

Matins Propers

28th Sunday after Pentecost

*in the Third Tone with the Sixth Resurrection Gospel
and with the Katavasia from the Second Canon of the Nativity,
which are sung on December 5th*


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 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



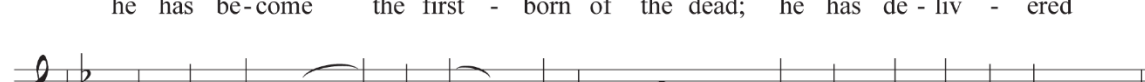
Let the heav - ens re-joice, let the earth be glad; for the Lord



has shown the might of his arm. By his death the Lord has tram-pled Death;



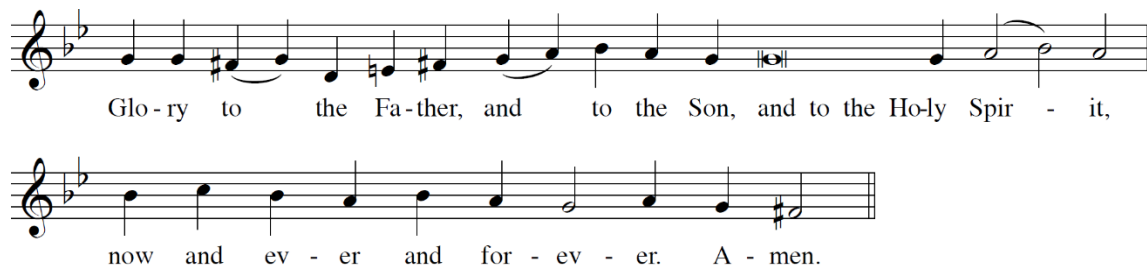
he has be-come the first - born of the dead; he has de - liv - ered



us from the depths of Ha - des and has grant-ed great mer-cy to the world.

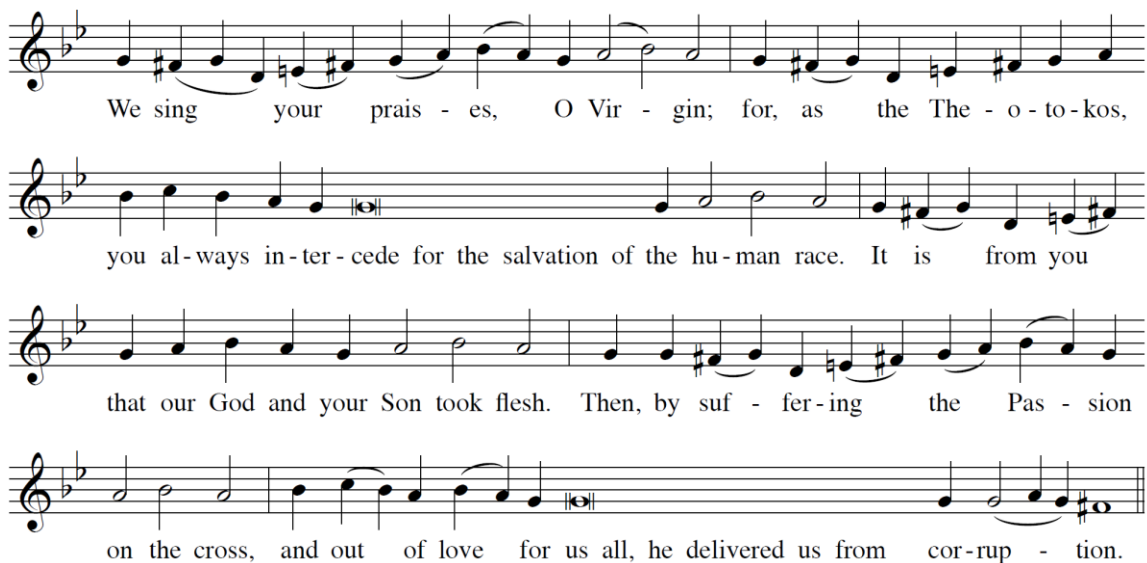
The repetition of the Troparion is omitted.

Cantor (*Tone 3*):



The Troparion of the Saint is omitted.

Festive Theotokion – Tone 3



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."

