

# Matins Propers

## Thirty-First Sunday after Pentecost

*in the Sixth Tone with the Ninth Resurrection Gospel  
& with the Katavasiai from the Canon of Theophany,  
which are sung from January 1<sup>st</sup> through the 14<sup>th</sup>*

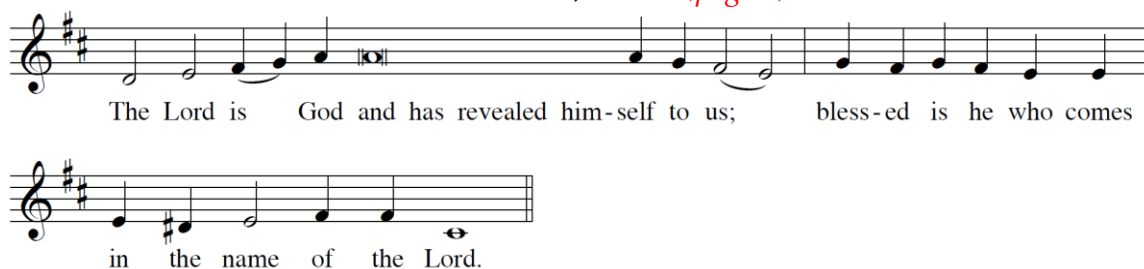
### Hexapsalmos

*The reader chants only **Psalm 62** on page 3 followed by "Glory..." on page 6.*

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

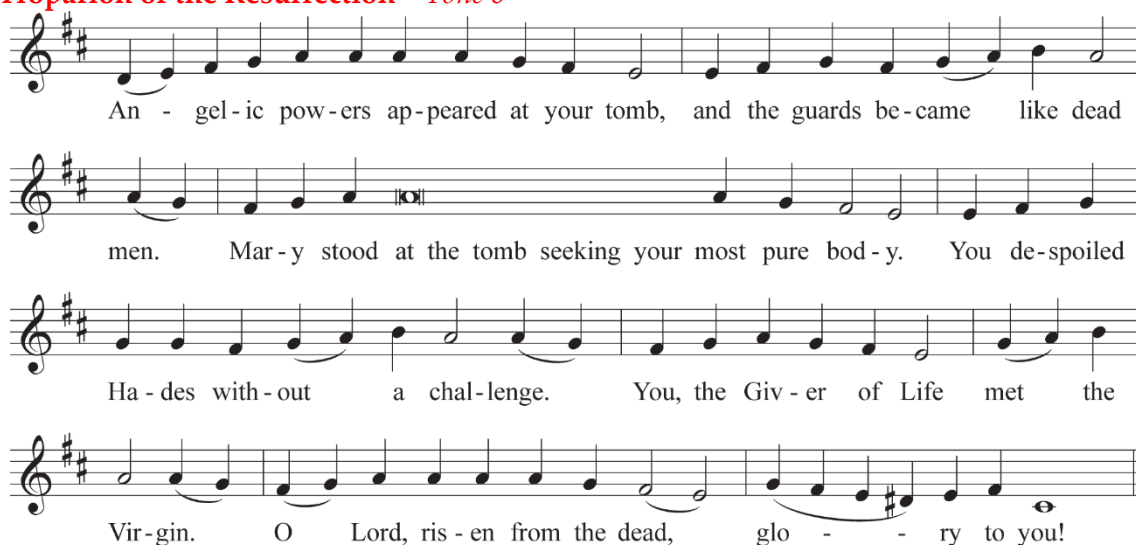
### The Lord is God (page 9)

*Tone 6*



### Troparia (page 9)

#### Troparion of the Resurrection – Tone 6



*The repetition of the Troparion of the Resurrection is omitted.*

*Before January 6<sup>th</sup>, the following verse & Troparion of the Prefeast of Theophany are sung.  
After January 5<sup>th</sup>, the verse and Troparion of Theophany are sung (page 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.

*The Troparion of the Saint is omitted.*

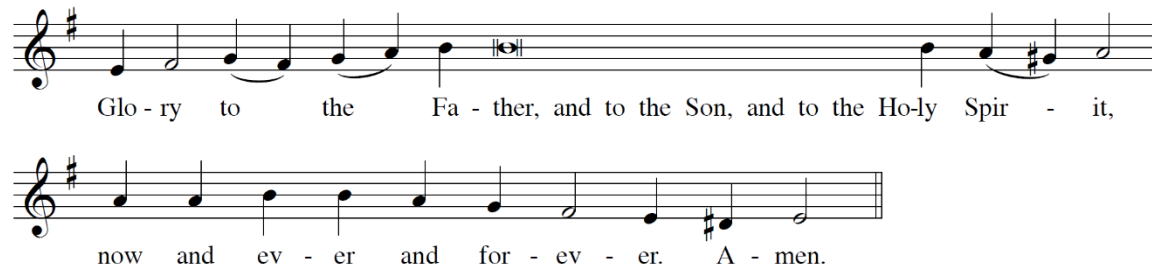
**Troparion of the Prefeast of Theophany – Tone 4**

