

Matins Propers

Fourth Sunday after Pentecost

in the Third Tone with the Fourth Resurrection Gospel

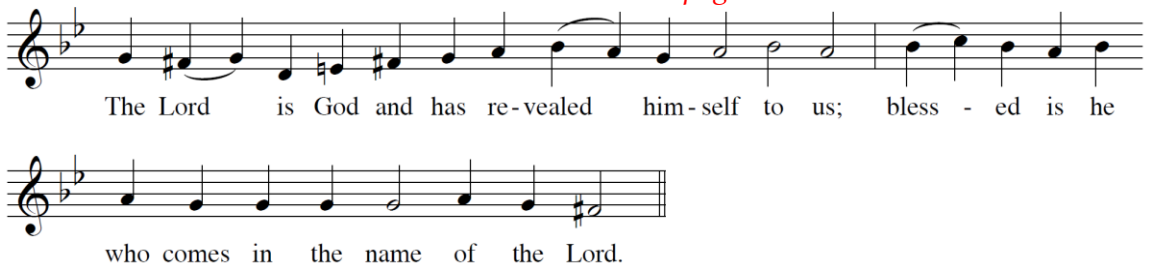
Hexapsalmos

*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)

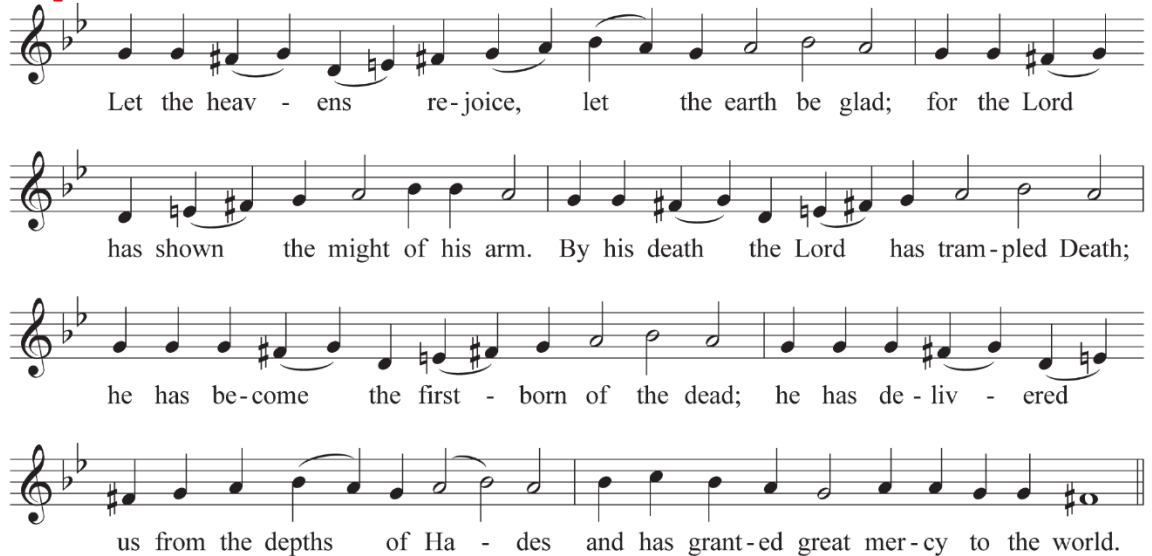
Tone 3



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 3*):

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 musical notation is written on two staves in G-flat major (one flat). The melody is a simple, flowing line with a mix of eighth and quarter notes, ending with a double bar line.

Festive Theotokion – Tone 3

We sing your prais - es, O Vir - gin; for, as the The - o - to - kos,
you al - ways in - ter - cede for the sal - va - tion of the hu - man race. It is from you
that our God and your Son took flesh. Then, by suf - fer - ing the Pas - sion
on the cross, and out of love for us all, he delivered us from cor - rup - tion.

The musical notation is written on four staves in G-flat major. The melody is more complex than the Cantor's, featuring many eighth notes and some sixteenth notes, with a final cadence on the fourth staff.

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 1st stasis of the 3rd Kathisma:

Psalm 17

I will love you, O Lord, my strength, my rock, my fortress, my savior. The Lord is my rock and my refuge; my shield, my mighty help, my stronghold. The Lord is worthy of all praise, when I call I am saved from my foes. The waves of death rose about me; the torrents of destruction assailed me; the snares of the grave entangled me; the traps of

