

# Matins Propers

## Eleventh Sunday after Pentecost

*in the Second Tone with the Eleventh Resurrection Gospel  
with the Katavasiai from the Canon of the Transfiguration,  
which are sung from August 7<sup>th</sup> through August 13<sup>th</sup>*

### Hexapsalmos

*The people stand while the reader chants only **Psalm 102** on p. 5 followed by "Glory..." on p. 6  
Matins then continues with the Litany of Peace on page 7.*

### The Lord is God (page 9)

*Tone 2*

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 2**

When you de-scend-ed to death, O Im-mor-tal Life, you de-stroyed Ha-des by the brilliance of your di-vin-i-ty; and when you raised the dead from the depths of the earth, all the heav-en-ly pow-ers cried out: O Giv-er of Life, Christ our God, glo-ry to you.

*The repetition of this troparion is omitted.*

### Cantor *(Tone 7):*

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 major (one sharp). The melody is a simple, flowing line with a mix of quarter, eighth, and half notes, ending with a double bar line.

### Troparion of the Transfiguration – *Tone 7*

You were trans - fig - ured on the mountain, O Christ our God, re - veal - ing as  
much of your glory to your disci - ples as they could be - hold. Through the prayers  
of the The - o - to - kos, let your ev - er - last - ing light also shine up - on us sin - ners.  
O Giv - er of Light, glo - ry to you!

The musical notation is written on four staves in G major. The melody is a simple, flowing line with a mix of quarter, eighth, and half notes, ending with a double bar line.

### 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 Theotokion of the second set of Sessional Hymns (Podoben: Blahoobraznyj Josif):*

You are truly most blessed, O virgin The-o-to-kos.

Through the One who was in-car-nate of you, Ha-des

was chained, A-dam re-vived, the curse wiped out, Eve

set free, Death put to death, and we our - selves  
 were brought back to life. That is why we cry out  
 in praise: Bless - ed are you, O Christ our God,  
 who finds in this your good pleas - ure. Glo - - - - ry to you!

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

## Ἡψαλμὸς (page 21)

*Tone 2*

The wom - en went to the tomb af - ter your pas - sion to a - noint your  
 bod - y, O Christ our God. They saw the an - gels and were a - ston - ished;  
 for they heard them cry - ing with a loud voice: The Lord is risen and grants great  
 mer - cy to the world.

## Stepenna (page 21)

*The first two antiphons of the stepenna are omitted.*

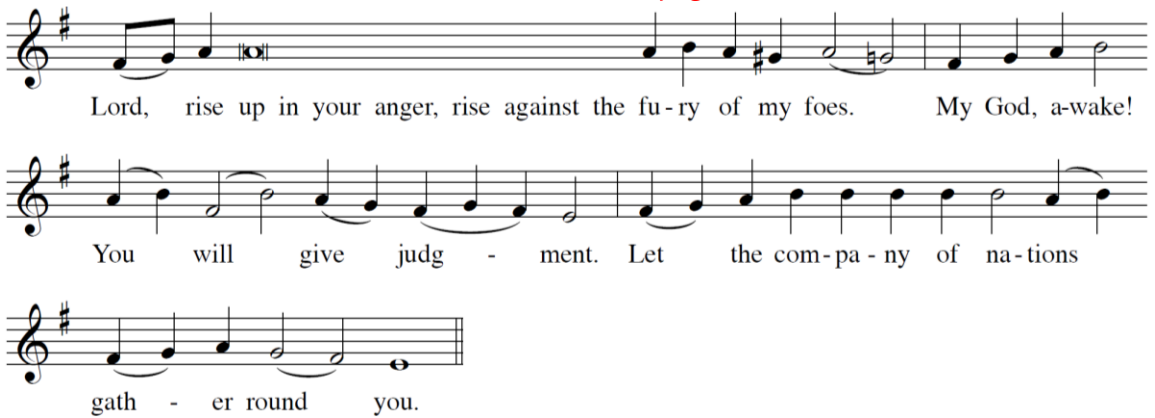
*The Third Antiphon of the Stepenna in Tone 2:*

Those who put their trust in the Lord are like Mount Zi-on, for they are  
nev-er shak-en by the at-tacks of Sa-tan. They who live the di-vine life  
work no e-vil with their hands. Christ will not de-liv-er his in-her-i-tance  
to the E-vil Ones. 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 Ho-ly Spir-it is the Font of all wis-dom. Through him, grace is giv-en  
to the A-pos-tles; the mar-tyrs are crowned by him in their strug-gles  
and through him the proph-ets re-ceive their vi-sion.

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

## Prokeimenon (page 22)

*Psalm 7:6,7*



Lord, rise up in your anger, rise against the fu-ry of my foes. My God, a-wake!