Zeb - u - lun, make read - y; Naphta - li, pre - pare your - self. O Riv - er Jor - dan,  
stand and leap for joy to re - ceive the Master coming to be bap - tized.  
O Ad - am, rejoice with the first moth - er, Eve, and do not hide yourselves as  
once you did in Par - a - dise. For, see - ing you naked, Christ has appeared to  
put on the first robe. He has appeared to re - new all cre - a - tion.

*Matins continues with the Kathismata (see page 4 of this insert)*

*After January 5th, the following verse and Troparion of Theophany are sung.*

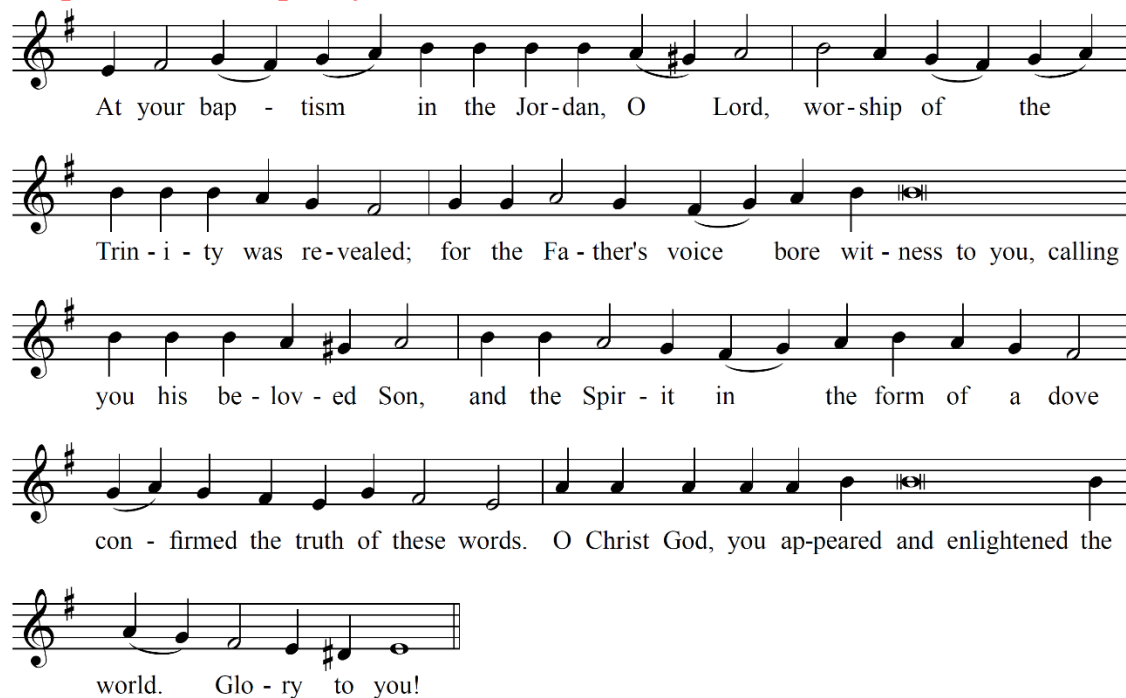
**Cantor (Tone 1):**



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.

*The Troparion of the Saint is omitted.*

**Troparion of Theophany – Tone 1**



At your bap - tism in the Jor - dan, O Lord, wor - ship of the  
Trin - i - ty was re - vealed; for the Fa - ther's voice bore wit - ness to you, calling  
you his be - lov - ed Son, and the Spir - it in the form of a dove  
con - firmed the truth of these words. O Christ God, you ap - peared and enlightened the  
world. Glo - ry to you!

## 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 3<sup>rd</sup> stasis of the 2<sup>nd</sup> Kathisma:* Psalm 14

Lord, who shall be admitted to your tent and dwell on your holy mountain? He who walks without fault; he who acts with justice and speaks the truth from his heart; he who does not slander with his tongue; He who does no wrong to his brother, who casts no slur on his neighbor, who holds the godless in disdain, but honors those who fear the Lord; he who keeps his pledge, come what may; who takes no interest on a loan and accepts no bribes against the innocent. Such a man will stand firm forever.

