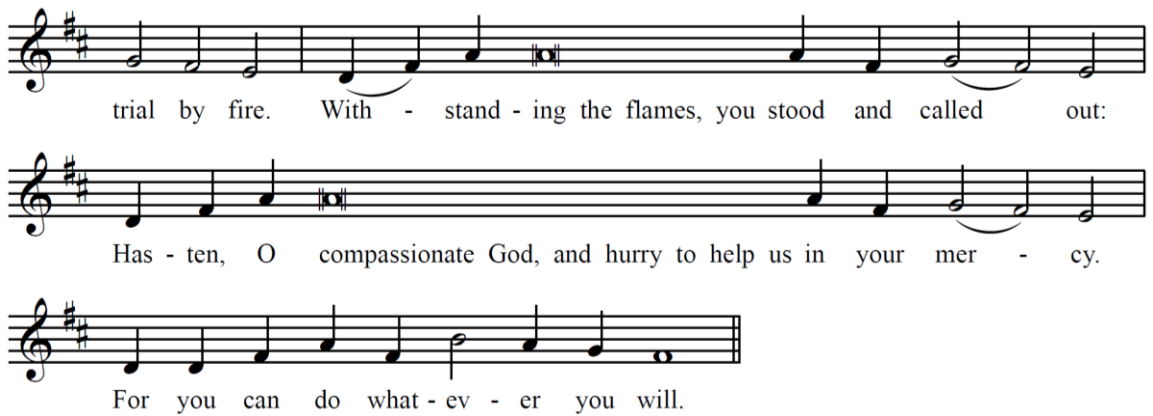


Ode 5 & 6 are omitted and Matins continues with the Small Litany on page 33.

Kontakion & Ikos of the Forefathers (page 34)

Tone 6





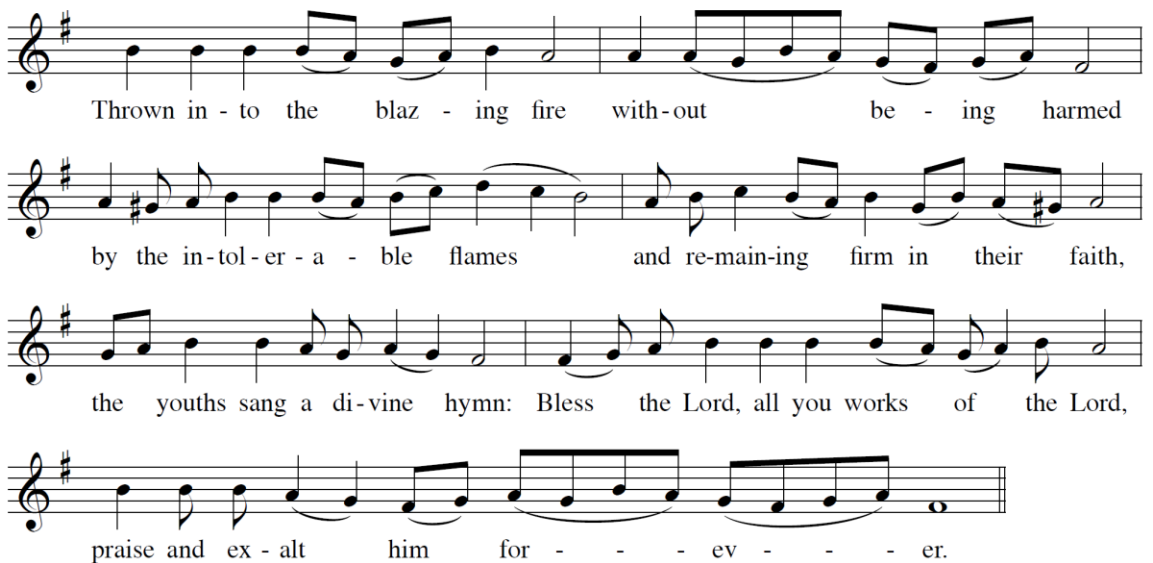
trial by fire. With - stand - ing the flames, you stood and called out:
Has - ten, O compassionate God, and hurry to help us in your mer - cy.
For you can do what - ev - er you will.