You will give judg - ment. Let the com-pa - ny of na-tions

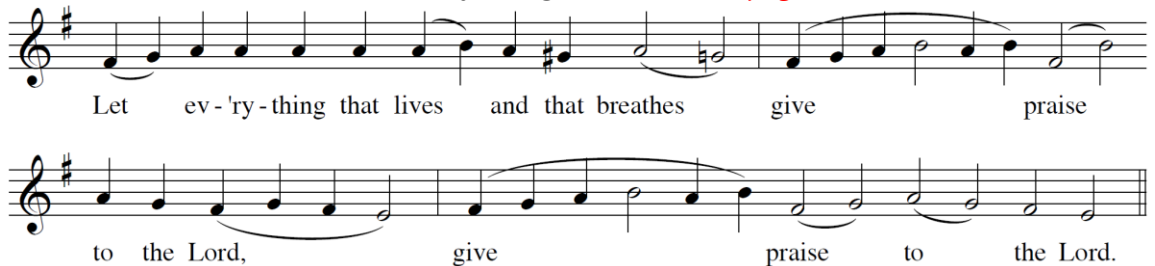
gath - er round you.

**Deacon:** Lord God, I take refuge in you.  
From my pursuers save me and rescue me.

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

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

*Tone 2*



Let ev - 'ry - thing that lives and that breathes give praise

to the Lord, give praise to the Lord.

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

*The Eleventh Resurrection Gospel is read (John 21:15-25).*

*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.*

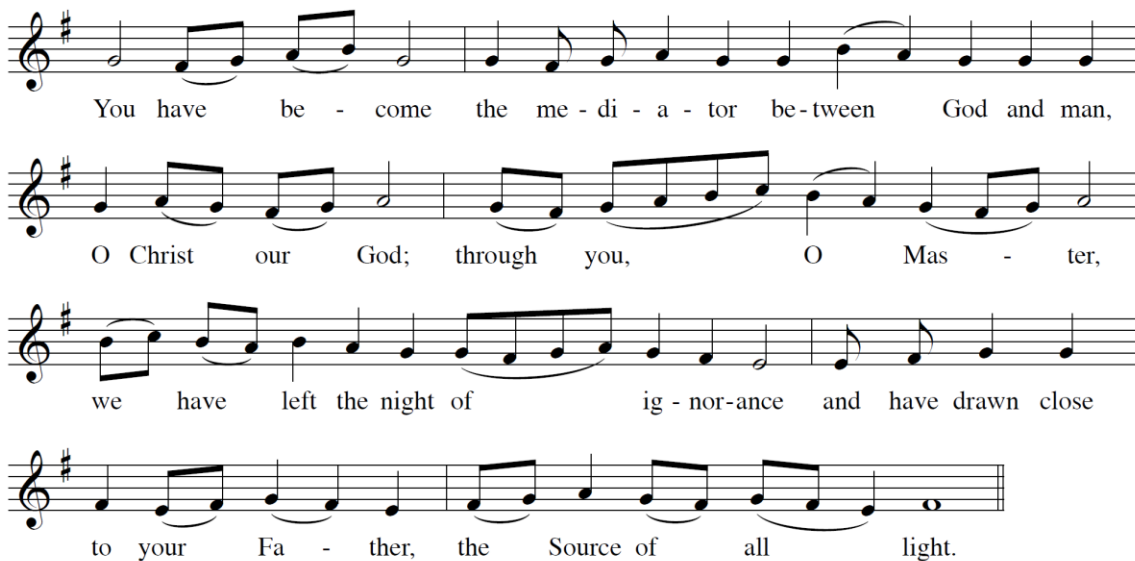
*Odes 1-4 and the Canons of the Theotokos, of the Feast, and of the Saint are omitted.*

*The Canon of the Resurrection continues with Ode 5.*

### Ode 5

#### Irmos

Tone 2



You have be - come the me - di - a - tor be - tween God and man,  
O Christ our God; through you, O Mas - ter,  
we have left the night of ig - nor - ance and have drawn close  
to your Fa - ther, the Source of all light.

