

Matins Propers

Sixth Sunday after Pentecost

in the Fifth Tone with the Sixth Resurrection Gospel

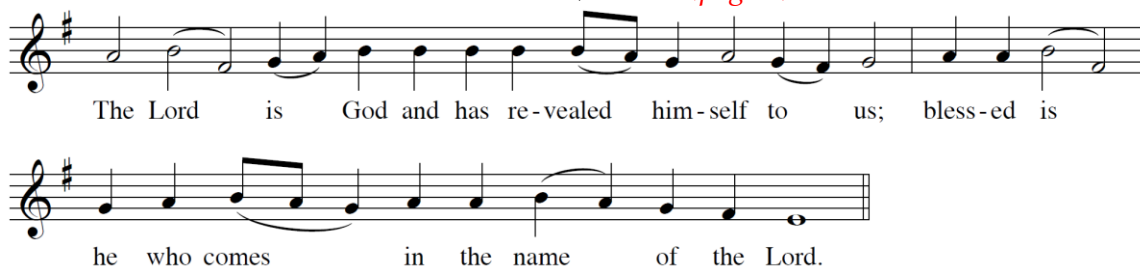
Hexapsalmos

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

Matins continues with the Litany of Peace on page 7.

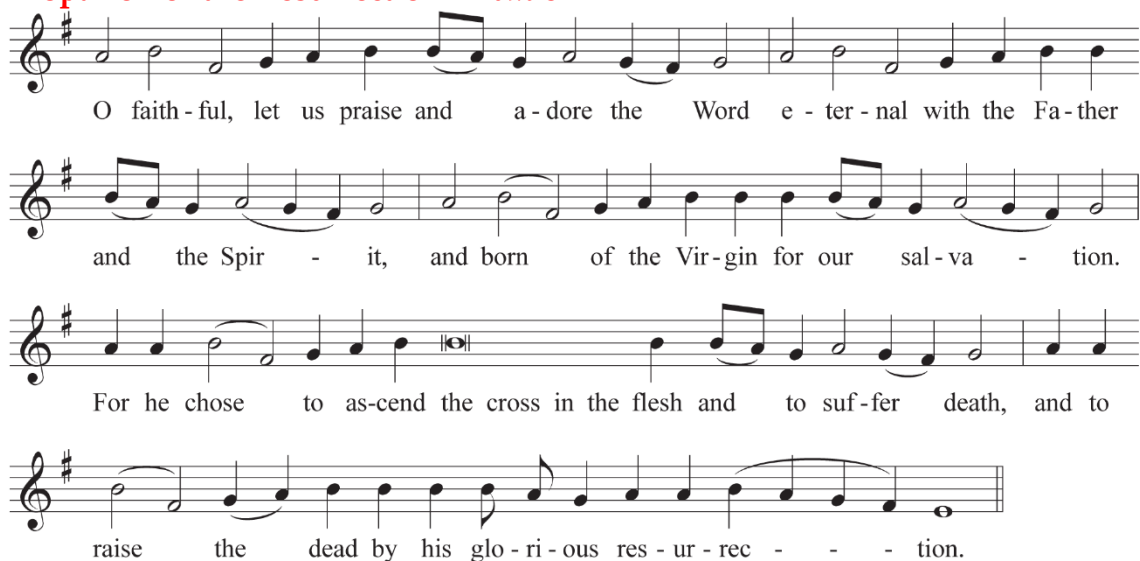
The Lord is God (page 9)

Tone 5



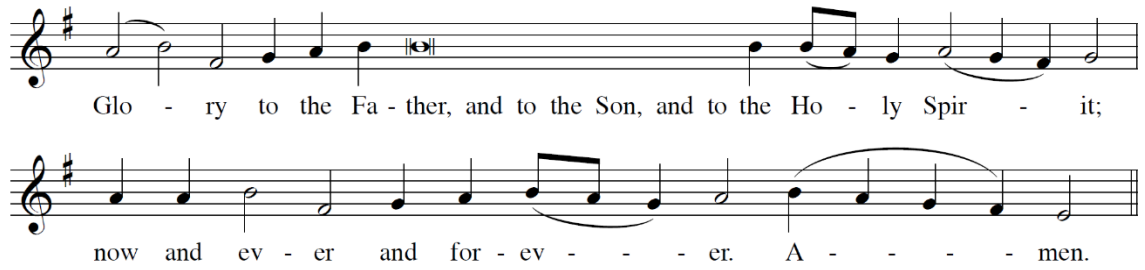
Troparia (page 9)

Troparion of the Resurrection – Tone 5



The repetition of this troparion is omitted.