Ikos: Stretch forth your hand whereby of old the warring Egyptians and the embattled Hebrews were tested. Do not forsake us, so that death, which thirsts after us, will not swallow us up; and spare our souls, as you once spared your three children in Babylon, who glorified you unceasingly and were cast for your sake into a furnace, from whence they cried out to you: Hurry and make haste to our aid, O Compassionate One, in that you are merciful; for you can do what you will!

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

Ode 8
Irmos

Tone 3



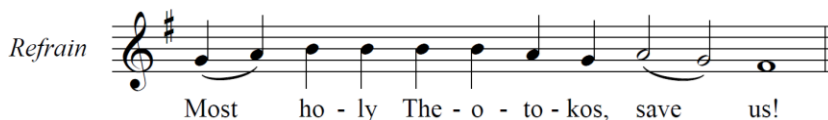
Thrown in - to the blaz - ing fire with-out be - ing harmed
by the in-tol - er - a - ble flames and re-main-ing firm in their faith,
the youths sang a di-vine hymn: Bless the Lord, all you works of the Lord,
praise and ex - alt him for - - - ev - - - er.

Refrain



When a cross was planted on the place of the Skull for you, O Lord, the curtain of the Temple was torn in two and creation trembled with fear and sang: Bless the Lord, all you works of the Lord, praise and exalt him forever! *Refrain*

You are risen from the tomb, O Christ, and by your powerful divinity you set aright the one who succumbed to deceit beneath the tree and who now sings to you: Bless the Lord, all you works of the Lord, praise and exalt him forever!



You are indeed the temple of God, his ark, and his living domain, O most pure Theotokos, and you reconcile the Creator with his people. And now we, the works of the Lord, sing to you and praise and exalt you forever.

The Irmos of the Canon of the Forefathers, which will be repeated as Katavasia, is omitted.

Refrain: Holy forefathers, pray to God for us!

Let us celebrate today the divine memory of the: honored fathers of all ages past: Adam, Abel, Seth, Noah, Enos, Enoch and Abraham, Melchizedek and Job, Isaac and the faithful Jacob, crying out: Let all creation bless the Lord and exalt Him supremely for all ages!

Refrain: Holy forefathers, pray to God for us!

Let us praise the divinely beauteous phalange of the divine fathers: Barak, Nathan and Eleazar, Josiah and David, Jephthah and Samuel, who honorably beheld things which were to come and cried out: Let all creation bless the Lord, and exalt Him supremely forever!

Refrain: Holy forefathers, pray to God for us!

With hymnody let us offer praise unto the prophets of God, praising Hosea

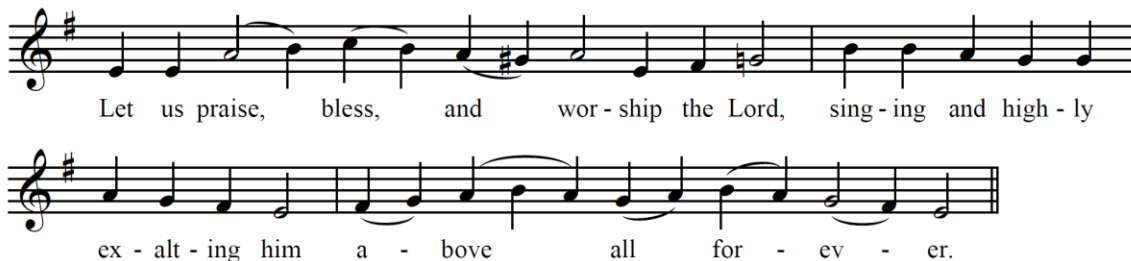
and Micah, Zephaniah and Habbakuk, Zechariah and Jonah, Haggai and Amos, Malachi and Obadiah, Nahum, Isaiah, Jeremiah and Ezekiel, together with Daniel, Elijah and Elisha.

Refrain: Let us bless the Father, Son, and Holy Spirit, Lord.