death confronted me. In my anguish I called to the Lord; I cried to God for help. From his temple he heard my voice; my cry came to his ears. Then the earth reeled and rocked; the mountains were shaken to their base: they reeled at his terrible anger. Smoke came forth from his nostril and scorching fire from his mouth: coals were set ablaze by its heat. He lowered the heavens and came down, a black cloud under his feet. He came enthroned on the cherubim; he flew on the wings of the wind. He made the darkness his covering, the dark waters of the clouds, his tent. A brightness shone out before him with hailstones and flashes of fire. The Lord thundered in the heavens; The Most High let his voice be heard. He shot his arrows, scattered the foe, flashed his lightnings and put them to flight. The bed of the ocean was revealed; the foundations of the world were laid bare at the thunder of your threat, O Lord, at the blast of the breath of your anger. From on high he reached down and seized me; he drew me forth from the mighty waters. He snatched me from my powerful foe, from my enemies whose strength I could not match. They assailed me in the day of my misfortune, but the Lord was my support. He brought me forth into freedom, he saved me because he loved me. He rewarded me because I was just, repaid me, for my hands were clean, for I have kept the way of the Lord, and have not fallen away from my God. For his judgments are all before me: I have never neglected his commands. I have always been upright before him; I have kept myself from guilt. He repaid me because I was just and my hands were clean in his eyes. You are loving with those who love you: you show yourself perfect with the perfect. With the sincere you show yourself sincere, but the cunning you outdo in cunning. For you save a humble people but humble the eyes that are proud. You, O Lord, are my lamp, my God who lightens my darkness. With you I can break through any barrier, with my God I can scale any wall. As for God, his ways are perfect; the word of the Lord, purest gold. He indeed is the shield of all who make him their refuge. For who is God but the Lord? Who is a rock but our God? The God who girds me with strength and makes my way blameless. My feet you make swift as the deer's; you have set me upon the high places. You have trained my hands for battle and my hands to bend the heavy bow. You gave me your saving shield; you upheld me, trained me with care. You gave me freedom for my steps; my feet have never slipped. I pursued and overtook my foes, never turning back till they were slain. I smote them so they could not rise; they fell beneath my feet. You girded me with strength for battle; you made my enemies fall beneath me; you made my foes take flight; those who hated me I destroyed. They cried, but there was no one to save them; they cried to the Lord, but in vain. I crushed

them fine as dust before the wind; trod them down like dirt in the streets. You saved me from the feuds of the people and put me at the head of the nations. People unknown to me served me: when they heard of me, they obeyed me. Foreign nations came to me cringing; foreign nations faded away. They came trembling out of their strongholds. Long life to the Lord, my rock! Praise be the God who saves me, the God who grants me vindication and subdues people under me. You saved me from my furious foes. You set me above my assailants. You saved me from violent men, so I shall praise you, Lord, among the nations: I shall sing a psalm to your name. He has given great victories to his king and has shown his love for David, his anointed, and his descendants forever.

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

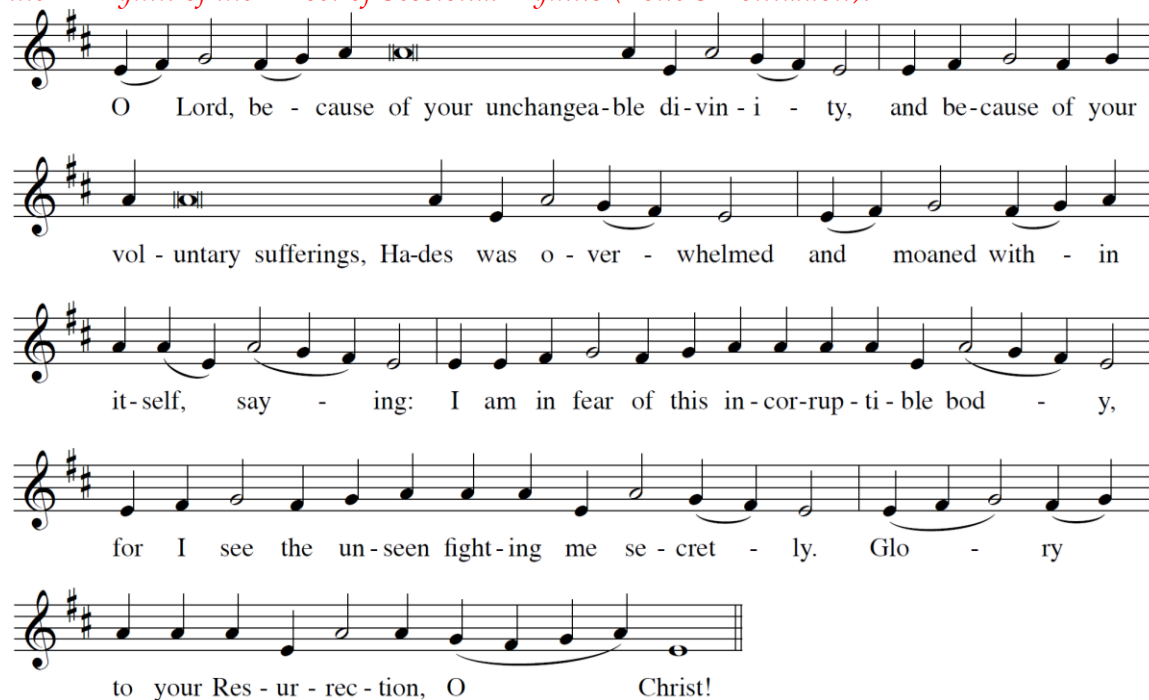
People: Now and ever and forever. Amen.