### Psalm 15

Preserve me, God, I take refuge in you. I say to you Lord: "You are my God. My happiness lies in you alone." To all the saints in his land, the Lord has shown all the wonders of his will. Those who choose other gods increase their sorrows. Never will I offer their offerings of blood. Never will I take their name upon my lips. O Lord, it is you who are my portion and cup; it is you yourself who are my prize. The lot marked out for me is my delight: welcome indeed the heritage that falls to me! I shall bless you, Lord, you give me counsel, and even at night direct my heart. I set the Lord ever before me; with him at my right hand I shall not be disturbed. And so, my heart rejoices, my soul is glad; even my body shall rest in safety. For you will not leave my soul among the dead, nor let your beloved know decay. You will show me the path of life, the fullness of joy in your presence, at your right hand happiness forever.

### Psalm 16

Lord, hear a cause that is just, pay heed to my cry. Turn your ear to my prayer: no deceit is on my lips. From you may my judgment come forth. Your eyes discern the truth. You search my heart; you visit me by night. You test me and you find in me no wrong. My words are not sinful like men's words. I kept from violence because of your word, I kept my feet firmly in your paths; there was no faltering in my steps. I am here and I call, you will hear me, O God. Turn your ear to me; hear my words. Display your great love, you whose right hand saves your friends from those who rebel against them. Guard me as the apple of your eye. Hide me in the shadow of your wings from the violent attack of the wicked. My foes encircle me with deadly intent.

Their hearts tight shut; their mouths speak proudly. They advance against me, and now they surround me. Their eyes are watching to strike me to the ground, as though they were lions ready to claw or like some young lion crouched in hiding. Lord, arise, confront them, strike them down! Let your sword rescue my soul from the wicked; let your hand, O Lord, rescue me from men, from men whose reward is in this present life. You give them their fill of your treasures; they rejoice in abundance of offspring and leave their wealth to their children. As for me, in my justice I shall see your face and be filled, when I awake, with the sight of your 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)*

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

O The-o - to - kos, Gideon prefigured your con-cep - tion, and Da - vid interpreted  
 your birth - giv - ing. As dew de-scend-ed up - on the fleece so the Word  
 de-scend-ed in - to your womb. O ho - ly Earth, who with-out seed gave  
 birth to Christ our God the sal-va-tion of the world, you are full of grace.

*Polyeleos is not sung.*

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

## Ἡψαλμὸς (page 21)

Tone 6

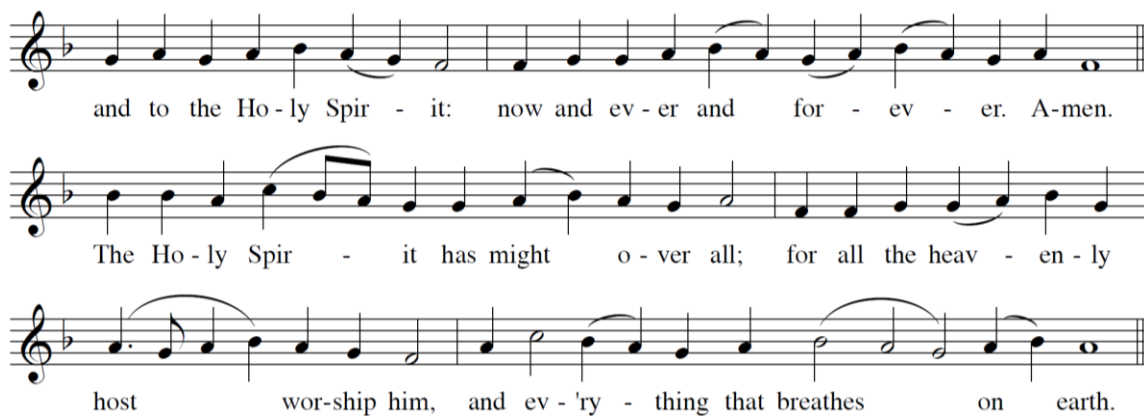
By your vol - untary and life-giv-ing death, O Christ, you crushed the gates of  
Hades and o-pened the par - a - dise of old, be-cause you are God!  
Hav-ing ris - en from the dead, you re-deemed our life  
from cor - rup - tion.