Cantor:



Festive Theotokion – Tone 5



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 2nd Hymn of the 2nd set of Sessional Hymns (Resurrection Tone 5):

The trans-gres-sors of the Law, O mer-ci-ful Lord, nailed you be-tween
two thieves and pierced your side with a spear. You sub-mit-ted to
bur-ial, and you shattered the gates of Ha-des, and you rose a-gain

on the third day. There-fore, the wom-en has-tened to be-hold you
and told the good news of your Resurrection to the a - pos - tles.
O God most high, you are praised by the an-gels in heav - en.
You are bless - ed, O Lord, glo - ry to you!

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

Ἕψαλμὸς (page 21)

Tone 5

The minds of the myrrh-bearing women were dazzled by the an-gel - ic vi - sion,
and their souls were il - lu - mined by the di - vine Res - ur - rec - tion.
There-fore they spoke to the a - pos - tles, say - ing: De - clare
to the na - tions the Re-sur - rec - tion of the Lord who works his
won - ders with us and be - stows on us great mer - cy.

Stepenna (page 21)

The Second Antiphon of the Stepenna (Gradual Hymns) in Tone 5:

Come, my soul, let us as-cend yon-der moun - tain from which
comes your help. Let your raised right hand en - com-pass me,
O Christ, pre-serv-ing me from all e - vil de - ceits.
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.
By the Ho - ly Spir - it do we speak di - vine - ly, say - ing, you are God;
life, love, light and mind. You are good - ness: you shall reign
un - to the a - ges.

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
for - ev - - - er.

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

Let ev - 'rything that lives and that breathes give praise to the
Lord, to the Lord, give praise to the Lord.

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.

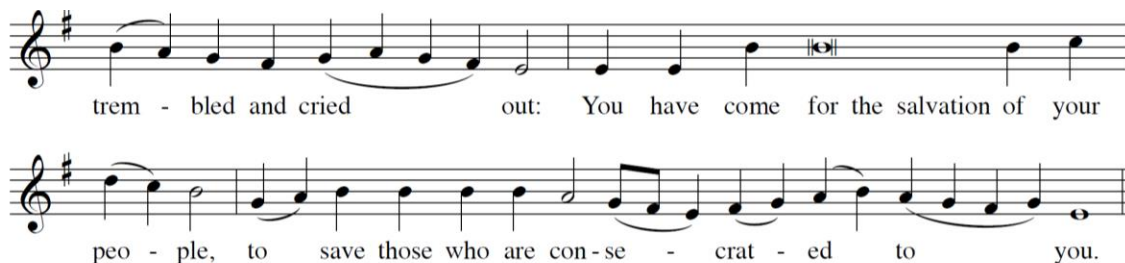
The Canon (page 32)

**Ode 4
Irmos**

Odes 1-3 are omitted and the Canon continues with Ode 4.

Tone 5

See-ing in spir - it your divine con-de-scen-sion, O Christ, the proph-et Ha-bak-kuk