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

Matins continues with the Small Litany on page 10.

Sessional Hymn *(page 11)*

the 1st Hymn of the 2nd set of Sessional Hymns (Tone 3 Kontakion):



O Lord, be - cause of your unchangea-ble di-vin - i - ty, and be-cause of your

vol - untary sufferings, Ha-des was o - ver - whelmed and moaned with - in

it-self, say - ing: I am in fear of this in - cor-rup - ti - ble bod - y,

for I see the un - seen fight - ing me se - cret - ly. Glo - ry

to your Res - ur - rec - tion, O Christ!

Matins continues with Psalm 118 on page 17 and then Hosts of Angels on page 18.

Ἡψακὸς (page 21)

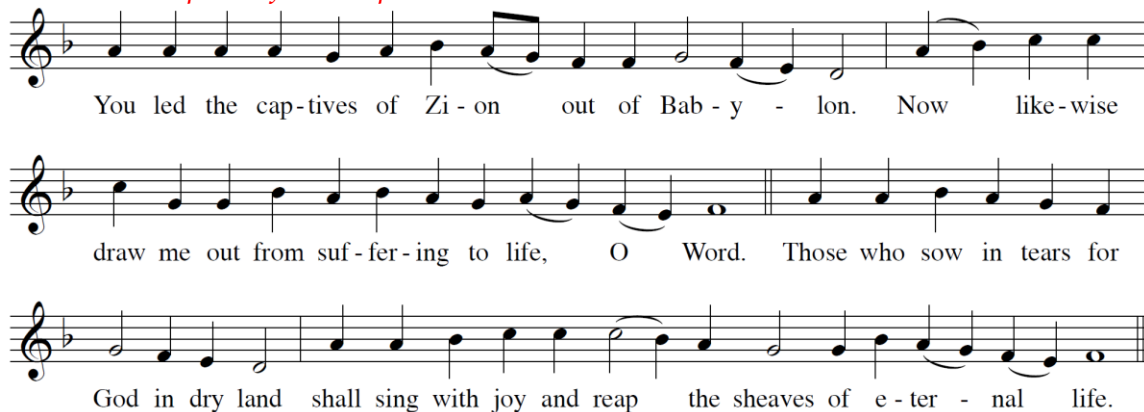
Tone 3



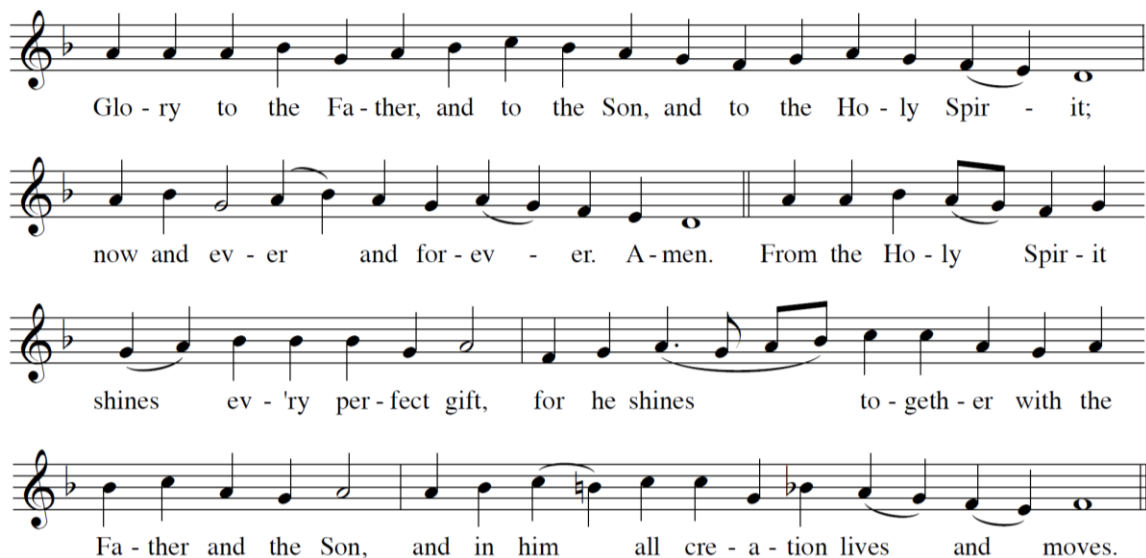
The bril - liant an - gel star-tled the myrrh-bear-ing wom-en and said: Why do
you seek the Liv - ing One in the grave? He is tru - ly
ris - en and has emp - tied the tombs. Know, there - fore, that the
Change - less One changed corruption to in - cor - rup - tion. Say to him:
how dread - ful are your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

Stepenna (page 21)

The First Antiphon of the Stepenna in Tone 3:



You led the cap-tives of Zi - on out of Bab - y - lon. Now like-wise
draw me out from suf-fer-ing to life, O Word. Those who sow in tears for
God in dry land shall sing with joy and reap the sheaves of e - ter - nal life.