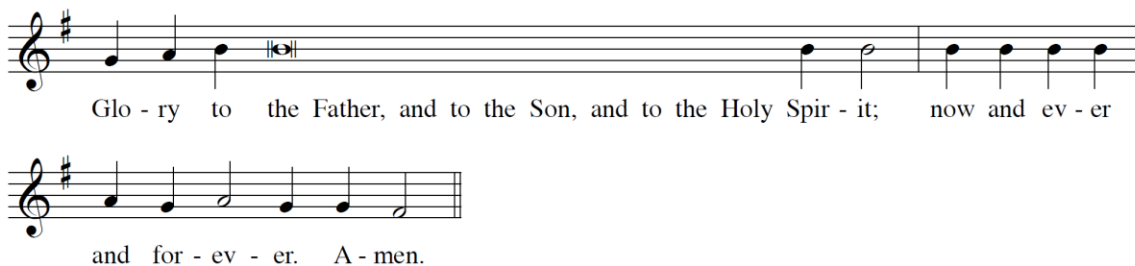
#### Refrain



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

As a cedar you have broken the pride of the enemies, O Christ, when in your flesh you were willingly raised upon the pine, the cedar, and the cypress. *Refrain*

Your lifeless body was placed in the grave, O Christ our Savior; but by your wounds, you have healed those who lay sleeping, forgotten in the tombs.

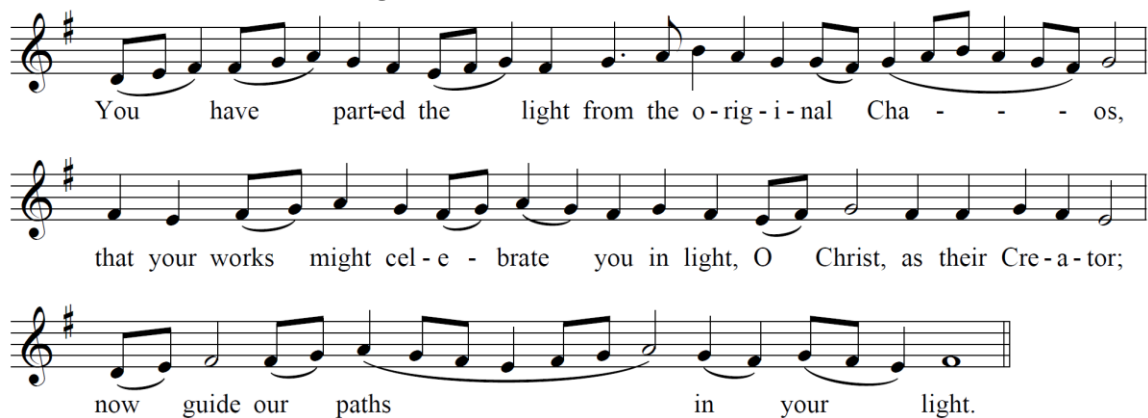


Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er  
and for - ev - er. A - men.



O Virgin most pure, beseech your Son and Lord to grant the captives deliverance in their adversity and peace to those who trust in your help

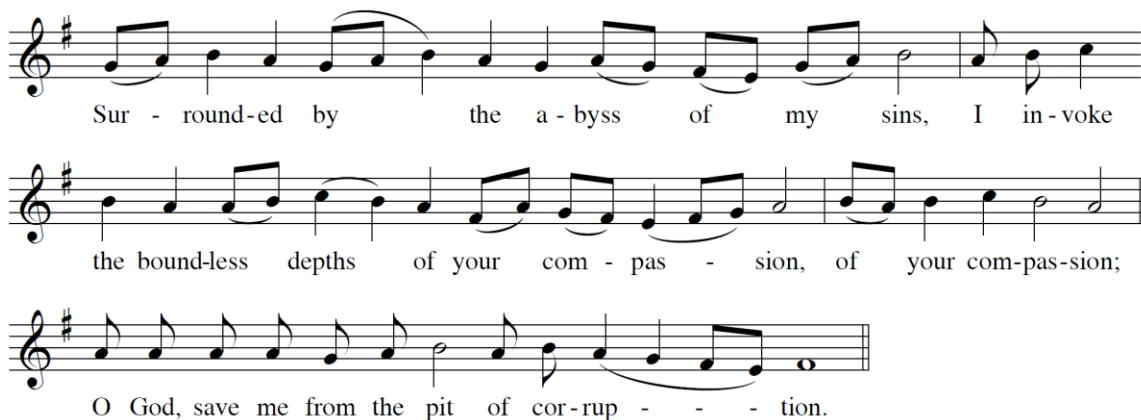
### Katavasia 5 of the Transfiguration



You have part-ed the light from the o-rig-i-nal Cha - - - os,  
 that your works might cel-e-brate you in light, O Christ, as their Cre-a-tor;  
 now guide our paths in your light.

### Ode 6 Irmos

**Tone 2**



Sur-round-ed by the a-byss of my sins, I in-voke  
 the bound-less depths of your com-pas-sion, of your com-pas-sion;  
 O God, save me from the pit of cor-rup-tion.