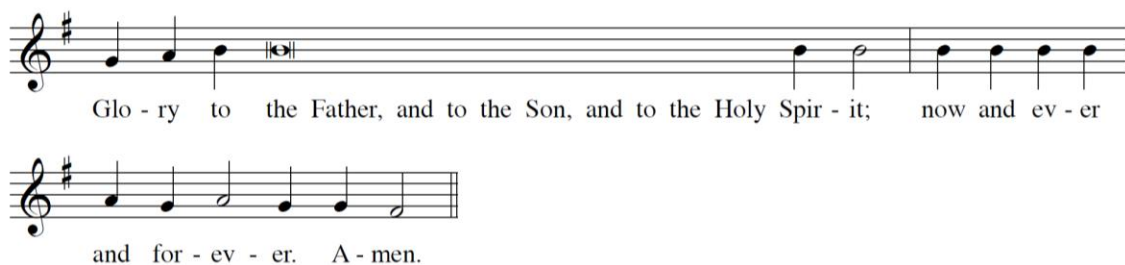


Refrain



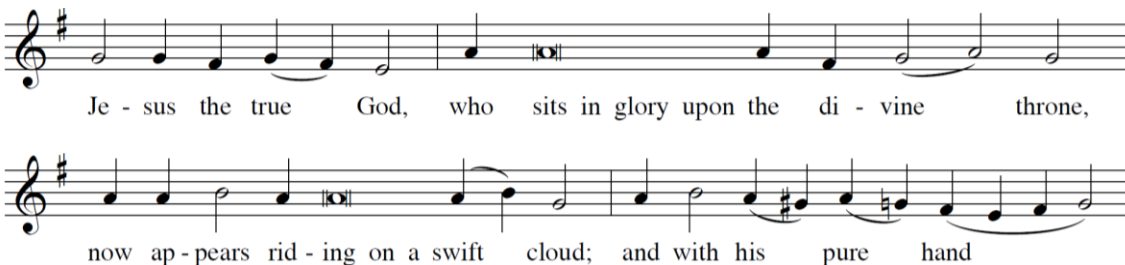
O God most good, you sweetened the bitter waters of Marah by the wood which prefigured the image of your precious cross, the cross that wiped out the taste of sin.
Refrain

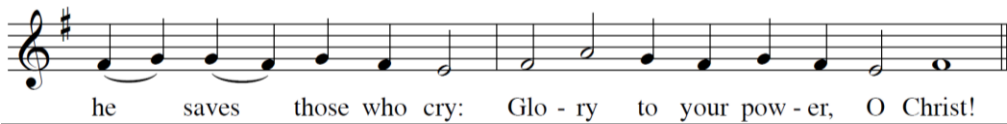
For the tree of knowledge you endured the cross; for the delightful fruit you willed to taste the gall; and to spare us from the corruption of death, O my Savior, you poured out your divine blood.



Without a spouse you conceived in your womb; without pain you gave birth; and you remained a virgin even after giving birth. For it is God to whom you gave birth in the flesh.

Katavasia 4 of the Theotokos

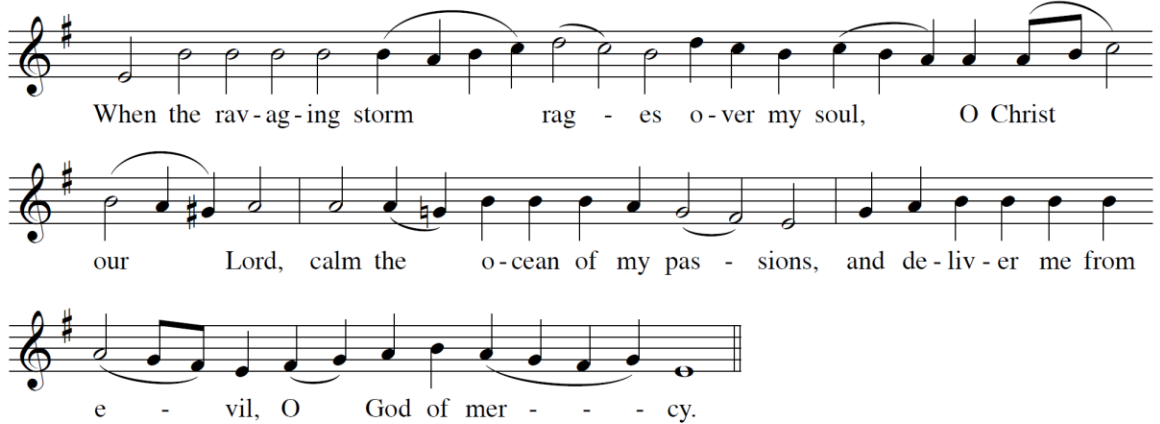




Ode 5 is omitted and the Canon continues with Ode 6.