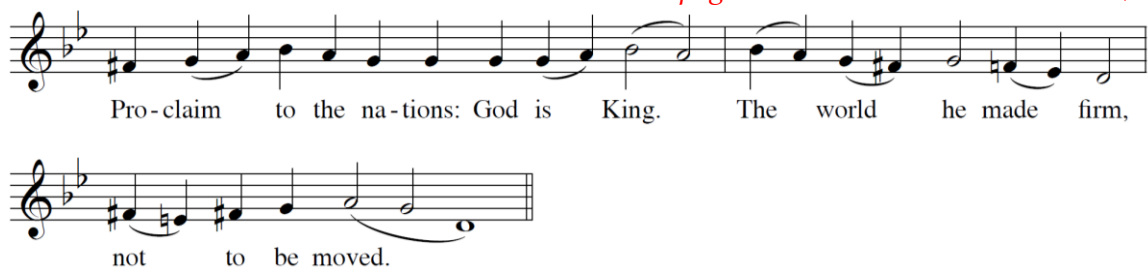


Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it;
 now and ev - er and for - ev - er. A - men. From the Ho - ly Spir - it
 shines ev - 'ry per - fect gift, for he shines to - geth - er with the
 Fa - ther and the Son, and in him all cre - a - tion lives and moves.

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

Prokeimenon (page 22)

Psalms 95:10, 1



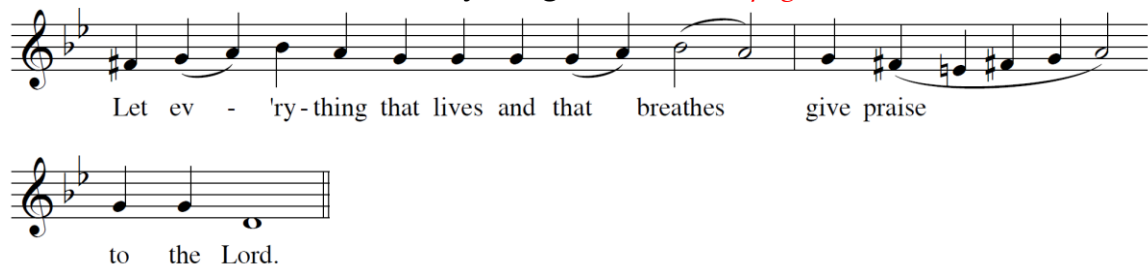
Pro - claim to the na - tions: God is King. The world he made firm,
 not to be moved.

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



Let ev - 'ry - thing that lives and that breathes give praise
 to the Lord.

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

The Fourth Resurrection Gospel is read (Luke 24:1-12).

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 Canons of the Cross-Resurrection and of the Theotokos and Odes 1-3 are omitted and the Canon of the Resurrection continues with Ode 6.

Ode 4

Irmos

Tone 3

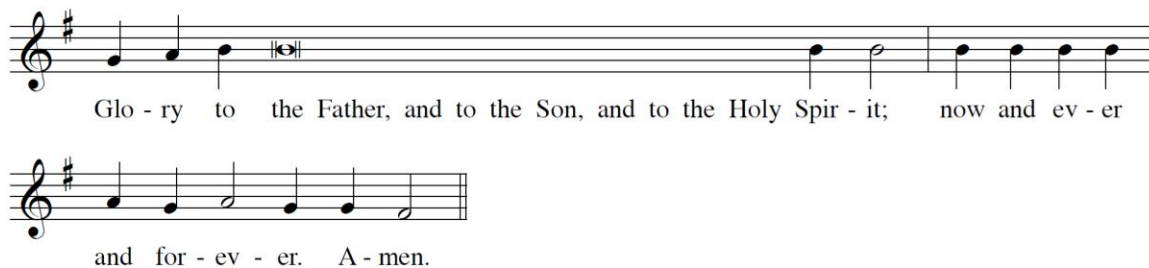
O Lord, you have shown us your sov - reign
love by de - li - ver - ing your on - ly Son to death for
us. We cry out to you in thanks - - - giv - - - ing:
Glo - ry to your pow - er O Lord!