Psalms 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*)

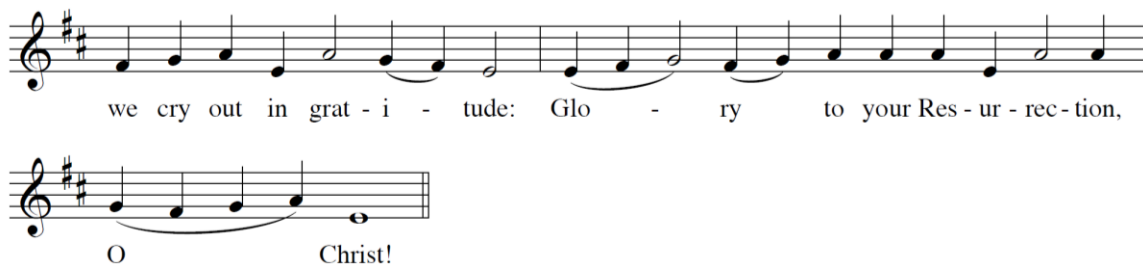
the 2nd Hymn of the second set of Sessional Hymns (Tone 3 Kontakion):

Let us be - liev - ers speak of di - vine things, of the se - cret of

your inscrutable cru - ci - fix - ion and of your in - ef - fa - ble Res - ur -

rec - tion; for to - day Death and Ha - des have been led cap - tive,

and the hu - man race has been invested with in - cor - rup - tion. There - fore,



*Matins continues with the Polyeleos on page 12.
 "Hosts of Angels..." is omitted & then Matins continues with the Small Litany on p. 21.*

Ἡψαλμὸς (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 1st Antiphon of the Stepenna is omitted. The 2nd Antiphon of the Stepenna in Tone 3:

If the Lord does not build the house of vir - tues, we la - bor in vain.

But if he de-fends and pro-TECTS our lives, no one shall pre - vail a - gainst

our ci - ty. The saints are tru - ly as the fruit of your womb,

and they have not ceased to be chil - dren of the Fa - ther, O Christ,

through the breath of the Ho - ly Spir - - - it. 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. In the Ho - ly Spir - it re - sides

all ho - li - ness and wis - dom; for he is the Cre - a - tor of all

cre - a - - - tion. There - fore let us wor - ship him for he is God



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

Prokeimenon (page 22)

Psalm 95:10, 1

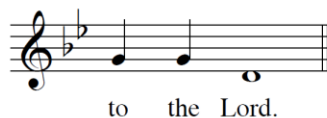
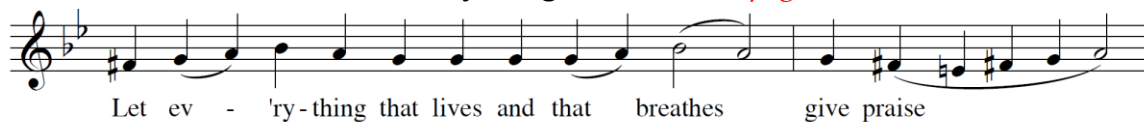


Deacon: O sing a new song to the Lord;
Sing to the Lord, all the earth.

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

Let everything that lives... (page 22)

Tone 3



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)

The faithful come forward to venerate the Gospel Book on the tetrapod

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

(The Canons of the Cross-Resurrection, of the Theotokos, & of the Saint are omitted)

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.

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 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 from the Second Canon of the Nativity

Tone 1

Chanting of old, * the Prophet Habbakuk proclaimed beforehand the renewal of the human race, * having been ineffably given an image to behold; * of the Word coming forth from the mountain of the Virgin as a little babe, ** for the restoration of the people.

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

Ode 6

Irmos

Tone 3



En - cir - cled by the bot - tom - less pit of my sins,



I felt my breath fail - ing me; raise your hand, O Mas - ter,



reach out to me and save me as you saved Pe - ter;



for you walk on the wa - - - - ters.

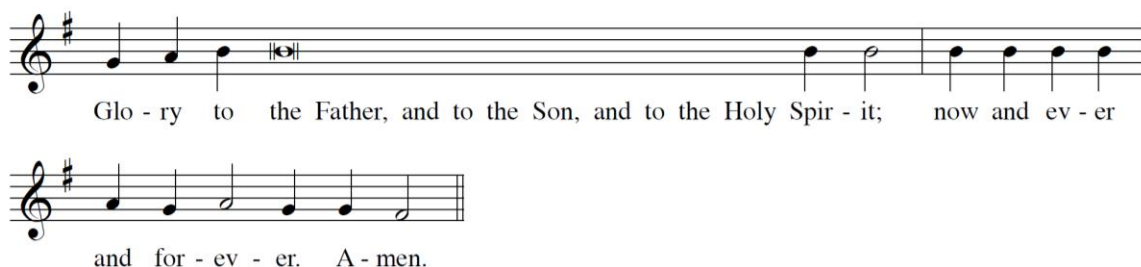
Refrain



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

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 from the Second Canon of the Nativity