## Stepenna (page 21)

*The first two Antiphons of the Stepenna (Gradual Hymns) are omitted.*

*The 3<sup>rd</sup> Antiphon of the Stepenna in Tone 6:*

They who trust in the Lord are feared by their en - e-mies, and are wor-thy of  
ad-mi-ra - tion; for their eyes are fixed on heav - en. The right-eous have  
se-cured you as their help-er, O Sav - ior, and there-fore they shall not reach  
out their hands to in - i - qui - ties. Glo-ry to the Fa-ther and to the Son



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

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

*Psalm 79: 3, 2*

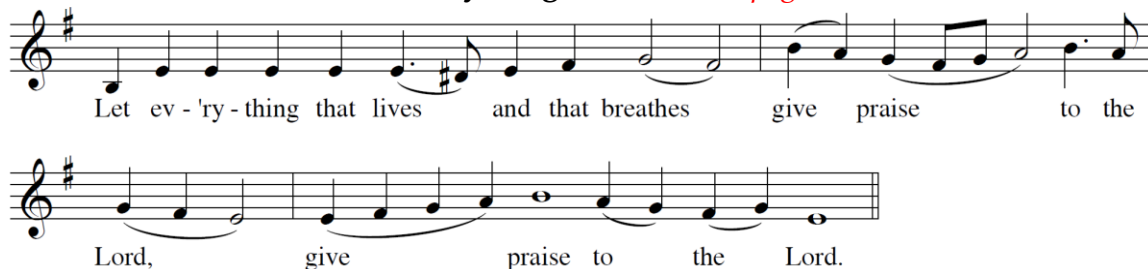


**Deacon:** O Shepherd of Israel, hear us;  
you who lead Joseph like a flock.

*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 Ninth Resurrection Gospel is read (John 20: 19-31).*

*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*

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

*(The Canons of the of the Theotokos, of the Prefeast or Feast, and of the Saint are omitted)*

### **Ode 5**

#### **Irmos**

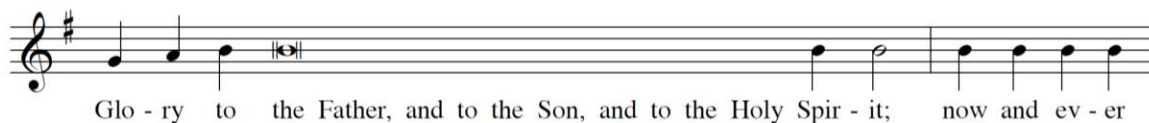
O God most good, il - lumine with your di-vine bright - ness the souls  
of those who love you and keep watch be - fore you. I be-seech you, O  
Word of God: grant that they may know you, the true God, who calls us  
out of the dark - ness of sin.

#### **Refrain**

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

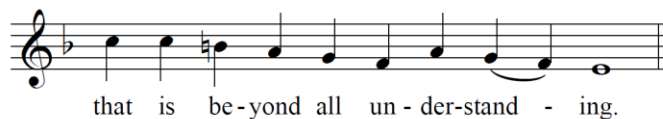
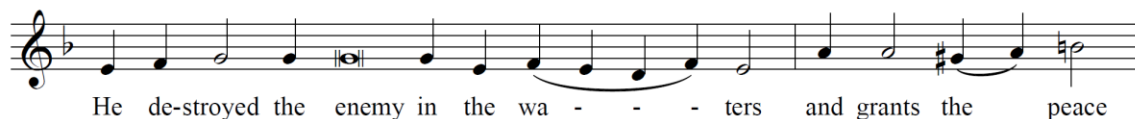
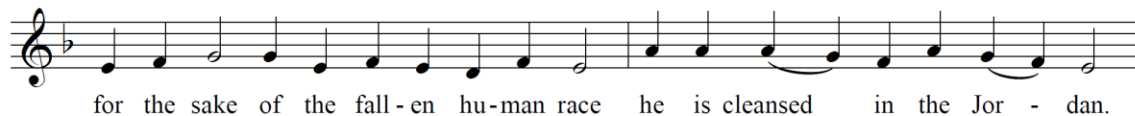
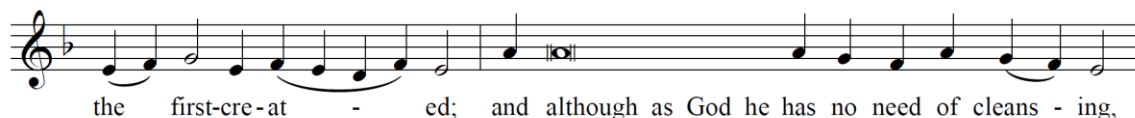
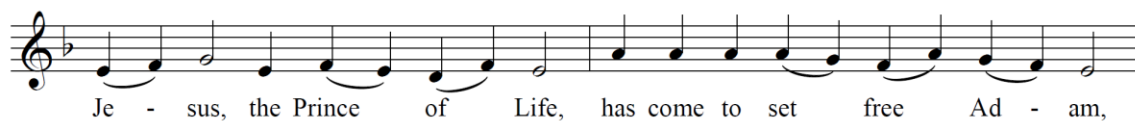
The Cherubim have drawn back from me, O Lord, and the flaming sword no longer guards Eden; for they have seen you, O Word of God and true God, open the way to paradise for the good thief. *Refrain*

I no longer fear returning to the earth, O Christ my Lord; for in your great compassion, when I was still abandoned, you brought me forth from the earth to the height of eternal life by your Resurrection.