Refrain

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

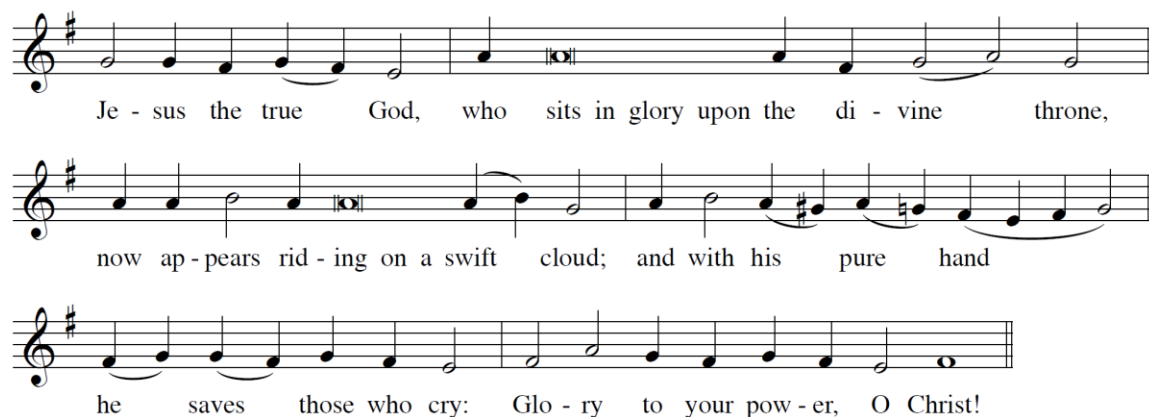
O Christ, you endured wounds and injuries; for us you suffered the insult of being slapped; you allowed yourself to be spat upon, O long-suffering One: and thus you won my salvation. Glory to your power, O Lord! *Refrain*

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.

Katavasia 4 of the Theotokos

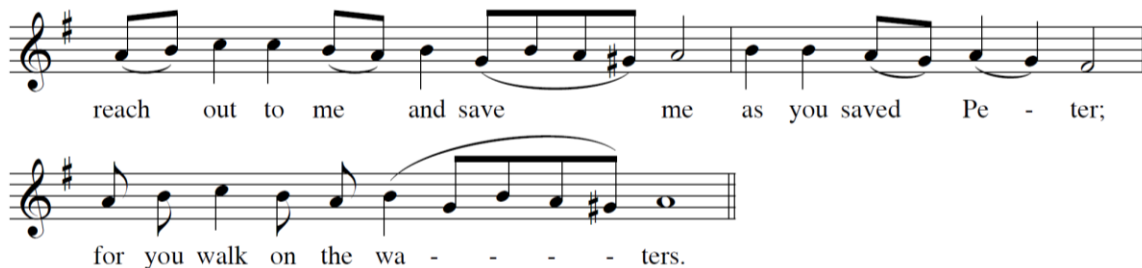


Ode 5 is omitted and the Canon continues with Ode 6.

Ode 6 Irmos

Tone 3



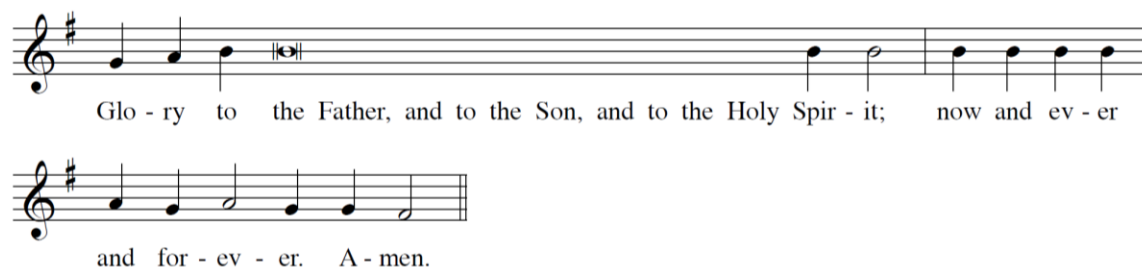


Refrain



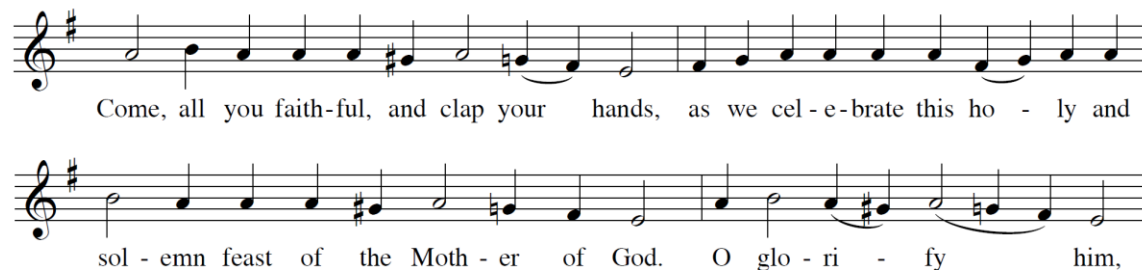
An abyss of mercy and goodness encircled me when in your compassion you came down to earth, O Master; for you have come in the flesh as a slave that I may become as God; and you have shared your own glory with me. *Refrain*

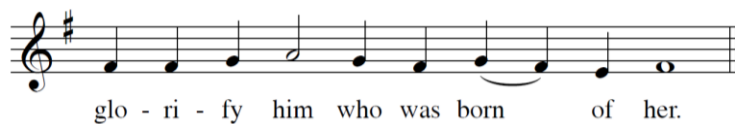
Seeing you alive after your death, the author of Death was reduced to nothing. Such are the signs of your Resurrection, O Christ, and the triumph of your holy passion.