Ode 6
Irmos

Tone 5

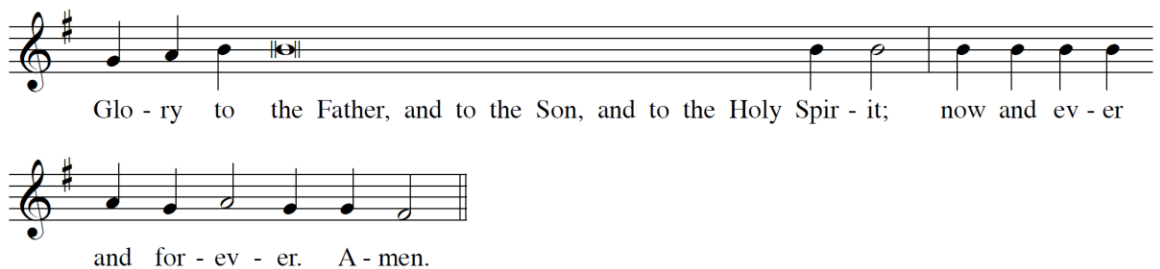


Refrain



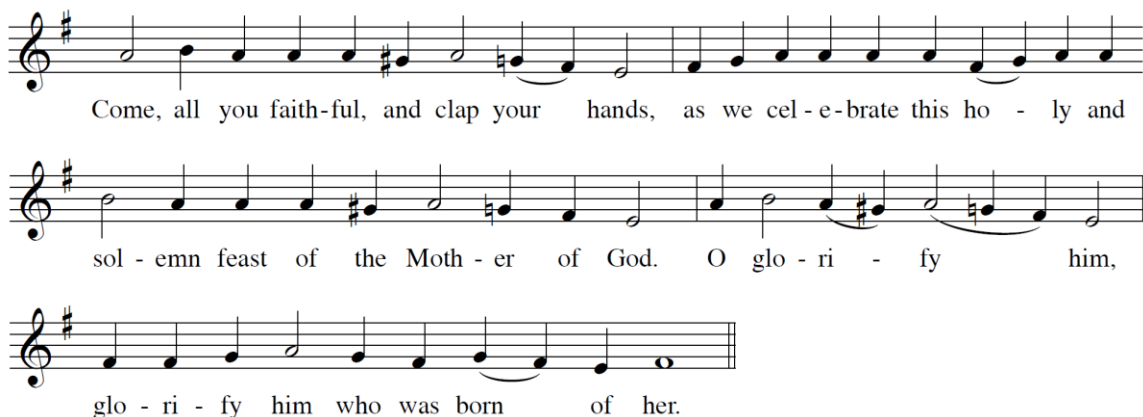
The ancestor of our race slid down into the pit for having tasted the forbidden fruit; but he was raised up to life by your sufferings, O Christ our Savior. *Refrain*