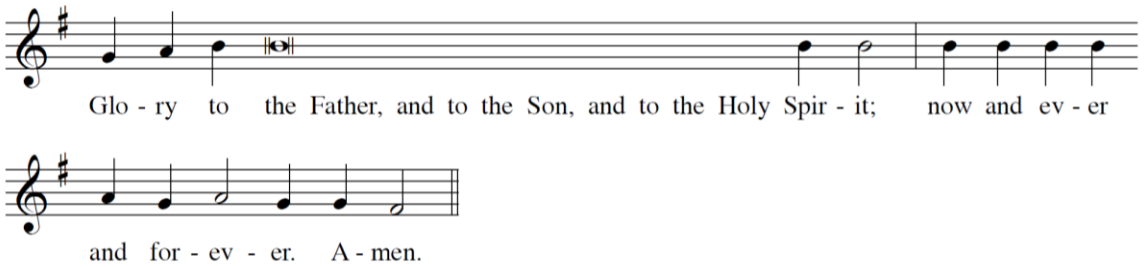
### Refrain



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

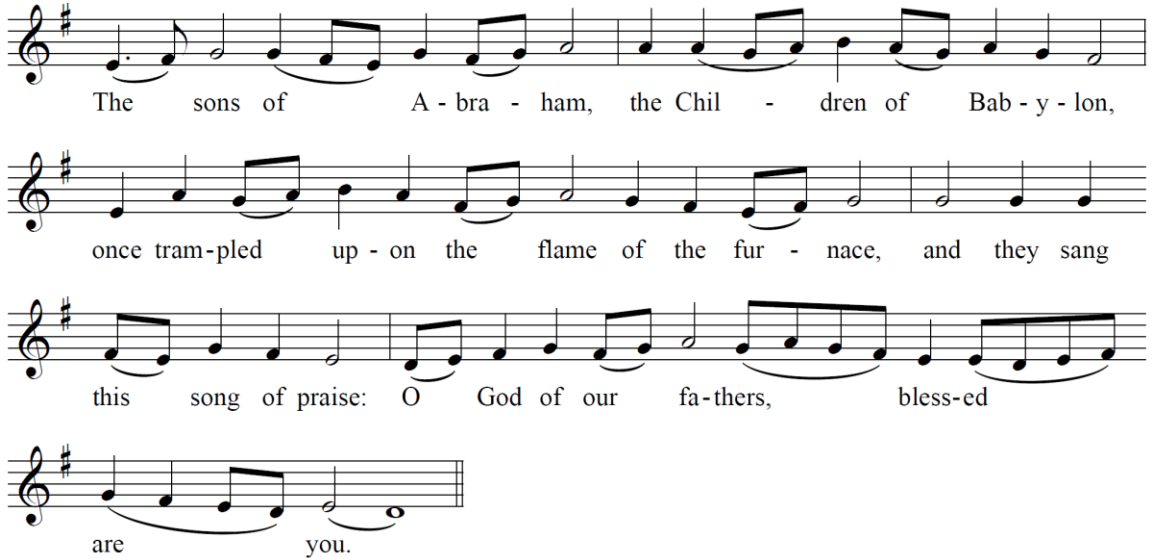
The Just One was condemned as a criminal; with the thieves he is nailed to the cross, the One who redeems us with his own blood. *Refrain*

Formerly Death entered the world through one person, the first Adam; and now one person reveals to us the Resurrection, and he is the Son of God.



O Virgin, without knowing man you have become a mother, and yet you remain a virgin; thus you clearly reveal the divinity of your Son and God.