O all-pure One, you are our certain intercessor with the Creator; persuade your Son to grant his protection and favor to your unworthy servants.

Katavasia 6 of the Theotokos





Matins continues with the Small Litany on page 33.

Kontakion & Ikos (page 34)

Tone 3

To - day, you a - rose from the grave, O mer - ci - ful Lord; you led us
out of the gates of Death. To - day, Ad - am ex - ults and Eve re - joic - es.
With them, the proph - ets and patriarchs ever praise the might of your di - vine
pow - - - er.

Ikos: Let heaven and earth dance with joy today, and with one heart let them praise Christ our God who has raised the captives of death from their tombs. Let all creation rejoice, offering worthy hymns to the Creator of the world and our Redeemer. As the Source of life, he drew the human race from Hades and raised them up with him to heaven; he crushed the pride of the Enemy and shattered the gates of Hades by the power of his divinity.

Ode 7 is 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

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

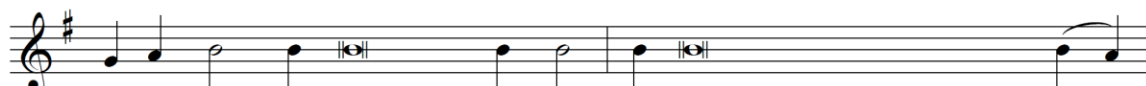
When a cross was planted on the place of the Skull for you, O Lord, the curtain of the Temple was torn in two and creation trembled with fear and sang: Bless the Lord, all you works of the Lord, praise and exalt him forever! *Refrain*

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!


Let us bless the Father, Son, and Holy Spir-it, Lord. Now and ev - er
and for - ev - er. A - men.

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.

Tone 4




Let us praise, bless, and worship the Lord; sing ing and highly exalting him a-bove



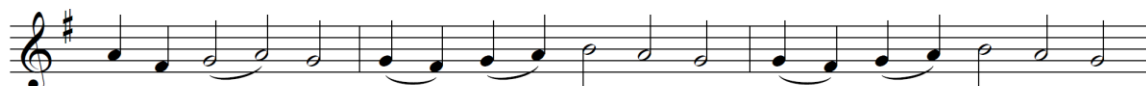
all for - ev - - - er.

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.

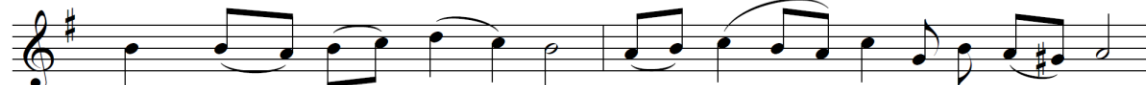
Matins continues with "Let us greatly extol..." & the Canticle of the Theotokos on p. 34.

**Ode 9
Irmos**

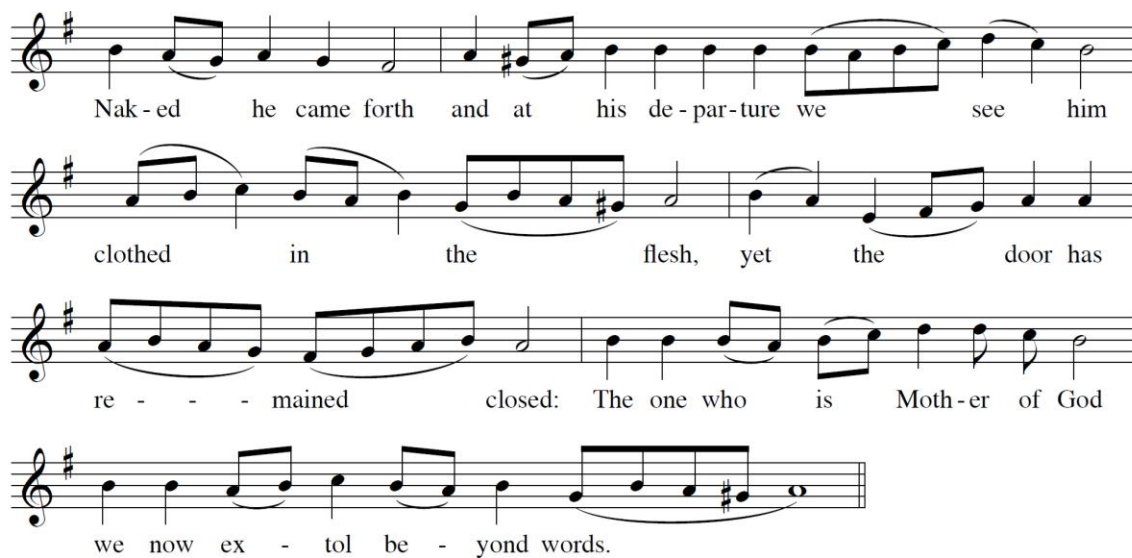
Tone 3



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.

