

Matins Propers

Sunday before *or* after the Exaltation of the Cross

on the Seventeenth Sunday after Pentecost

in the Eighth Tone with the Sixth Resurrection Gospel

& with the Katavasiai from the Canon of the Exaltation of the Cross,

which are sung until September 21st

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 8

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 8

You de - scend - ed from on high, O mer - ci - ful One. You ac - cept - ed
bur - i - al for three days to free us from our pas - sions. O Lord, our
Res - ur - rec - tion and our Life, glo - ry to you.

The repetition of the troparion is omitted.

If it is the Sunday before the Exaltation of the Cross (September 7th – 13th), the following verse & Troparion of the Prefeast are sung.

If it is the Sunday after the Exaltation of the Cross (September 15th – 21st), the verse and Troparion of the Cross are sung (page 3 of this supplement).

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.

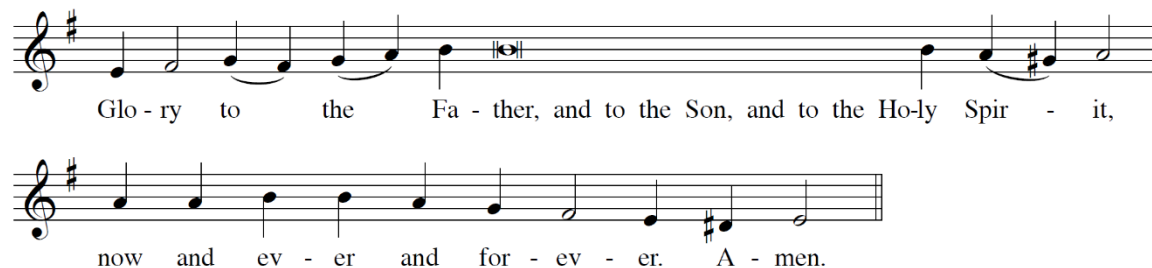
Troparion of the Prefeast – Tone 4

Lord, we of - fer to you in in - ter - ces - sion the good - ness of your
life - cre - at - ing cross which you gave to us, your unwor - thy peo - ple.
Save our na - tion and your Church which im - plores you through the The - o - to - kos.
For you a - lone love us all.

Matins continues with the Kathismata ("Lord, have mercy...") on p. 3 of this supplement.

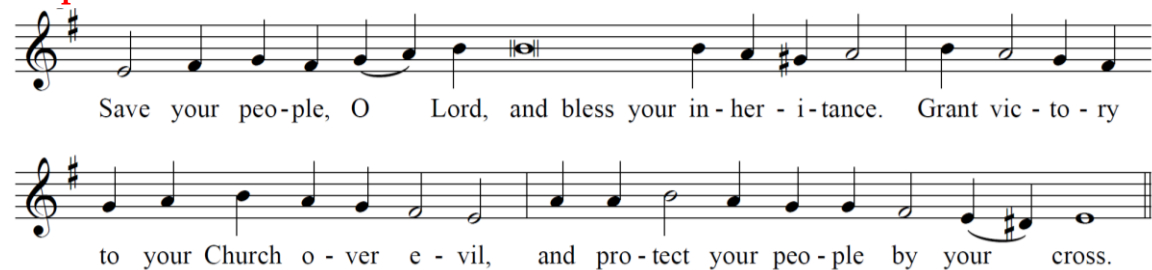
If it is the Sunday after the Exaltation of the Cross (September 15th – 21st), the following verse and Troparion of the Cross are sung.

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.

Troparion of the Cross – Tone 1



Save your peo - ple, O Lord, and bless your in - her - i - tance. Grant vic - to - ry
to your Church o - ver e - vil, and pro - tect your peo - ple by your cross.

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.