### Katavasia 6 of the Transfiguration

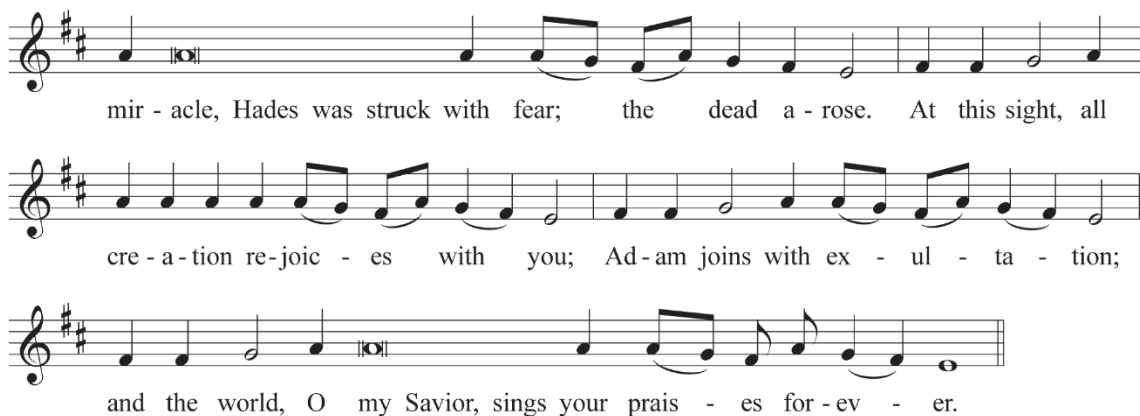


*Matins continues with the Small Litany on page 33.*

### Kontakion & Ikos (page 34)

*Tone 2*

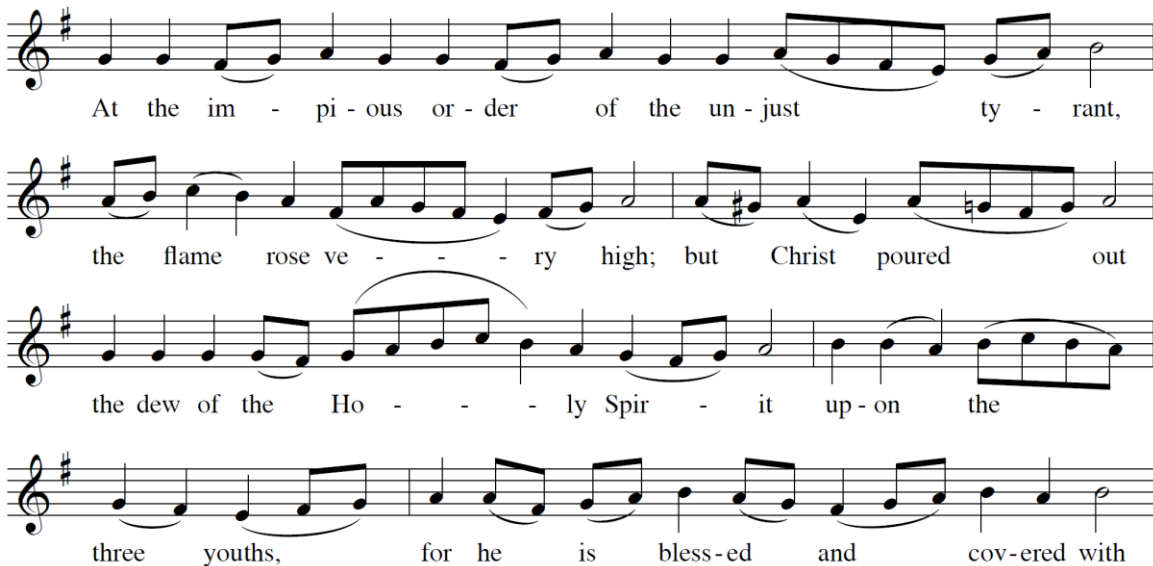




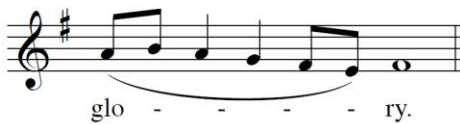
mir - acle, Hades was struck with fear; the dead a - rose. At this sight, all  
 cre - a - tion re - joic - es with you; Ad - am joins with ex - ul - ta - tion;  
 and the world, O my Savior, sings your prais - es for - ev - er.

**Ikos:** O Light of those who are in darkness, you are the Resurrection and the Life of all. You have raised the faithful with you, O Savior. You have despoiled the kingdom of Death and have shattered the gates of Hades, O Word. The sight of such wonders astonished mortals, and every creature rejoices in your Resurrection. We also glorify you, O Lover of us all, and we praise your condescension; the whole world sings your praises, O my Savior.

**Ode 7**  
**Irmos**



At the im - pi - ous or - der of the un - just ty - rant,  
 the flame rose ve - - - ry high; but Christ poured out  
 the dew of the Ho - - - ly Spir - it up - on the  
 three youths, for he is bless - ed and cov - ered with

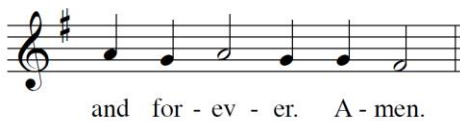
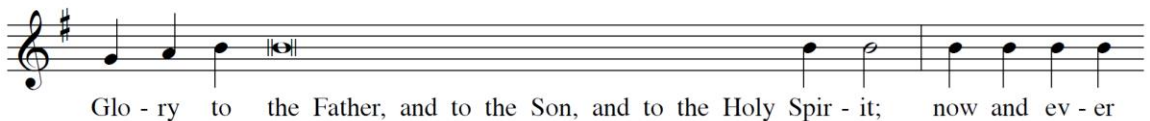


### Refrain



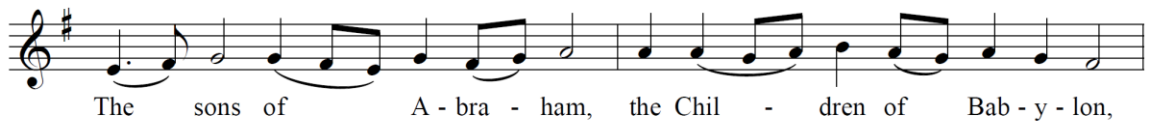
In your compassion, O Master, you could not bear to see your people as the slave of death. You have come and taken on our flesh, and by your own blood, you saved us, for you are blessed and covered with glory. *Refrain*

Seeing you clothed in the garments of a judge, the gatekeepers of Hades trembled, O Lord; for you have come to enslave the one who tyrannized us, for you are blessed and covered with glory.