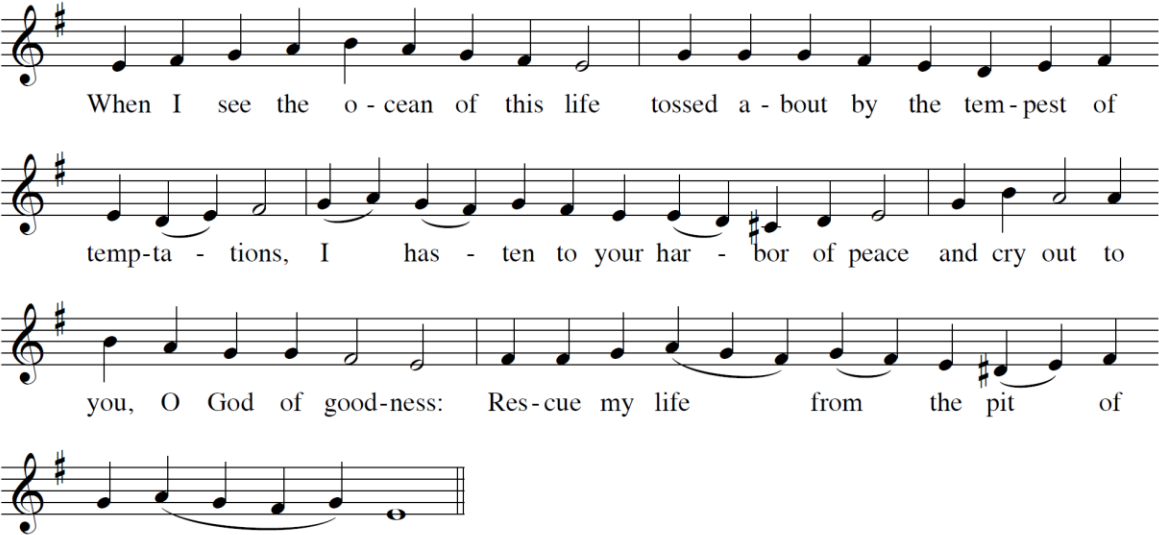


In your goodness, O Queen of the universe, save those who recognize you with all their heart as the Theotokos; in you we possess an invincible protection, for you are truly the one who gave birth to the Lord.

### Katavasia 5 of Theophany



**Ode 6**  
**Irmos**



When I see the o - cean of this life tossed a - bout by the tem - pest of  
temp - ta - tions, I has - ten to your har - bor of peace and cry out to  
you, O God of good - ness: Res - cue my life from the pit of  
cor - rup - - - tion.

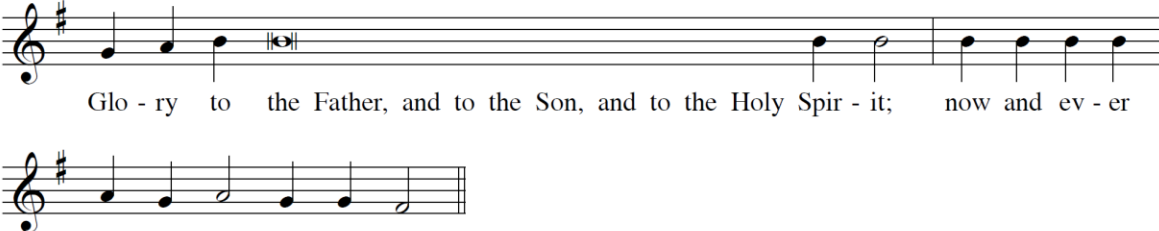
**Refrain**



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

When you were nailed to the cross, O Lord, you wiped out the ancient curse; and when the lance pierced your side, you tore up the debt against Adam and set the whole world free.  
*Refrain*