3rd stasis of the 3rd Kathisma:

Psalm 21

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

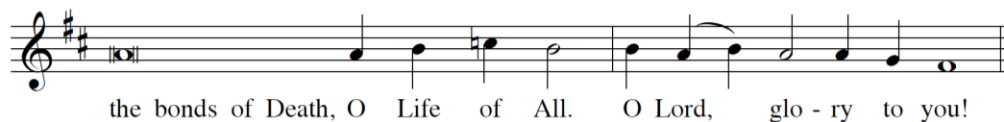
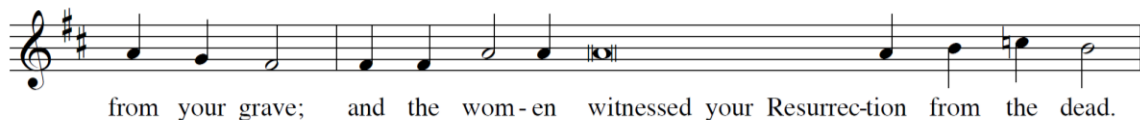
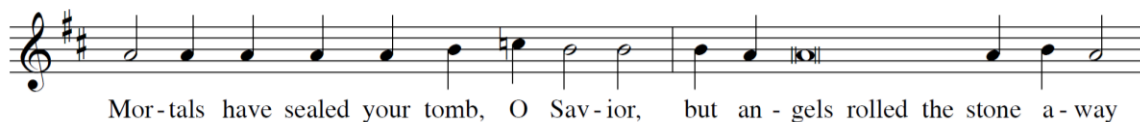
People: Now and ever and forever. Amen.

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

Matins continues with the Small Litany on page 10.

Sessional Hymn (*page 11*)

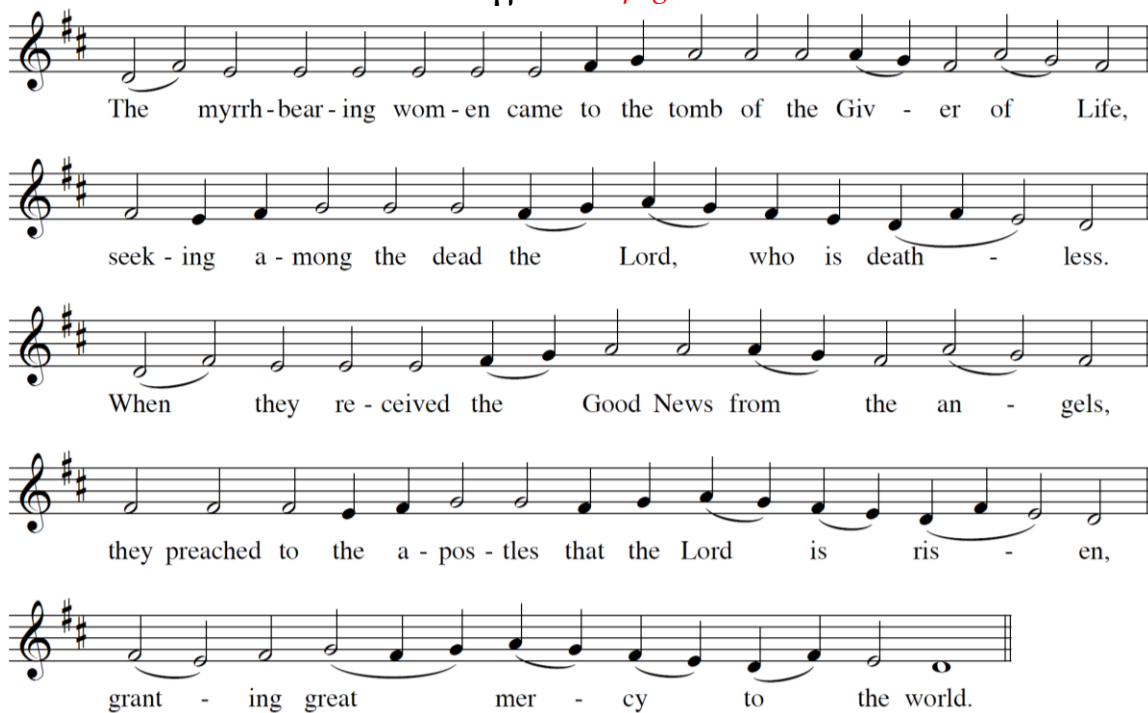
the 1st Hymn of the 2nd set of Sessional Hymns (Tone 8 Kontakion):



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

Ἡρακὸς (page 21)