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

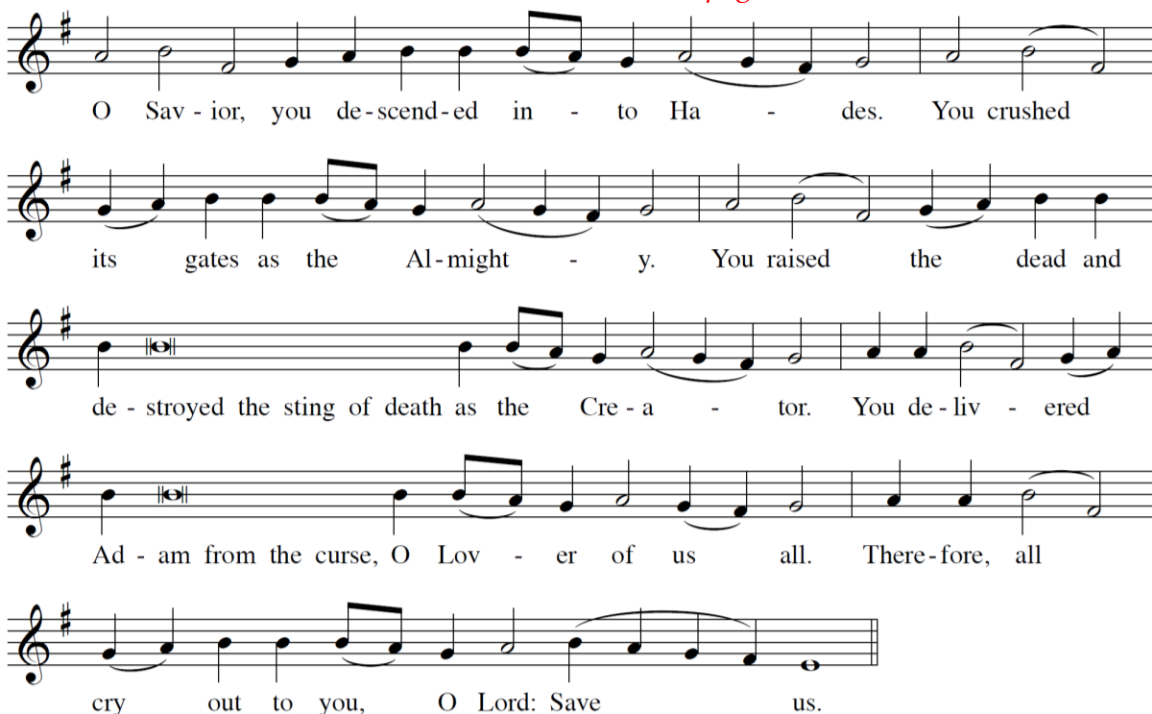


Come, all you faith-ful, and clap your hands, as we cel-e-brate this ho-ly and
sol-enn feast of the Moth-er of God. O glo-ri-fy him,
glo-ri-fy him who was born of her.

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.

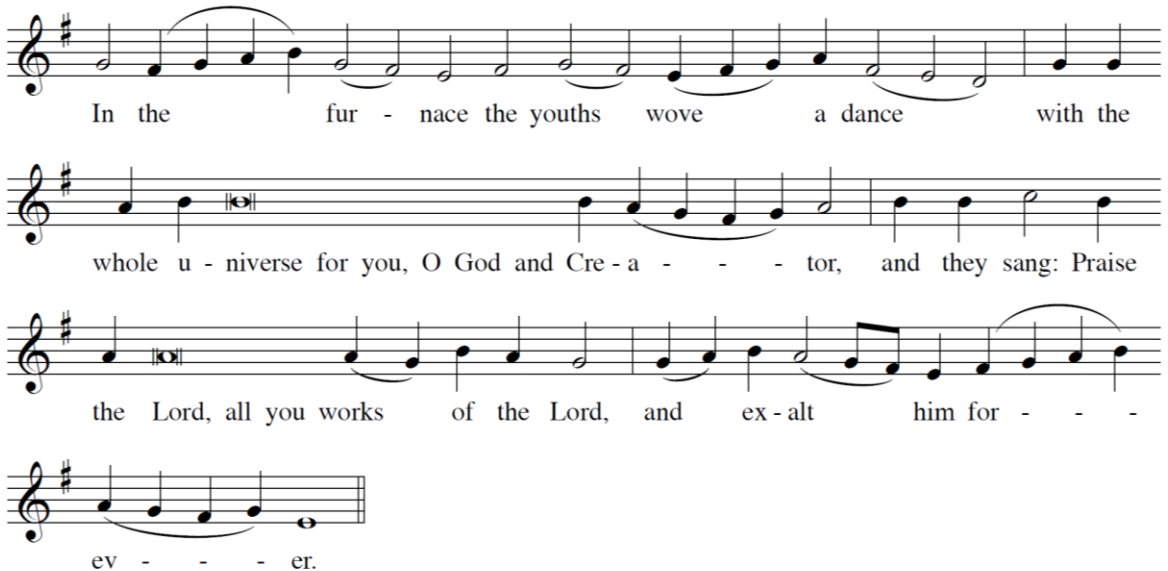
Ikos: Having heard the words of the angel, the women were seized with joy and ceased their dirges; and with trembling they contemplated the

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!

Ode 7 is omitted and the Canon continues with Ode 8.