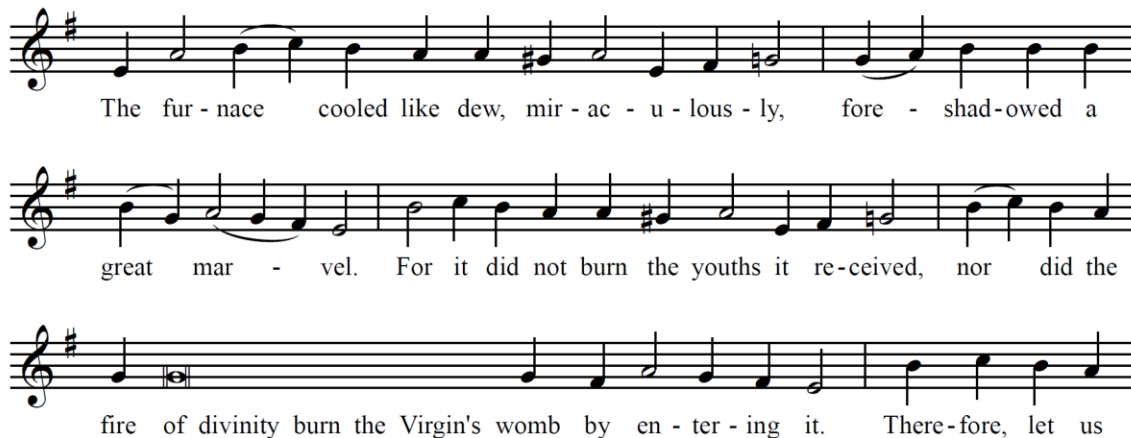
Trinitarian: With threefold utterances let us hymn the all-holy Trinity: the unoriginate Father, the Son and the right holy Spirit, the Unity of three Hypostases, which every breath glorifies, crying out: Let all creation bless the Lord, and exalt Him supremely for all ages!

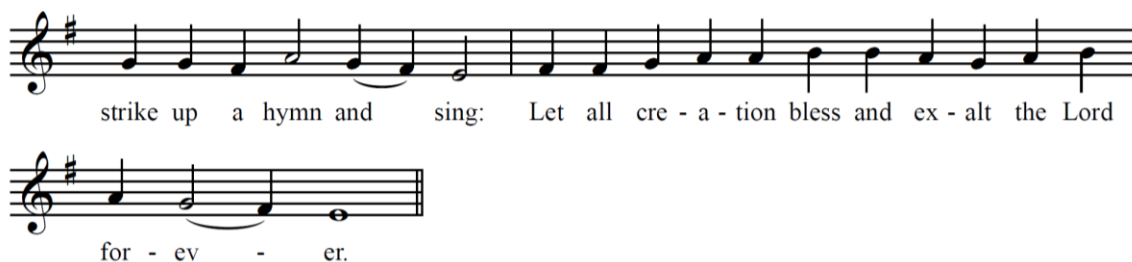
Refrain: Now and ever and forever. Amen.

Theotokion: O Christ, you have appeared incarnate of the Virgin's blood by your ineffable word, being born in a cave as a perfect Babe in the abundance of your lovingkindness, O Jesus. And the star heralds you from afar to the astrologers, who cry with faith: Hymn and exalt Christ supremely forever



Katavasia 8 of the Nativity of the Lord





The people stand & Matins continues with "Let us greatly extol..." & the Cantic of the Theotokos on p. 34.

**Ode 9
Irmos**

Tone 3

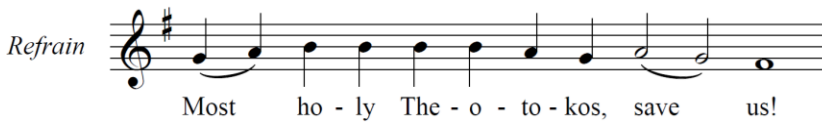
A new won - der, wor - thy of God! The Lord has tru - ly
passed through the closed gate, the closed gate of a Vir - gin.
Nak - ed he came forth and at his de - par - ture we see him
clothed in the flesh, yet the door has
re - - - mained closed: The one who is Moth - er of God
we now ex - tol be - yond words.