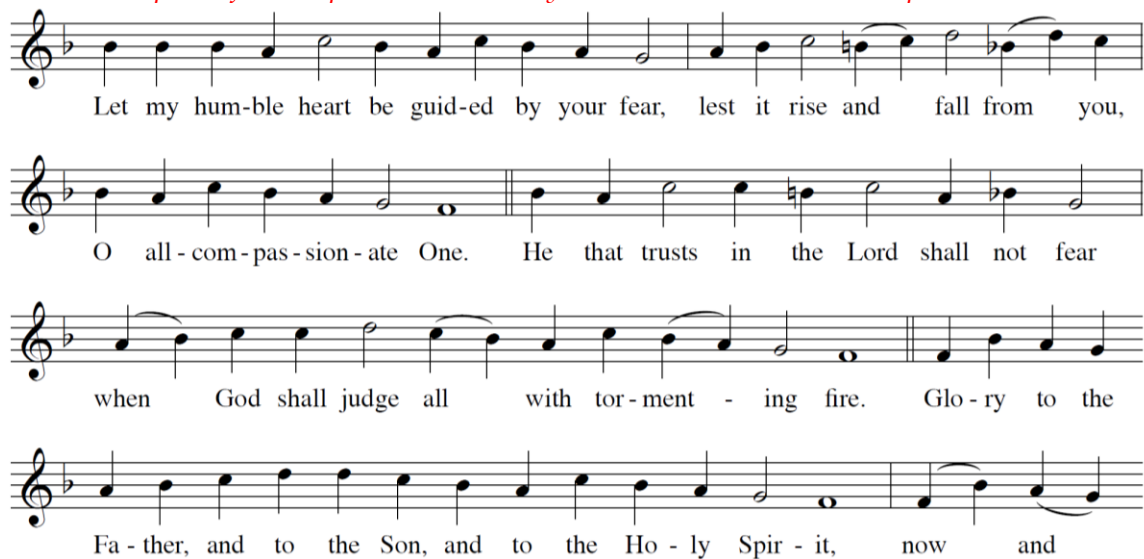
Tone 8



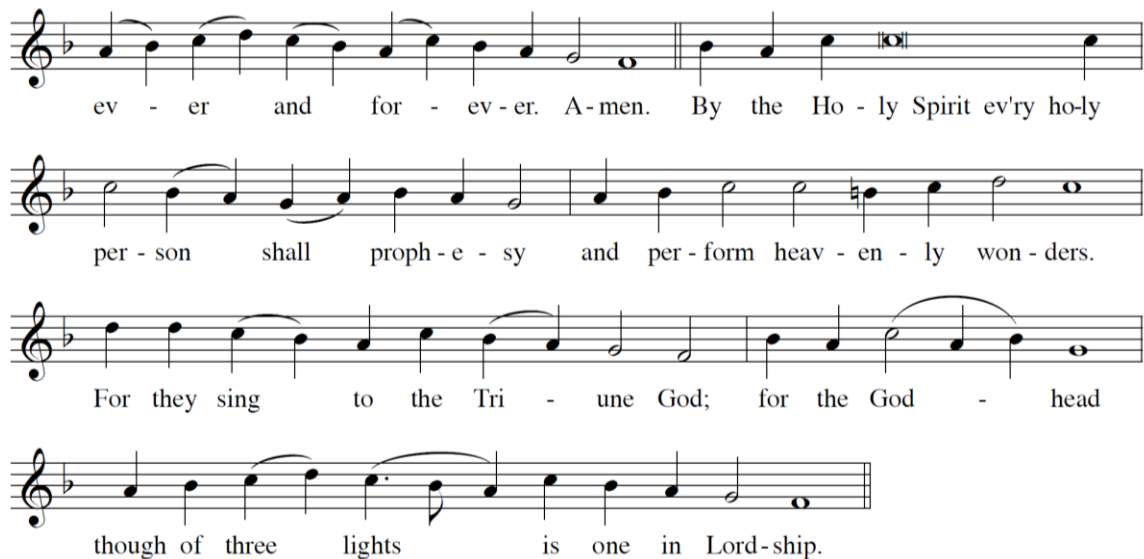
The myrrh-bearing women came to the tomb of the Giver of Life,
seeking among the dead the Lord, who is deathless.
When they received the Good News from the angels,
they preached to the apostles that the Lord is risen,
granting great mercy to the world.

Stepenna (page 21)

The 1st Antiphon of the Stepenna (Gradual Hymns) is omitted. The 2nd Antiphon in Tone 8:



Let my humble heart be guided by your fear, lest it rise and fall from you,
O all-compassionate One. He that trusts in the Lord shall not fear
when God shall judge all with tormenting fire. Glory to the
Father, and to the Son, and to the Holy Spirit, now and



ev - er and for - ev - er. A - men. By the Ho - ly Spirit ev'ry ho - ly
 per - son shall proph - e - sy and per - form heav - en - ly won - ders.
 For they sing to the Tri - une God; for the God - head
 though of three lights is one in Lord - ship.