Ode 8
Irmos

Tone 5



In the fur - nace the youths wove a dance with the
whole u - niverse for you, O God and Cre - a - - - tor, and they sang: Praise
the Lord, all you works of the Lord, and ex - alt him for - - -
ev - - - er.

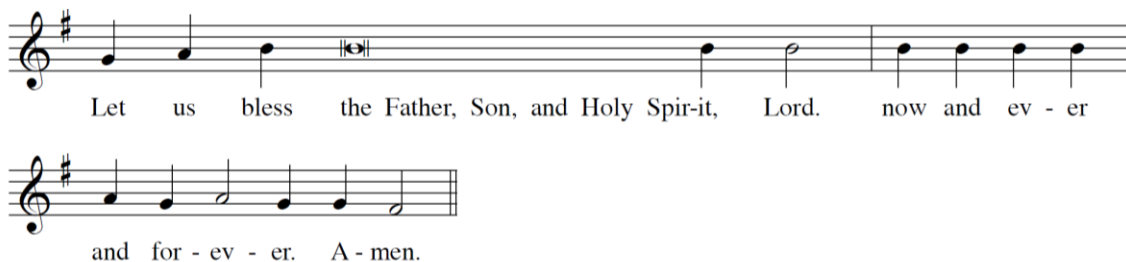
Refrain



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

You prayed that the saving and desired cup of your passion would be taken away from you as something you did not wish; for in your two natures, you also had two wills, O Christ who lives forever. *Refrain*

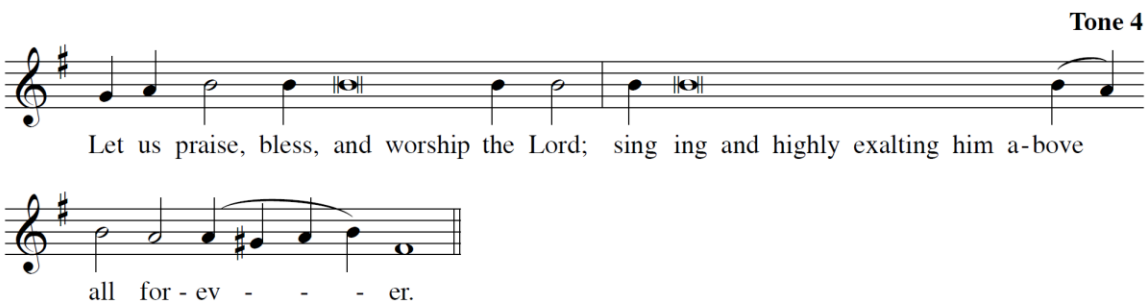
At your descent, O Christ and Creator, Hades became the object of derision; and it gave up all the dead that it had formerly swallowed up through its deceit. And now they all exalt you forever.



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

Beyond all understanding and at the word of the angel, you gave birth to the Lord who is divine and human, and yet you remain a virgin. And now we, the works of the Lord, all bless you and exalt you forever.