Refrain



It is dreadful to see the Creator and the Word of God hanging on the cross. Our God suffers in the flesh for his servants, and lifeless, he is placed in the tomb; yet he delivers the dead from Hades. O Christ, the almighty One, we extol you. *Refrain*

Placed in the tomb as one dead, O Christ, you saved our ancestors from death; you raised the dead and make life flourish once more; with your own hand, you lead the human race toward the light and clothe them with divine immortality. O inexhaustible Source of light, we extol you.



You are the throne and the temple of God, and the Most High has made his dwelling in you; O most pure One, you gave birth without seed, and the gate of the flesh was not opened. We now beseech you to intercede before Christ the King for all your faithful.

The Irmos of the Canon of the Forefathers, which will be repeated as Katavasia, is omitted.

Refrain: Holy forefathers, pray to God for us!

By your might, O Lord, you made powers of old: your daughters Hannah, Judith, Deborah, Huldah, Jael and Esther, Sarah, Miriam the sister of Moses, Rachel, Rebecca and Ruth the exceedingly wise.

Refrain: Holy forefathers, pray to God for us

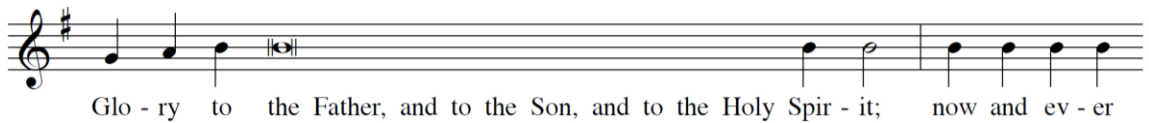
In a sacred manner let us honor the holy children that quenched the furnace, and with them, Daniel the prophet and all that were clearly righteous, who shone forth well before the Law, and under the Law were pleasing to the Lord.

Refrain: Holy forefathers, pray to God for us!

The most wise and divine prophets, being descendants of Abraham, proclaimed through the Spirit the Word of God, born of Abraham and Judah. By their prayers, O Jesus, have compassion on us all.

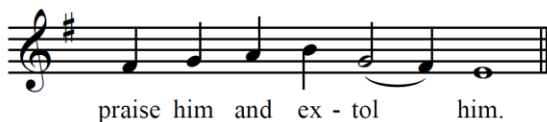
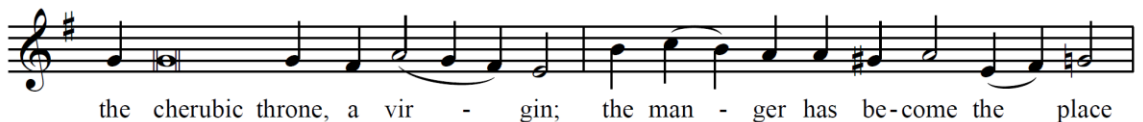
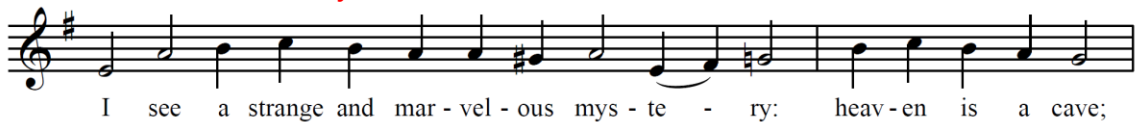
Refrain: Holy forefathers, pray to God for us!

All creation is sanctified by your memory and, keeping festival, calls out, crying aloud as befits a servant: Always entreat the Lord, O blessed ones, that those who praise you may receive eternal blessings!



Theotokion: The Word of the Father, who has robed himself in me, comes forth from the Virgin and is born in the cave in unconfused manner. Dance, O creation, magnifying, with thankful voices His all-holy condensation which He has shown forth in His lovingkindness.

Katavasia 9 of the Nativity of the Lord



Matins continues with the Small Litany on page 36.