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

Prokeimenon (page 22)

Psalm 145:10, 1-2



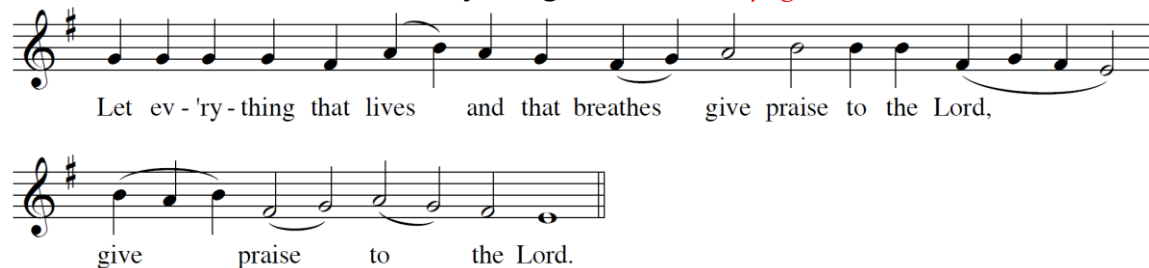
The Lord will reign for - ev - - er; Zi - on's God from age to age.

Deacon: My soul, give praise to the Lord!
 I will praise my God all my days.

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

Let everything that lives... (page 22)

Tone 8



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 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)

Tone 8

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

(The Canons of the Theotokos, of the Cross-Resurrection, and of the Prefeast or Feast are omitted)

Ode 4

Irmos

Tone 8

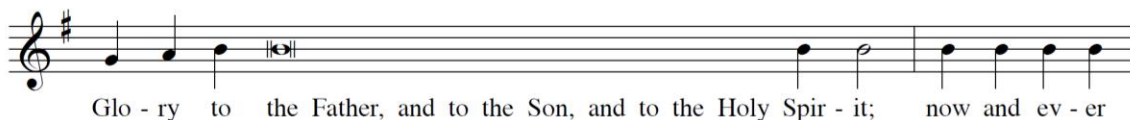
You are my strength, O Lord; you are my pow-er; you are my God, and you,
O Lord, are my joy! With-out leav-ing the Fa-ther's bos-om, you have
vis - it - ed our pov - er - ty. There-fore, with the proph-et Habakkuk, I cry
out to you: Glo-ry to your pow-er, O on - ly Lov - er of us all.

Refrain

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

You have loved me beyond measure, even though I was your enemy; you have come down to the earth, O compassionate Savior, to humble yourself in a wondrous way, without scorning my extreme poverty. Because of your glory beyond expression, you glorified the one who had formerly been despised. *Refrain*

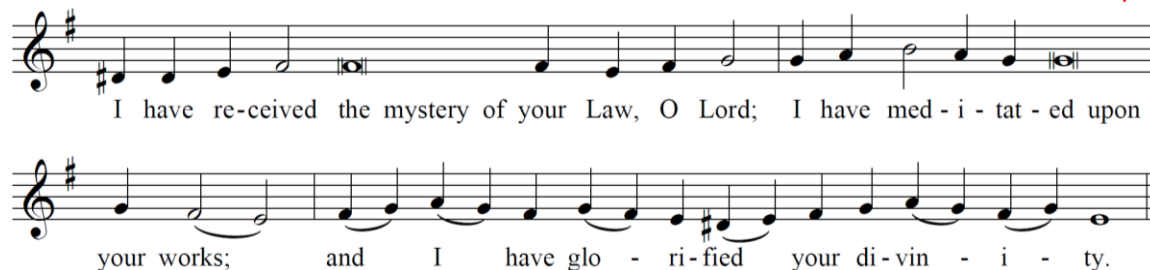
Who would not be struck with wonder, O Lord, in seeing you destroy Death by your passion, dispel corruption by your cross, and empty Hades of its treasures by your death. Such is the work of your divine power, O Lover of us all, who was nailed to the cross.



You are the glory of believers, their advocate, refuge and rampart, the haven of Christians; you bring their prayers before your Son, and you save from all danger the faithful who recognize you as the Theotokos.