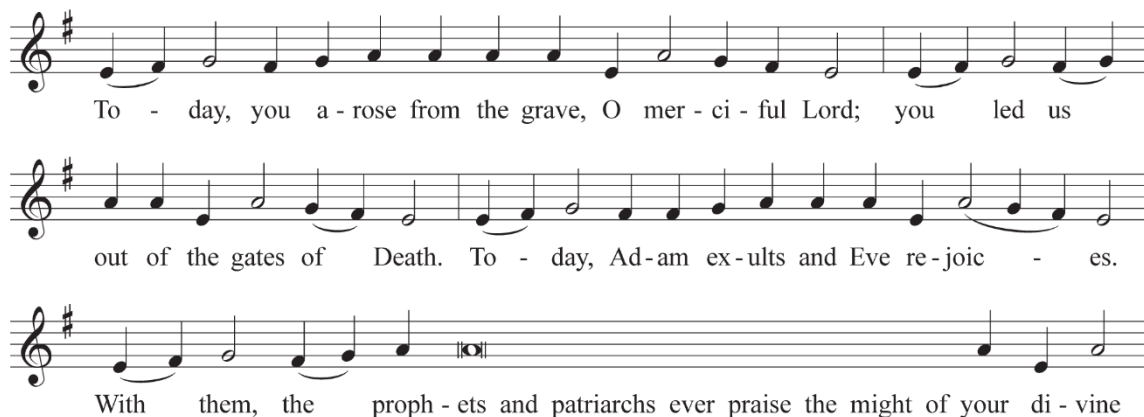
Tone 1

Dwelling in the uttermost depths of the sea, * Jonah besought you to come and still the tempest; * and I, pierced by the arrow of the tyrant, * chant unto you, Christ the Destroyer of evil, ** that you come quickly unto my slothfulness!

Matins continues with the Small Litany on page 33.

Kontakion & Ikos (page 34)

Tone 3





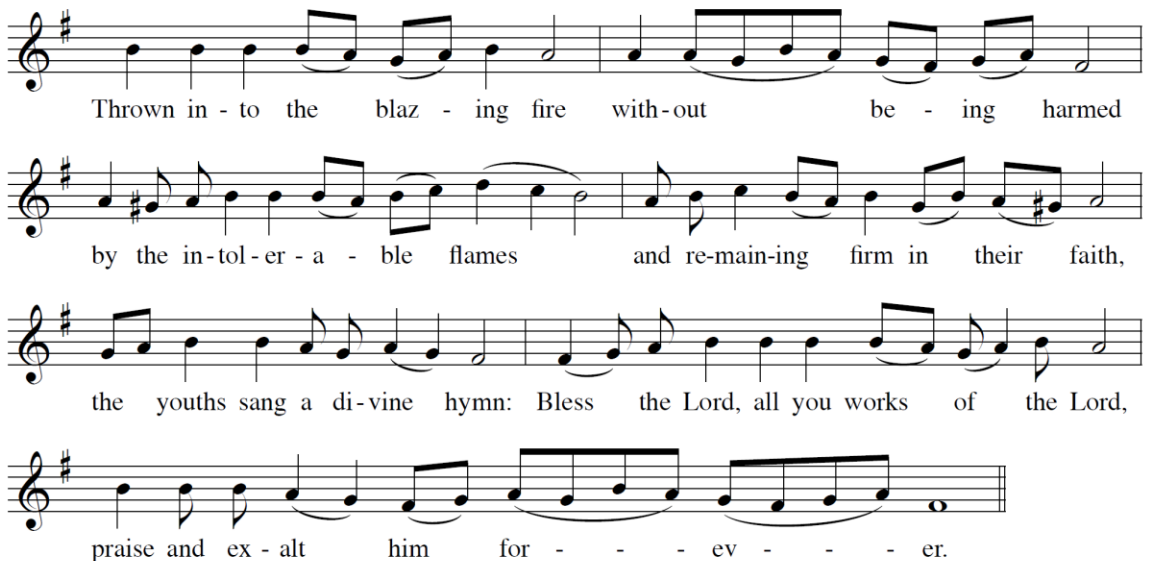
Ikos: Let heaven and earth dance with joy today, and with one heart let them praise Christ our God who has raised the captives of death from their tombs. Let all creation rejoice, offering worthy hymns to the Creator of the world and our Redeemer. As the Source of life, he drew the human race from Hades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