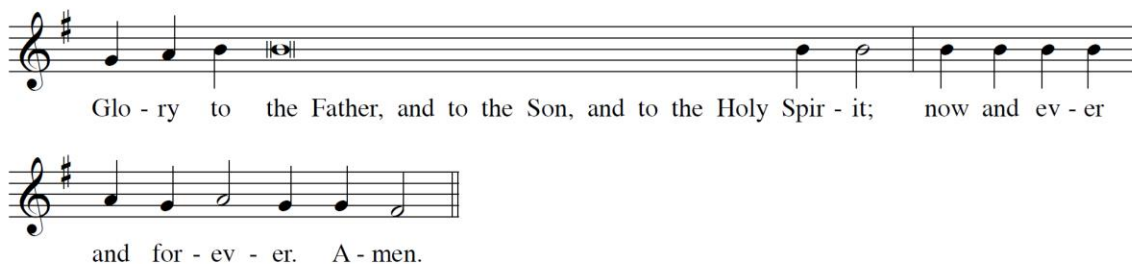


Refrain

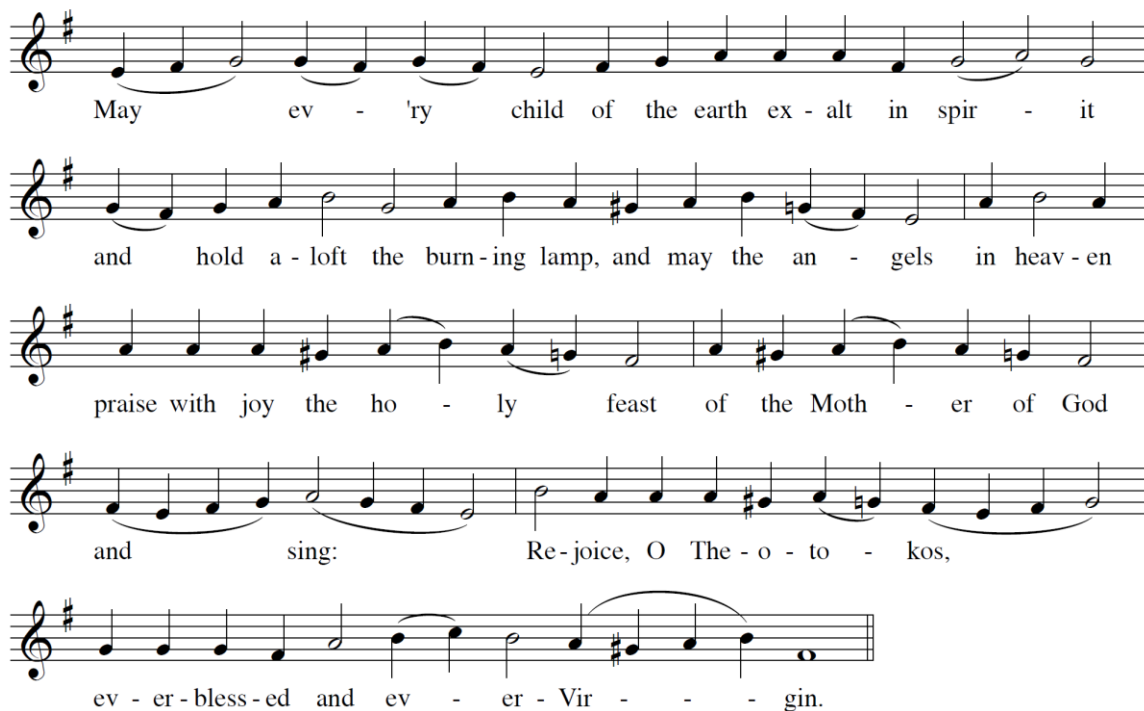


It is dreadful to see the Creator and the Word of God hanging on the cross. Our God suffers in the flesh for his servants, and lifeless, he is placed in the tomb; yet he delivers the dead from Hades. O Christ, the almighty One, we extol you. *Refrain*

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.

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 - joice, 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 3**


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)

Resplendent with virtues, let us behold the men standing in brilliant clothes inside the grave, giving life to the saddened myrrh-bearing women. Let us learn of the resurrection of the Lord of heaven and hasten with Peter to the tomb of Life. Let us stand before his wondrous Resurrection and contemplate the marvels of Christ.