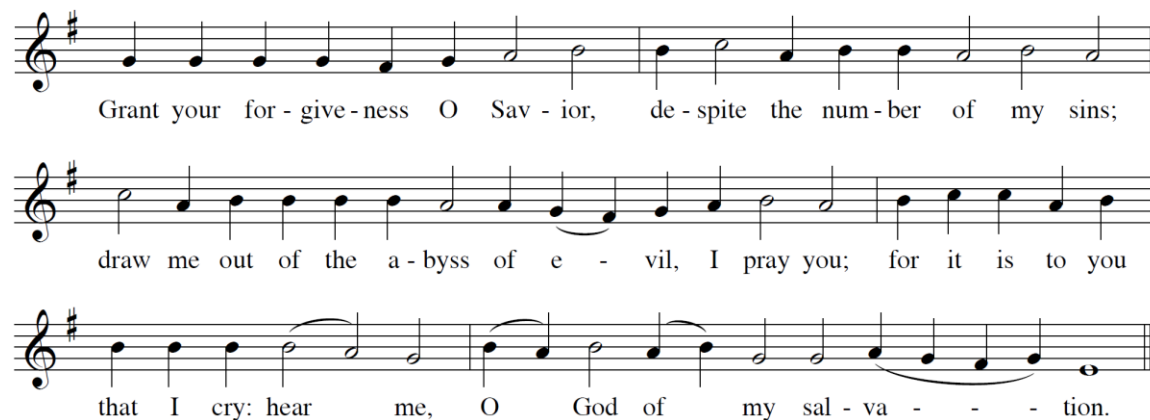
Katavasia 4 of the Exaltation of the Cross

Tone 6 simple



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

Ode 6 Irmos



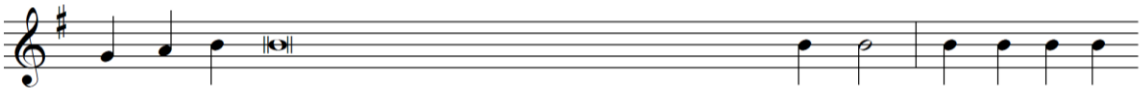
Refrain



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

Through the tree, the Prince of evil vanquished me; but through the tree of the cross, O Christ, you have delivered me, casting down the powerful one and raising up fallen humanity. *Refrain*

Rising from the grave, you had mercy on Zion; in your love you renewed her, O Christ, by your divine blood; and in her you shall reign for ages to come.



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.

By your prayers, O holy Mother of God, may we be delivered from our sins so that we may obtain, O Virgin, the divine illumination of the Son of God who wondrously took flesh in your womb.

Katavasia 6 of the Exaltation of the Cross

Tone 6 simple



Clear-ly pre - fig - ur - ing the re-deem-ing pas-sion, Jo - nah stretched out his



hands in the form of a cross when he was in the bel-ly of the whale.



When he was cast forth af-ter three days, he pre-fig-ured the glorious resurrection



of Christ our God, who was cru - ci - fied in the flesh and grant - ed life to

the world by his res - ur - rec - tion on the third day.

Matins continues with the Small Litany on page 33.

Kontakion & Ikos (page 34)

Tone 8

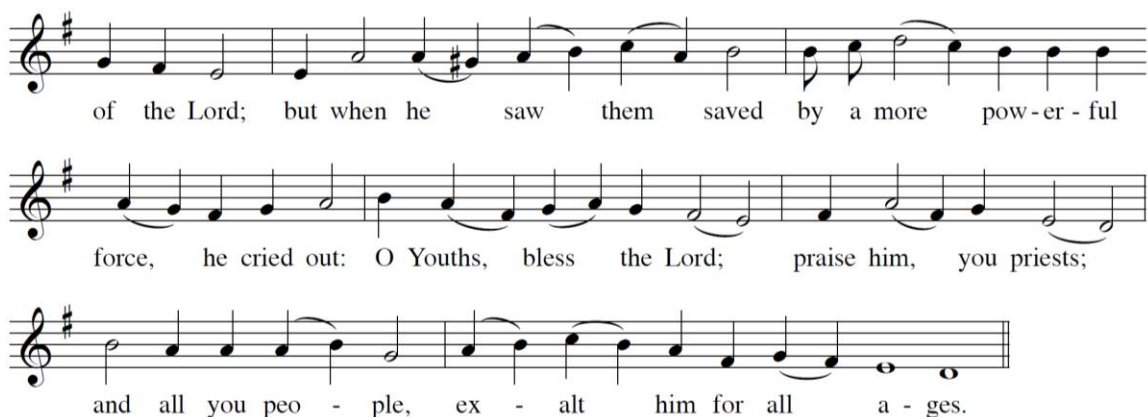
Ris - ing from the grave, you raised the dead. You lift - ed up Ad - am,
and Eve rejoices in your res - ur - rec - tion. The whole world cel - ebrates your
resurrec - tion from the dead, O Most Mer - ci - ful One.