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

Ode 8

Irmos

Tone 3

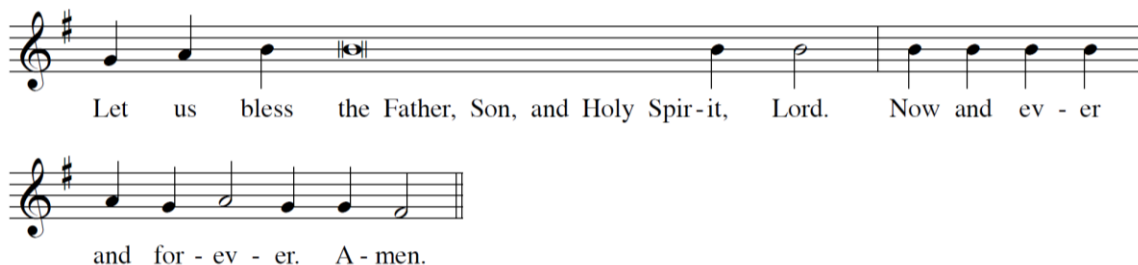


Refrain



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!



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.

Katavasia 8 from the Second Canon of the Nativity

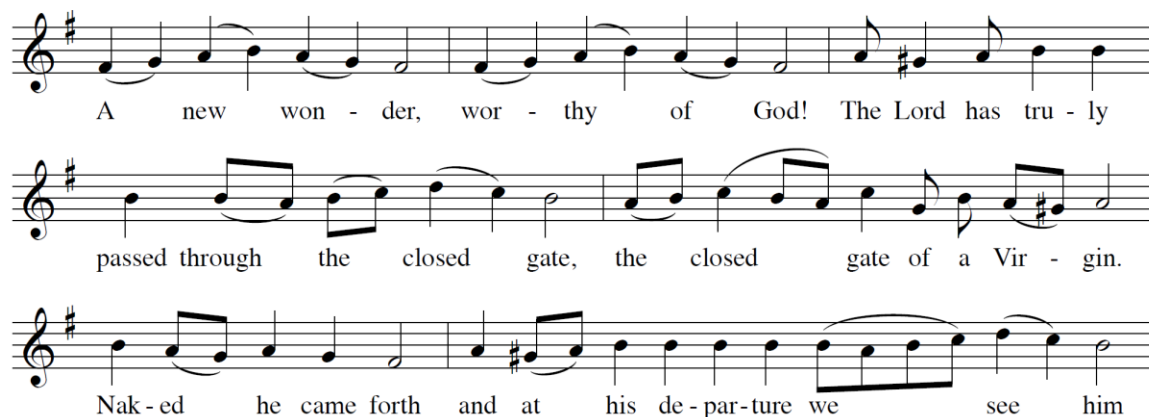
Tone 1

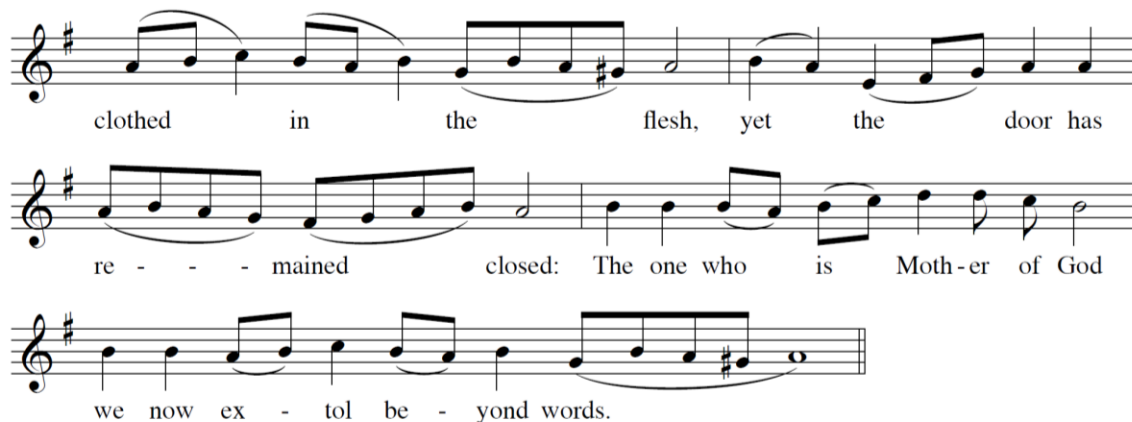
The children who in the time of the Old Covenant * were cast into the fire * prefigured the unconsumed womb of the Maiden * which supernaturally gives birth, * yet remains sealed; * and the grace which works both as a single miracle, ** moves the people to hymnody.