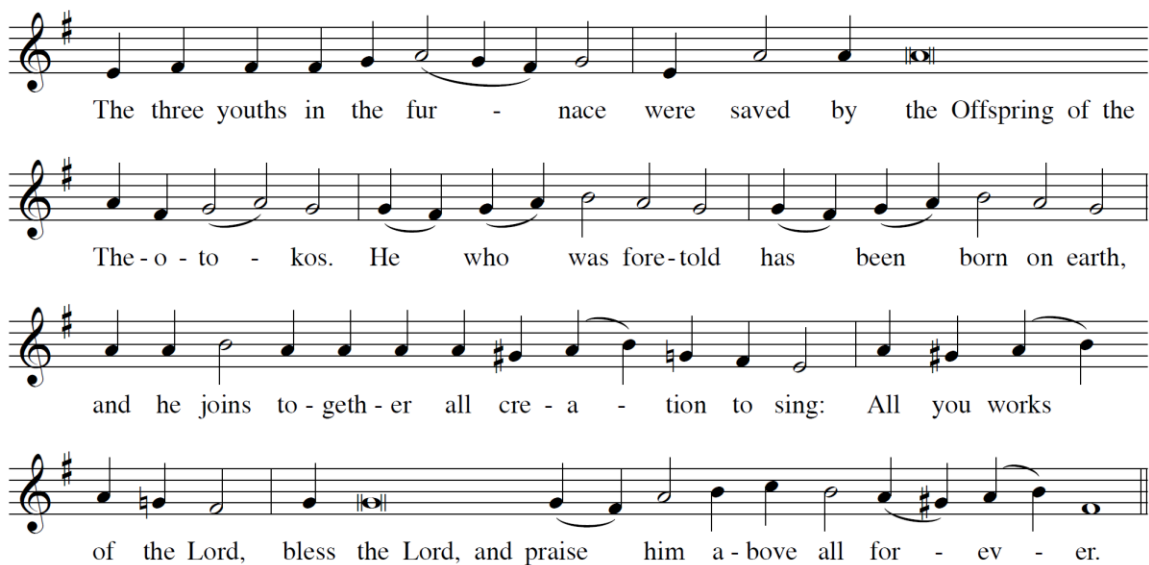
Tone 4



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 Cantic of the Theotokos on p. 34.

Ode 9
Irmos

Tone 5

Re-joyce, 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

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

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.

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.

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

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 5

Ho - ly is the Lord our God! Ho - - - ly is the Lord our
God; the Lord our God! Ho - ly is the Lord our God!

Hymn 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!

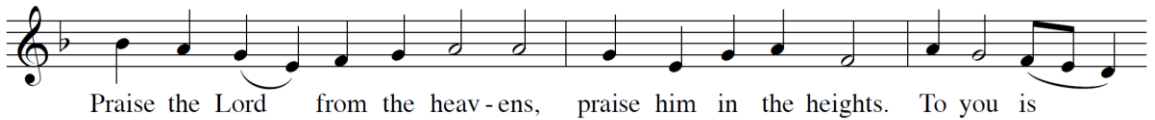
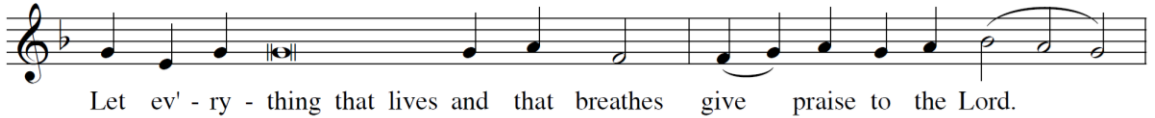
Glory... now and ever ...

The Author of all creation and the God of all took a carnal body from your pure womb, O holy Virgin. He renewed our nature which had been corrupt, preserving your virginity after birthgiving as you were before. Therefore, we all praise you in faith and exclaim: Rejoice, O Queen of the whole world!

Matins continues with the Psalms of Praise.

Psalms of Praise (page 38)

Tone 5

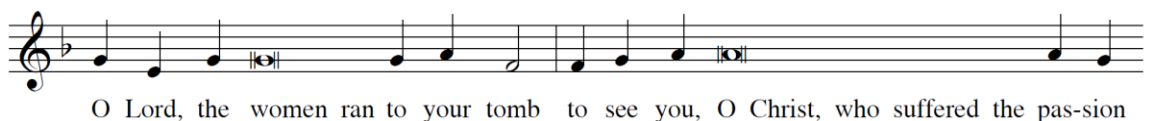


The Psalms of Praise continue with "Praise him, sun and moon..." on page 38.

Stichera (page 40)

the 3rd & 4th of the 8 Sunday stichera:

Cantor (Tone 5):



for our sake. And draw - ing near, they found an angel seat - ed on the stone
 which he had rolled a - way with fear. He cried out to them, saying: The Lord
 is ris - en! Tell the disciples that the Sav - ior of our souls is ris - en
 from the dead.