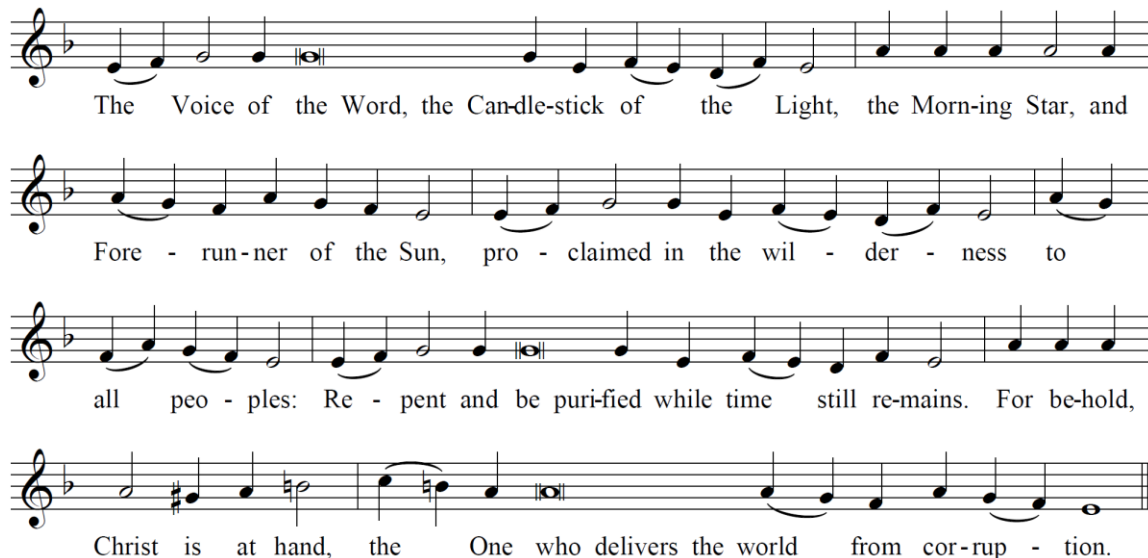
Deceived by the Serpent, Adam was hurled into the pit of Hades; but you, O God of compassion, have gone in search of him, and carrying him upon your shoulders, you have raised him with you.



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 most pure Lady, who for the human race gave birth to their Lord and Leader, appease the unceasing stirrings of my violent passions and grant a calmness to my heart.

## Katavasia 6 of Theophany

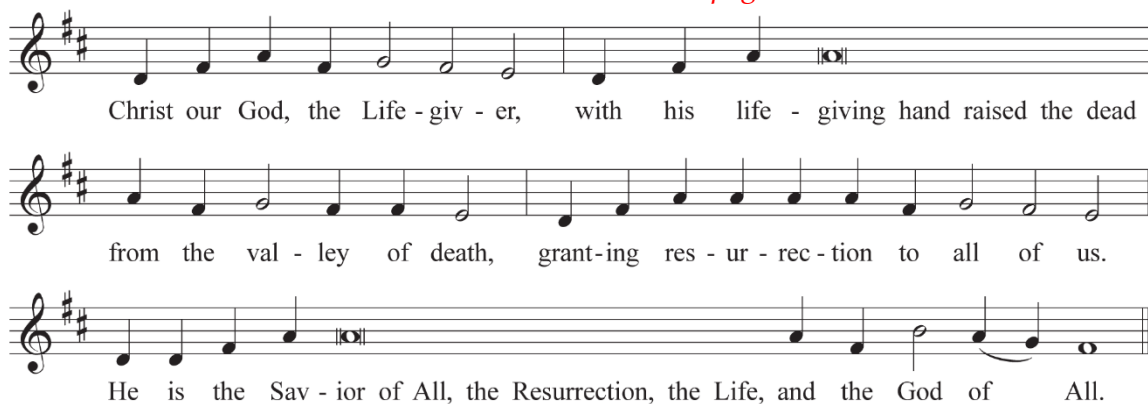


The Voice of the Word, the Candle-stick of the Light, the Morn-ing Star, and  
Fore - run-ner of the Sun, pro - claimed in the wil - der - ness to  
all peo - ples: Re - pent and be puri-fied while time still re-mains. For be-hold,  
Christ is at hand, the One who delivers the world from cor-rup - tion.