Ikos: Having despoiled the kingdom of Hades and having risen from the dead, O compassionate Lord, you went before the myrrh-bearing women and brought them joy instead of tears. You showed the signs of your victory to your apostles, O Savior and Source of life. And You enlightened all creation, O Lover of us all. Therefore, the world also rejoices at your awakening from the dead, O God of mercy.

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

**Ode 8
Irmos**

In his fu - ry, the ty - rant of the Chal - de - - - ans had the
fur - nace heat - ed seven times hotter than u - su - al for the faith - ful serv - ants



of the Lord; but when he saw them saved by a more pow-er-ful
force, he cried out: O Youths, bless the Lord; praise him, you priests;
and all you peo - ple, ex - alt him for all a - ges.

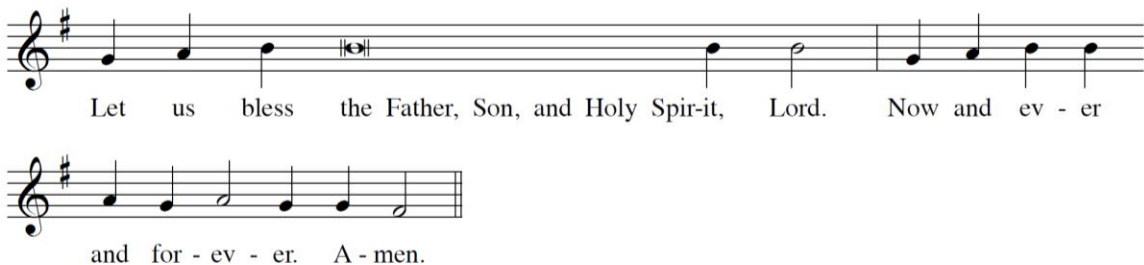
Refrain



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

The divine power of Jesus has made his divinity shine upon us; when in his flesh he tasted death on the cross for all of us, he destroyed the power of Hades. O Youths, bless him without ceasing; praise him, you priests; and all you people, exalt him for all ages. *Refrain*

The crucified One is awakened; the arrogance of Hades has tumbled; fallen and broken humanity is raised up again; Death has been banished and immortality flourishes; life recaptures its reign over mortals. O Youths, bless the Lord; praise him, you priests; and all you people, exalt him for all ages.



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

Let us praise the Divinity of three flames, one light shining from a single nature in three Persons; the Father without beginning, the Word who is of the same nature as the Father, and the consubstantial Spirit who reigns with him. O Youths, bless your Creator and Redeemer; praise him, you priests; and all you people, exalt him for all ages.

Let us praise, bless and wor-ship the Lord, sing-ing and high-ly ex-alt-ing him
a - - - bove all for ev - er.

Katavasia 8 of the Exaltation of the Cross

Tone 6 simple

O you chil-dren, equal in num-ber to the Trin-i-ty, O bless the
Fa-ther and Creator of all; sing the prais-es of the Word who came
to earth and changed the flames to dew; and ex-alt a-bove all for-ev-er
the most Ho-ly Spir-it who gives life to all.