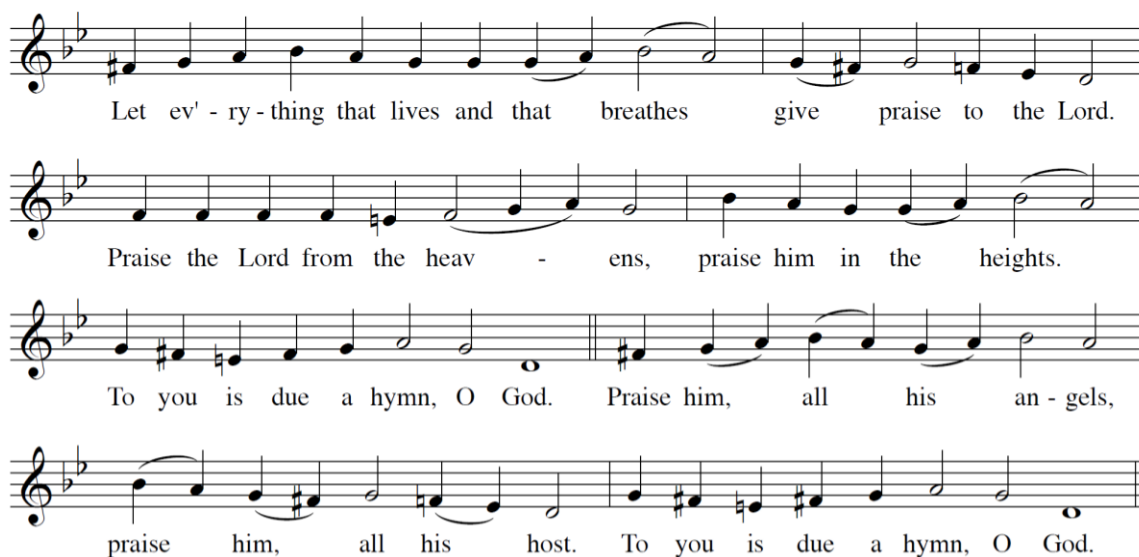
Glory... now and ever...

O Lord, when you told the myrrh-bearing women to rejoice, you ended the sadness of our first parents, and you brought the joy of the Resurrection into the world. Therefore, O Giver of life, by the prayers of the one who gave you birth, send the light of your love to shine in our hearts, that we may cry to you: O Lover of us all and our God, glory to your Resurrection!

Matins continues with the Psalms of Praise.

Psalms of Praise (page 38)

Tone 3



Let ev' - ry - thing 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,

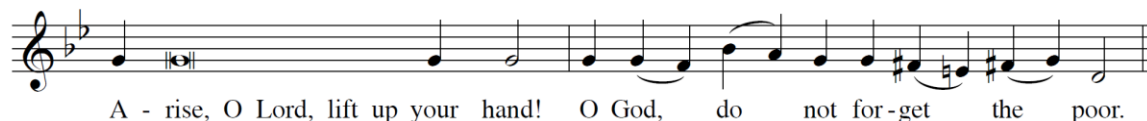
praise him, all his host. To you is due a hymn, O God.

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

Stichera (page 40)

The 3rd and 4th of the 8 Sunday Stichera:

Cantor (*Tone 3*):



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

All things are filled with joy at the ex - pe - rience of the res - ur -
 rec - tion, for Mary Mag - da - lene came to the tomb and found an
 an - gel in daz - zling gar - ments seat - ed on the stone, say - ing:
 Why do you seek the liv - ing a - mong the dead? He is not here; he has been
 raised up. He goes before you to Gal - i - lee as he said.

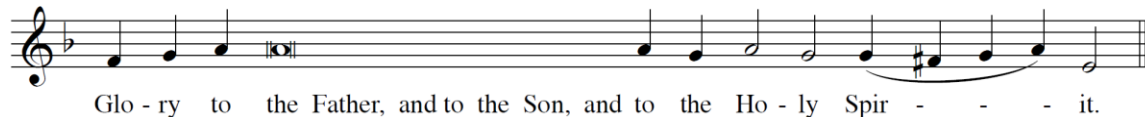
Cantor (*Tone 3*):

I will praise you, Lord, with all my heart; I will re-count your won - ders.
 O Mas - ter, Lov - er of us all, in your light, we see light.
 For when you rose from the dead you be - stowed sal - va - tion on the hu - man
 race so that all creation might glorify you, the on - ly sin - less One.



Have mer - cy on us, O Mas - ter.

Cantor (*Tone 4*):



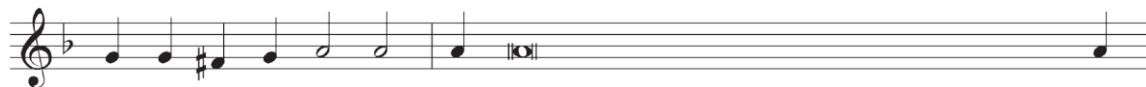
Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - - - it.

Fourth Gospel Stanza

Tone 4



The women came at early dawn to your tomb, O Christ, but they did not find your



ven - er - a - ble bod - y. As they were perplexed, an angel in shining clothes said



to them: Why do you seek the Living a - mong the dead? He is ris - en



as he fore - told. Have you forgotten what he said? Be-ing as-sured by the words



of the an - gel, the wo - men preached to the disciples a-bout the things they



saw. But their good news was re-ceived with rid - i - cule, for the dis - ci - ples



were still without un-der-stand - ing. Pe - ter, how-ev - er, has-tened to your tomb,



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