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

## Kontakion & Ikos (page 34)

*Tone 6*



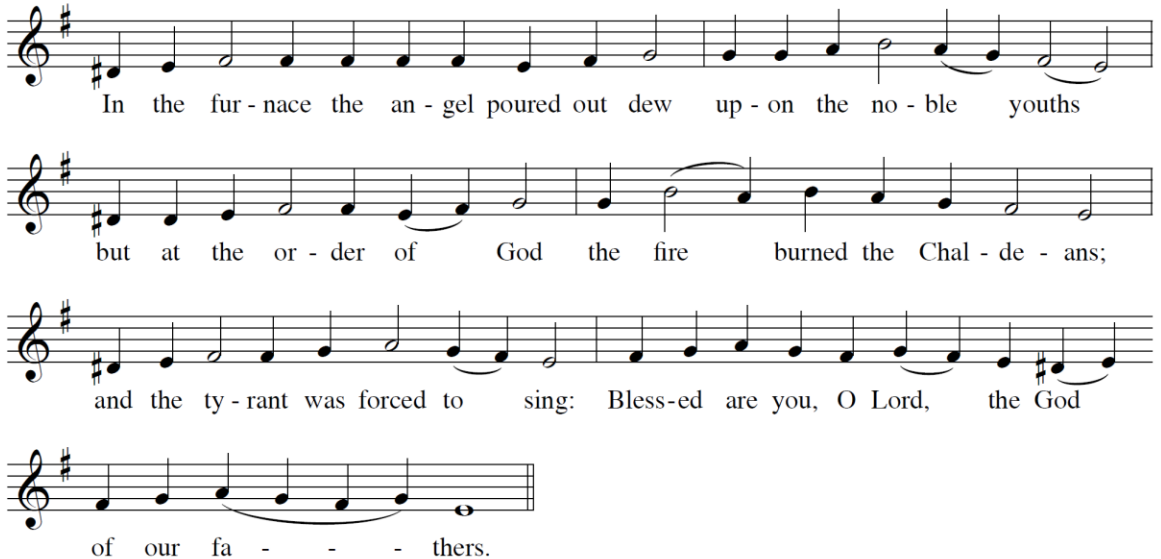
Christ our God, the Life - giv - er, with his life - giving hand raised the dead  
from the val - ley of death, grant-ing res - ur - rec - tion to all of us.  
He is the Sav - ior of All, the Resurrection, the Life, and the God of All.

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

**Ode 7**  
**Irmos**



In the fur - nace the an - gel poured out dew up - on the no - ble youths  
but at the or - der of God the fire burned the Chal - de - ans;  
and the ty - rant was forced to sing: 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.

Lamenting over your passion, in full daylight the sun was covered with darkness, and light was darkened over all creation as it cried out: Blessed are you, O Lord, God of our fathers. *Refrain*

At your descent, O Christ, the lower kingdoms were filled with light, and our first father was seen filled with joy; dancing and rejoicing, he cried out: 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.

Through you, O Virgin Mother, a light is risen illuminating the whole world; for you have given birth to the divine Creator of the universe. Beseech him, all-holy Lady, to send his great mercy upon his faithful.

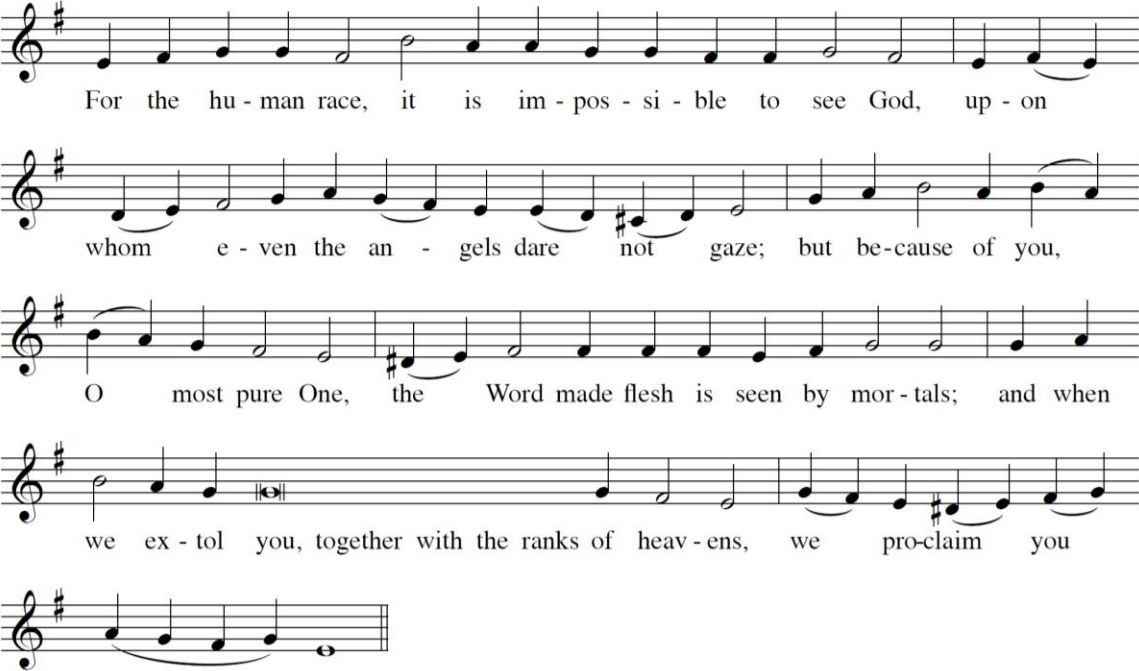
### Katavasia 7 of Theophany

As they walked a - bout in the fier - y fur - - nace, the three youths were  
pre-served from all harm by the pres-ence of an an - gel of God  
and the re-fresh-ing wind as cool as dew. Strength-ened with these helps, they  
grate - ful - ly cried out: 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 Cantic of the Theotokos on p. 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  
bless - - - ed.