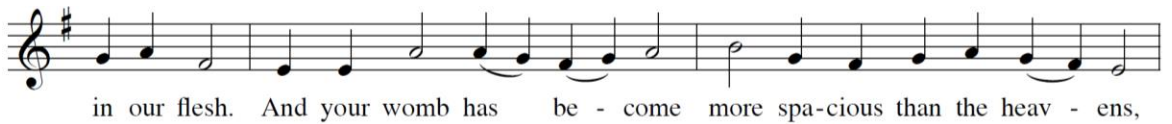
The people stand &

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

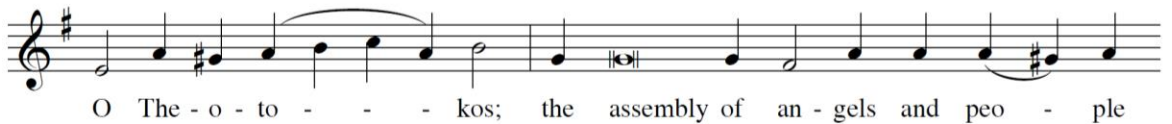
Ode 9

Irmos

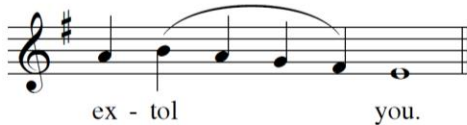
Heav-en was seized with won-der and the ends of the earth struck with
as-ton-ish-ment when God re-vealed him-self to us clothed



in our flesh. And your womb has be - come more spa - cious than the heav - ens,



O The - o - to - - - kos; the assembly of an - gels and peo - ple



ex - tol you.

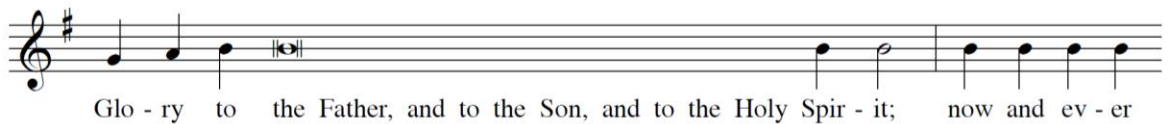
Refrain



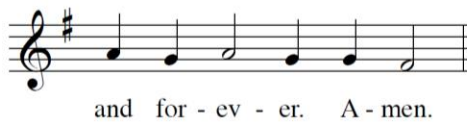
Glo - ry to your ho - ly Res - ur - rec - tion, O Lord.

Even though your divine nature is without beginning, you took our flesh, O Word of God; you suffered in your human nature, yet as God you remained beyond suffering; in two natures and without division or confusion, we extol you.

O Most High, the One who is your Father according to your divine nature, you called God when you took on your human nature and came down among your servants. And now, risen from the dead, you have revealed him as the Father of humanity, the One who by nature is God and Master. With him, we all extol you.



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

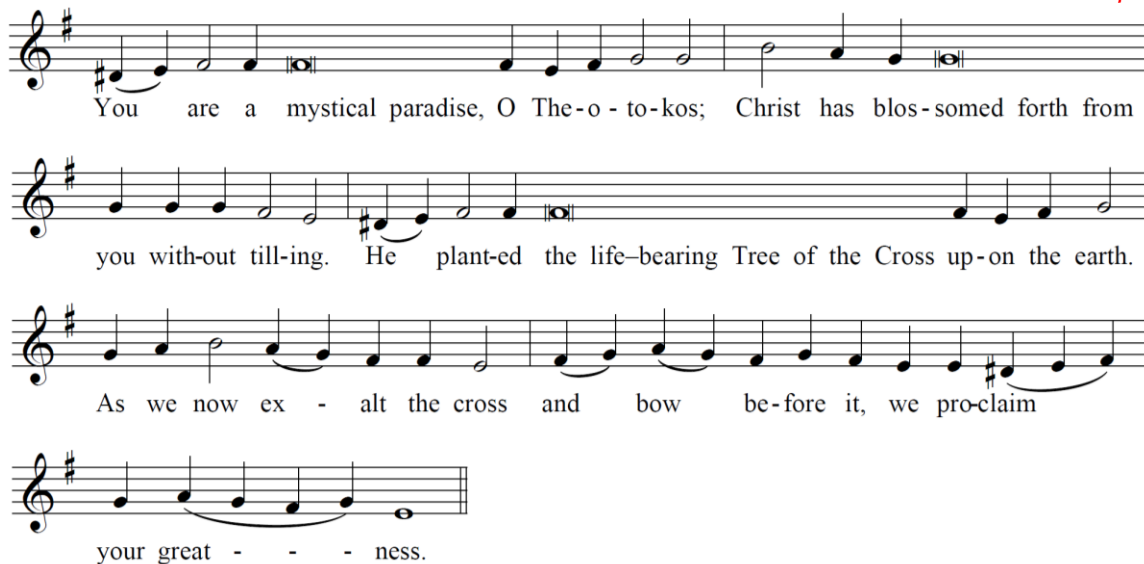


and for - ev - er. A - men.