In you we see the Holy of Holies, for you alone have given birth to God without change, O spotless Virgin and spouseless Mother. By giving birth to God, you have made immortal life spring up for all.

### Katavasia 7 of the Transfiguration

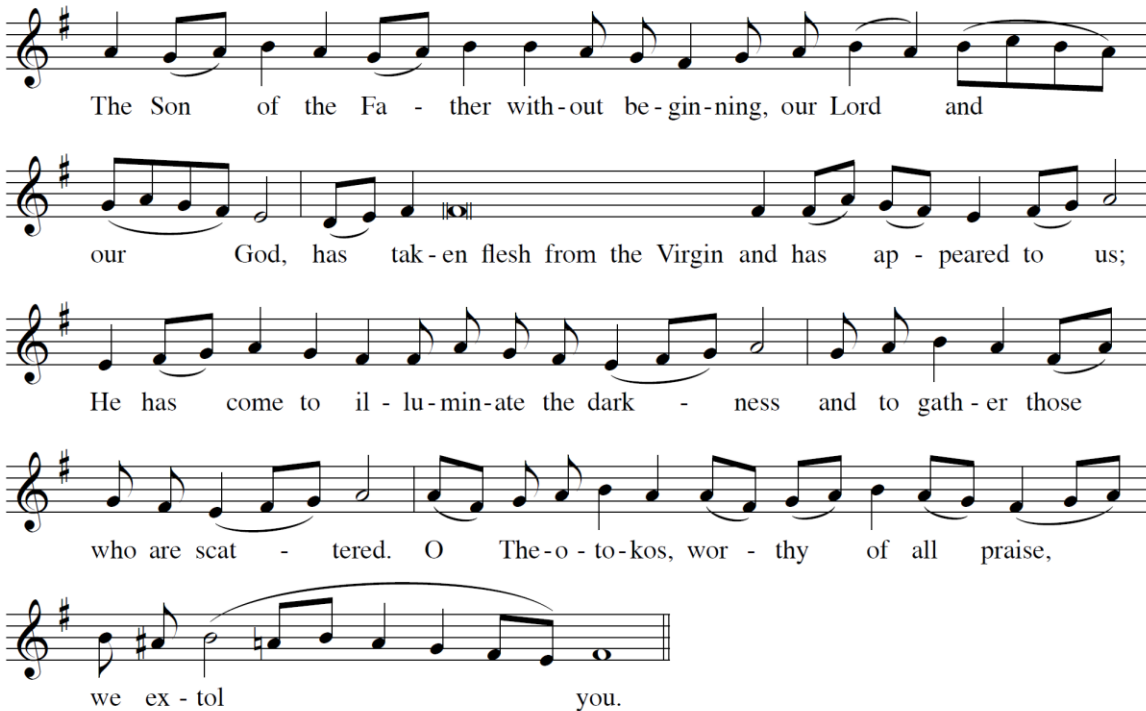




*Ode 8 is omitted, the people stand & Matins continues with "Let us greatly extol..." & the Cantic of the Theotokos on p. 34.*