### Refrain



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

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.



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.

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 Theophany



Ev - 'ry tongue is at a loss to fit - ting - ly ac - claim you; and e - ven



a supernat - u - ral mind is o - ver - whelmed when it glorifies you, O The - o - to - kos.



But in your good - ness ac - cept our faith, since you recog - nize our god - ly love.



You are the intercessor for Christ - ians, and we ex - tol you.

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

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

*Tone 6*



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)

Though the doors were locked, O Lord, you entered and filled your apostles with the Holy Spirit, and breathing over them, you gave them your peace. You said to them: Whose sins you forgive, they are forgiven; whose sins you bind, they are bound. After eight days you showed Thomas your hands and your side. With them, therefore, we cry to you: You are my Lord and my God!

Glory... now and ever...

*The Hymn of Light of the Saint is omitted*

*On January 2<sup>nd</sup>, the following Hymn of Light of the Prefeast:*

The voice of one crying out has been raised: "Leap up, O mountains! Join chorus, O race of men! for the all-unoriginate Word, who as a man has taken flesh upon himself, is come, being baptized by hands which he fashioned, drowning the sin of the world in the Jordan.

*Matins continues with the Psalms of Praise (page 17 of this insert).*

*On January 3<sup>rd</sup>, the following Hymn of Light of the Prefeast:*

Leaving Bethlehem, the all-glorious wonder, let us hasten with fervor of soul to the Jordan, and there let us behold an awesome mystery; for my Christ, having stripped himself naked, stands forth divinely, clothing me in the raiment of the heavenly kingdom.

*Matins continues with the Psalms of Praise (page 17 of this insert).*

*On January 4<sup>th</sup> or 5<sup>th</sup>, the following Hymn of Light of the Prefeast:*

Make ready, O Zabulon! Adorn yourself, O Nephthali! Receive, O Jordan, the Creator and God of all, who comes to you in the flesh, desiring to wash our sins away!

*Matins continues with the Psalms of Praise (page 17 of this insert).*

*After January 5<sup>th</sup>, the following Hymn of Light of Theophany:*

The Savior, who is grace and truth, has been revealed in the waters of the Jordan; and he shed light upon those who sleep in darkness and shadow. The Light to whom no one can draw near is revealed today.

*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 7<sup>th</sup> & 8<sup>th</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.

How were you robbed of the buried One when the tomb was sealed, af - ter having

placed guards and seals on it? Be - hold, the King came out e - ven though the

doors were closed. There-fore, ei ther show us his bod - y, or worship him with us  
as God and sing: Glo-ry to your cross and Res-ur-rec-tion, O Lord!

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

I will praise you, Lord, with all my heart; I will re-count your won - ders.  
The myrrh-bearing women came to your life-giv-ing grave, O Lord, weep-ing and  
car-ry-ing oint - ments. They sought your most pure bod - y to a-noint it.  
Then they saw an angel wrapped with light and sit-ting on a stone. He spoke  
to them, say - ing: Why are you shedding tears for the One from whose side life  
o-ver-flowed to the world? Why do you seek in the grave One who is death - less?  
Has - ten instead to his dis - ci - ples to pro - claim with joy his glo - rious

Res - ur - rec - tion. O Sav - ior, you give joy to the whole world by your Res - ur -  
 rec - tion; en - light - en us al - so and grant us for - give - ness  
 and great mer - - - cy.

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

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

**Ninth Gospel Stanza**

**Tone 5**

In the full-ness of time, O Christ, you ap - peared among your beloved ones on the  
 Sab - bath eve - ning. And through a new won - der, you con - firmed  
 your Resurrection from the dead by your en - trance while the doors were closed.  
 You filled the dis - ci - ples with joy, grant - ing them the Ho - ly Spir - it

and be-stow-ing on them pow-er to for-give sins. As for Thom-as, you did not

permit him to drown in the depths of faith-less-ness There-fore, grant us the

knowl-edge of the truth and for-give-ness of sins, O com-pas-sion-ate Lord.

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