O Virgin, you have appeared as the Mother of God; in a wondrous manner, you gave birth in the flesh to the Word who is all-good and whom the Father in his goodness has spoken before the ages; and even though he bears the garment of flesh, we know him to be the transcendent one.

Katavasia 9 of the Exaltation of the Cross

Tone 6 simple



You are a mystical paradise, O The-o - to-kos; Christ has blos-somed forth from
you with-out till-ing. He plant-ed the life-bearing Tree of the Cross up-on the earth.
As we now ex - alt the cross and bow be-fore it, we pro-claim
your great - - - ness.

Matins continues with the Small Litany on page 36.

Holy is the Lord our God (page 37)

Tone 8



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)

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 Hymn of Light of the Saint is omitted

If it is the Sunday before the Exaltation of the Cross (September 7th – 13th), the following:

With light-giving splendors the Cross of the Lord summons to its elevation all who with divine love stand before it. Come all, and with joy, love, fear and faith let us kiss it and glorify the one Creator and Master!

Matins continues with the Psalms of Praise below.

If it is the Sunday after the Exaltation of the Cross (September 15th – 21st), the following:

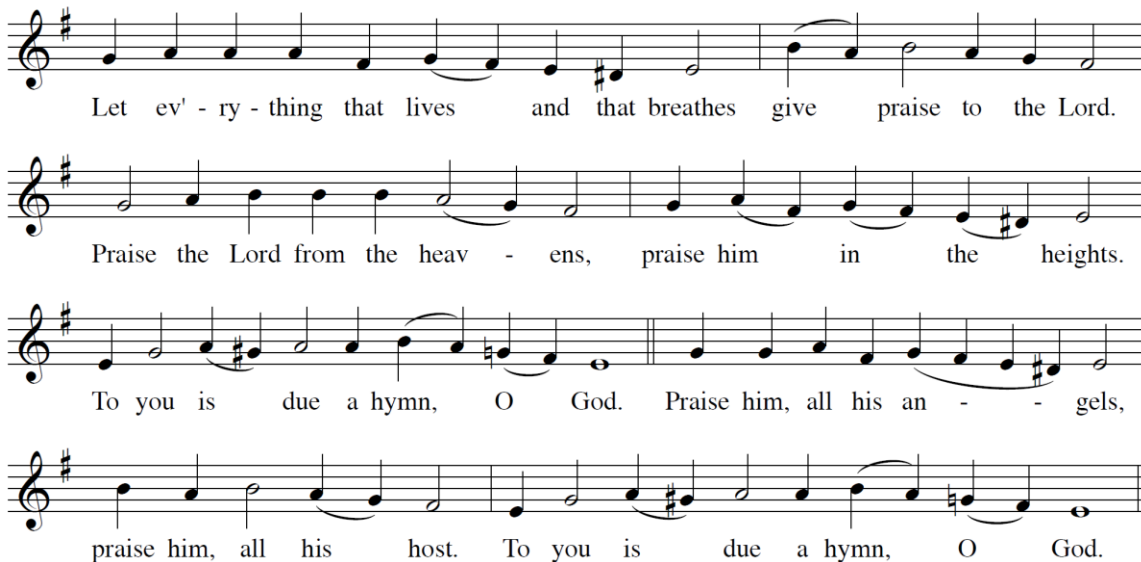
The Cross is the guardian of the universe; the Cross is the beauty of the Church. It is the power of kings, and it sustains the strength of our faith. It is the glory of the angels and the slayer of demons.

Matins continues with the Psalms of Praise.

Psalms of Praise *(page 38)*

Tone 8

Psalm 148



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)

All but the 3rd & 4th of the 8 Sunday stichera are omitted.

All the stichera of the Prefeast or Feast are omitted.

Cantor (Tone 8):



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



Lord, you have giv - en us your Cross as a weap - on a - gainst the dev - il;



for he fears and trem - bles, un - a - ble to bear the sight of its power,



for it rais - es the dead and has van - quished death. There - fore we worship your



bur - ial and your re - sur - rec - tion.

Cantor (Tone 8):



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

Lord, the an - gel who an-nounced your Res-ur-rec - tion fright-ened the guards
 but said to the wo - men: Why do you seek the living a-mong the dead?
 The "God Who Is," a - rose and has granted great mer - cy to the
 u - ni - verse.

Cantor (*Tone 6*):

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

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