Cantor (*Tone 5*):

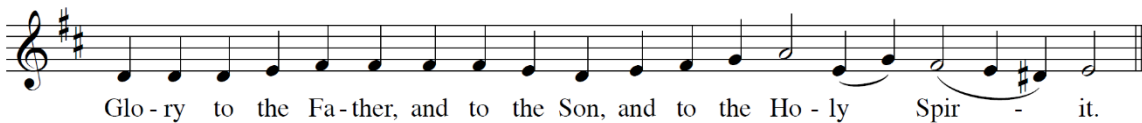
I will praise you, Lord, with all my heart; I will re-count your
 won - - - ders.

O Lord, just as you emerged from the grave, de-spite its seals, so you ent-ered
 where your disciples were, al-though the doors were locked, show-ing them on
 your body the signs of your pas - sion, which you had accepted, O long-



suf - fer - ing Sav - ior. As Son of Da - vid, you en - dured wounds
 but as Son of God, you freed the world. Great is your mer - cy!
 In - com - pre - hen - si - ble Sav - ior, have mer - cy on us.

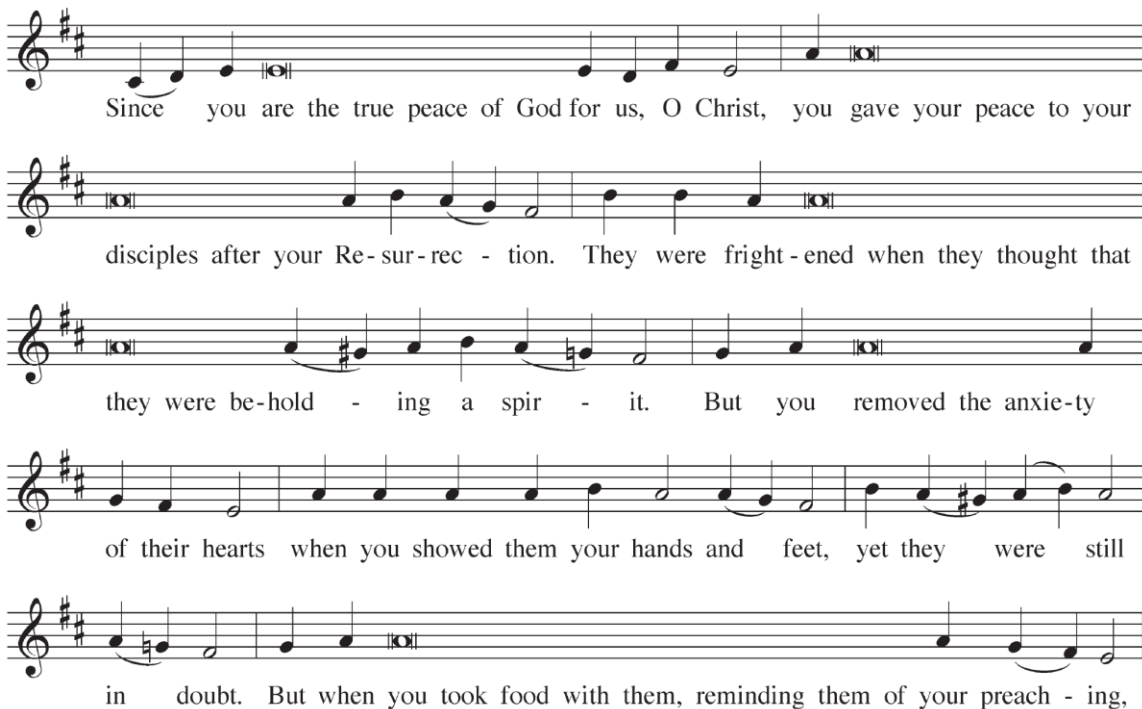
Cantor (*Tone 6*):



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

Sixth Gospel Stanza

Tone 6



Since you are the true peace of God for us, O Christ, you gave your peace to your
 disciples after your Re - sur - rec - tion. They were fright - ened when they thought that
 they were be - hold - ing a spir - it. But you removed the anxie - ty
 of their hearts when you showed them your hands and feet, yet they were still
 in doubt. But when you took food with them, reminding them of your preach - ing,

you opened their minds to under-stand the Scrip - tures. You made the eternal

cov - e - nant with them; you blessed them and rose, ascending in-to

heav - en. There-fore, with them, we wor - ship you; O

Lord, glo - ry to you!

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