**Ode 9**  
**Irmos**

**Tone 2**

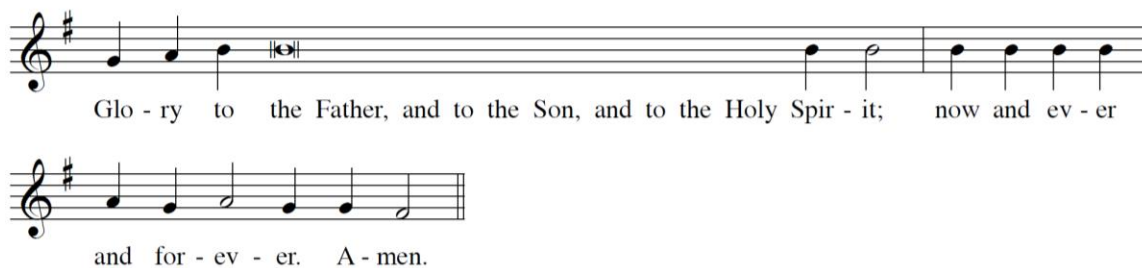


**Refrain**



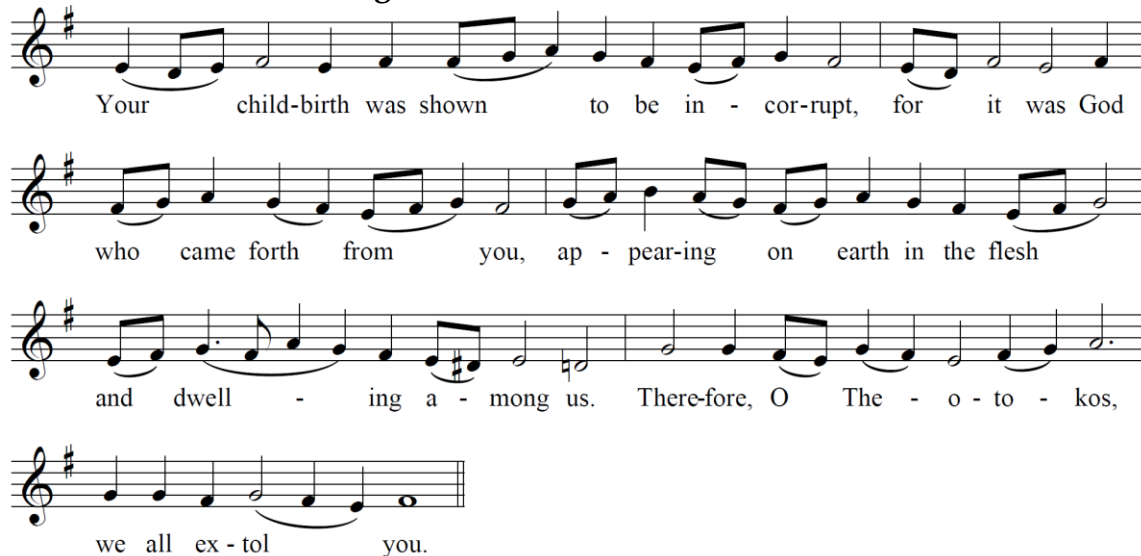
The thrice-blessed wood of your precious cross has been planted in the place of the Skull as in the heart of paradise. Sprinkled with the blood and water that flowed from your divine side, O Christ, it made our life blossom forth. *Refrain*

On the cross you overthrew the powerful; from the depths of Hades, you raised up human nature which was held captive, and you enthroned it with your Father in heaven, O almighty One; and in that same nature you shall come again. We adore you and we extol you!



O faithful, let us praise and glorify in the true faith the Unity in three Persons, the consubstantial Trinity, the divine and indivisible nature, the unsetting light with a triple flame, who alone is incorruptible, and who fills us with brightness.

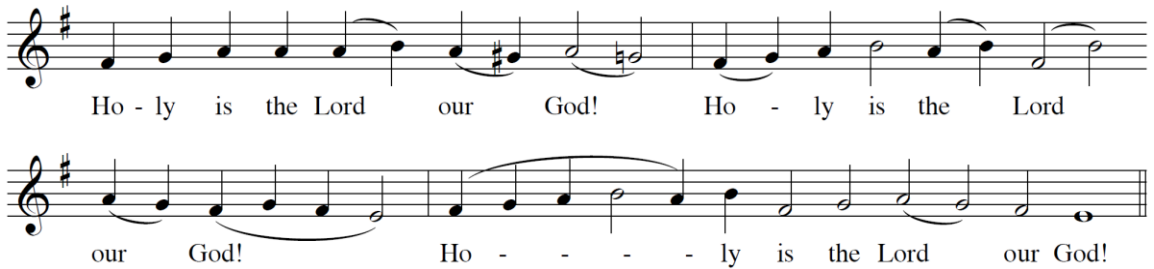
### Katavasia 9 of the Transfiguration



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

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

*Tone 2*



## Hymn of Light (page 37)

*of the Resurrection Gospel:*

After his Resurrection the Lord asked Peter three times: Do you love me? Then the Lord set Peter as a shepherd over his sheep. When Peter saw the disciple whom Jesus loved following him, he asked the Lord: What about him? And the Lord said: If I want him to wait until I come again, what is that to you, O Peter, my beloved?

*The Hymn of Light of the Saint is omitted.*

Glory... now and ever ...