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

Tone 3



Hymns of Light *(page 37)*

After your resurrection from the grave, O Savior, you revealed your human nature as you stood in the midst of the disciples; you were with them and taught them the baptism of repentance. Then you ascended to your Father and promised to send them the Paraclete. Therefore, O Lover of us all and God most high, glory to your holy Resurrection!

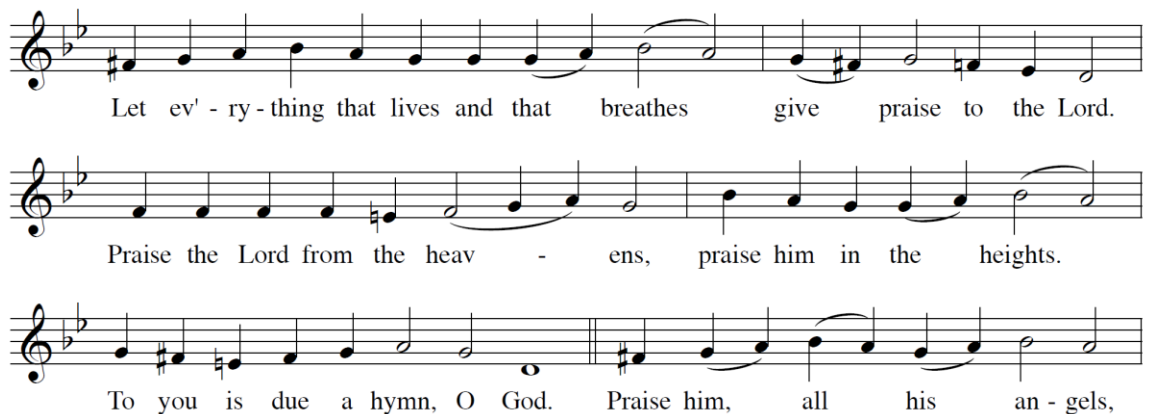
Glory... now and ever ...

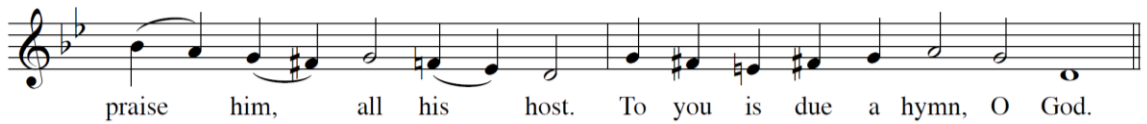
Let us praise Adam, Abel, Seth and Enos, Enoch and Noah, Abraham, Isaac and Jacob, Moses, Job and Aaron, Eleazar and Joshua, Barak, Sampson and Jephthah, David and Solomon.

Matins continues with the Psalms of Praise.

Psalms of Praise *(page 38)*

Tone 3





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

Stichera (page 40)

The following versicles are used instead of the usual last two resurrectional versicles.

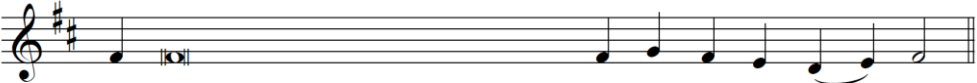
The 1st & 3rd of the 3 stichera for the Forefathers (all the rest are omitted):

Cantor (Tone 2): Blessed are you and praiseworthy, O Lord,
the God of our fathers, and glorious forever is your name.

Let us all celebrate * the memory of the venerable Forefathers; * and let us
praise their holy and God-pleasing lives, * for which they are exalted.

Cantor (Tone 2): For you are just in all that you have done for us.

Daniel the prophet was locked in the den * while the lions prowled about,
* but he did not become a victim of their raging appetite.

Cantor (Tone 7): 
Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it.

Come, let us faithfully celebrate * the annual memory of the Fathers who
preceded the Law: * Abraham and all those with him. * Let us worthily
venerate the tribe of Judah. * With Daniel let us exalt, as a symbol of the
Trinity, * the youths who extinguished the flame in the furnace. * Let us
carefully heed the sayings of the prophets. * With Isaiah, let us cry out in a
loud voice: * Behold, the Virgin shall be with child and give birth to a Son,
* and they shall call him Emmanuel, * a name which means: God is with us.

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