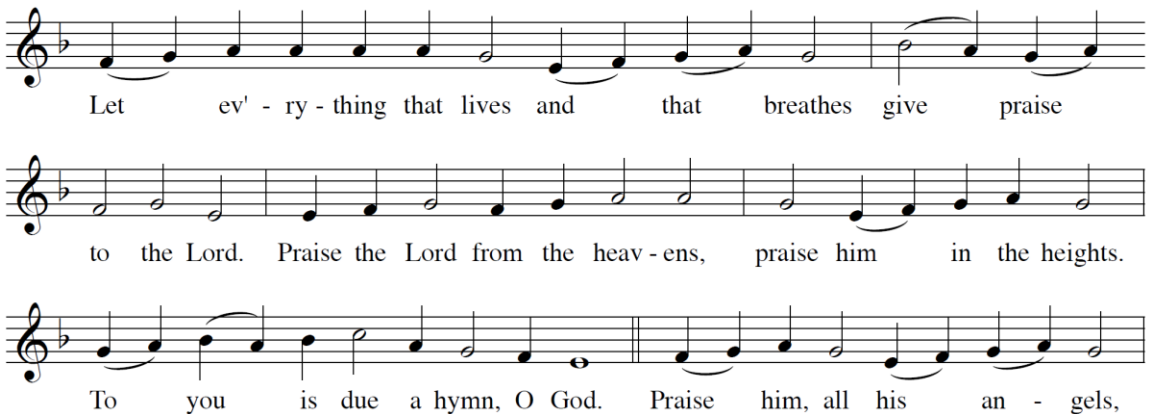
*of the Transfiguration:*

O Word and unchangeable Light, O Light of the unbegotten Father, today we see your light on Tabor, the light of the Father and the light of the Spirit, which gives light to the whole world.

*Matins continues with the Psalms of Praise.*

## Psalms of Praise (page 38)

*Tone 2*





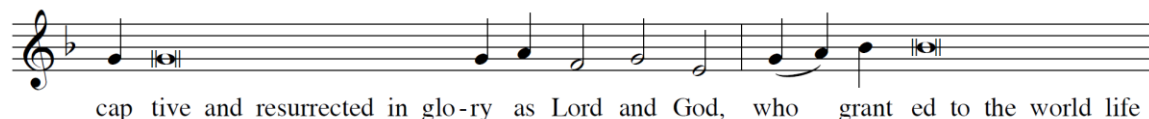
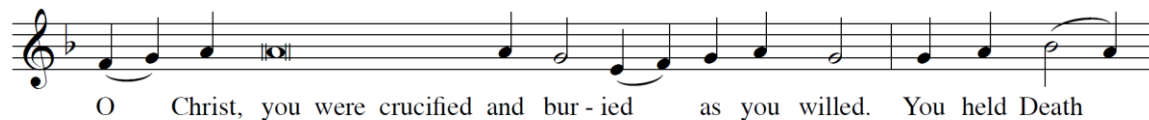
*The Psalms of Praise continue with "Praise him, sun and moon..." on page 38.*

### Stichera (page 40)

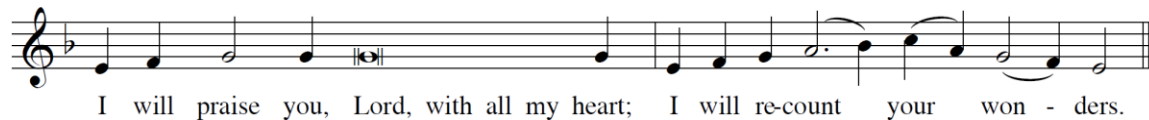
*The stichera of the feast are omitted.*

*the 7<sup>th</sup> and 8<sup>th</sup> of the 8 Sunday stichera:*

**Cantor (Tone 2):**



**Cantor (Tone 2):**





O trans-gres-sors of the law, when you sealed the tomb, you did in truth  
mag-nify the miracle for us as the guards know; es-pe-cial-ly since you  
per-suad-ed them to say on the day of his res-ur-rec-tion from the tomb:  
While we slept, the disciples came and stole him a-way. For who would steal  
a corpse, espe-cial-ly a nak-ed one? He tru-ly arose in his di-vine  
pow-er leav-ing his shroud in the grave; with-out break-ing  
the seals he has tram-pled down Death, and he has giv-en to the human  
race life e-ter-nal and great mer-cy.

**Cantor** (*Tone 8*):

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

# Eleventh Gospel Stanza

Tone 8

When you showed yourself to the dis-ci - - ples af - ter your Res - ur - rec - tion,

O Sav - ior, you ap - point - ed Simon to watch o - ver your sheep as a

rec - om - pense for his love; you asked him to tend the flock with care.

You said to him: If you love me, O Pe - ter, feed my lambs and feed

my sheep. But at once he inquired concerning the oth - er dis - ci - ple,

re - veal - ing him to be the be - lov - ed. There - fore, by the interces - sion

of both, O Christ, keep your flock from the rav - ag - ing wolves.

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