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

Ode 9 Irmos

Tone 3



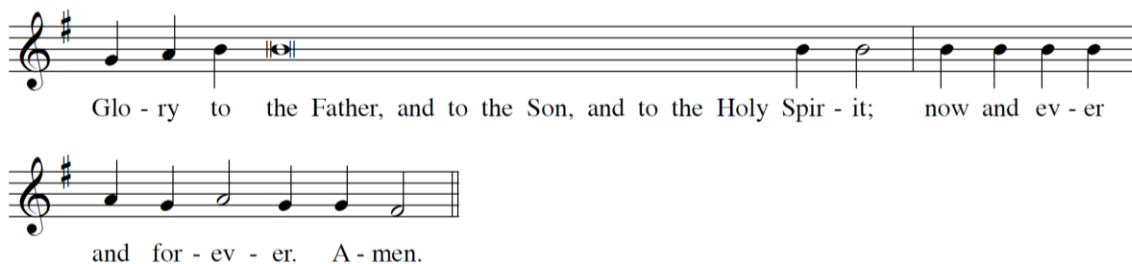


Refrain



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 from the Second Canon of the Nativity

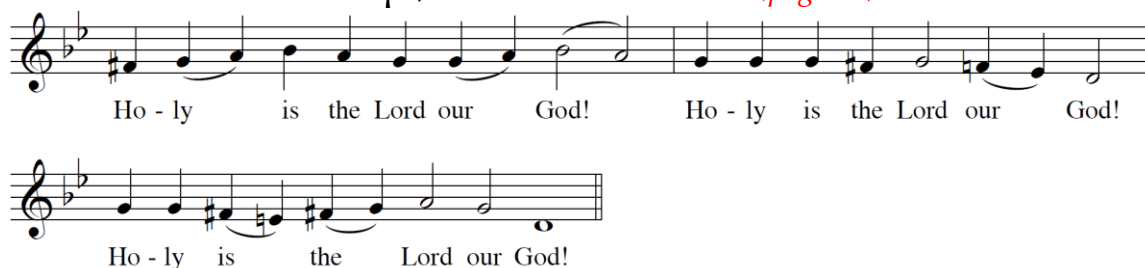
Tone 1

It would be easier for us to prefer silence out of fear, * for it is not fraught with danger, O Virgin, * for it is difficult to fashion hymns fittingly wrought for you. * Yet, O Mother, grant us the power to chant such, ** inasmuch as it is our will.

Matins continues with the Small Litany on page 36.

Holy is the Lord our God (page 37)

Tone 3



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 3



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 & 4th of the 8 Sunday stichera (all the rest are omitted):

Cantor (Tone 3):

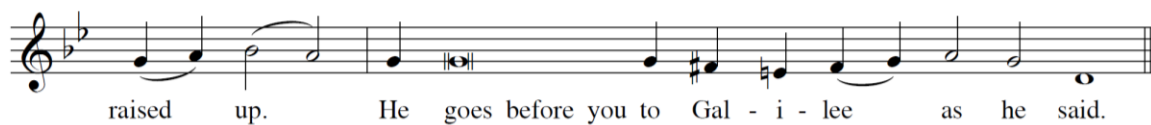
A - rise, O Lord, lift up your hand! O God, do not for-get the poor.

All things are filled with joy at the ex - pe - rience of the res - ur -

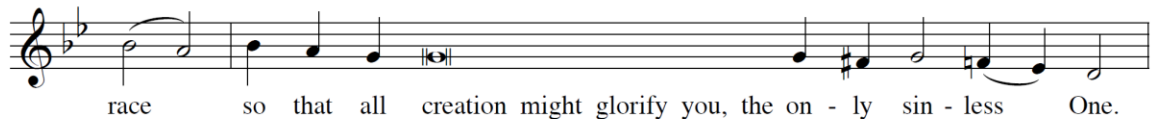
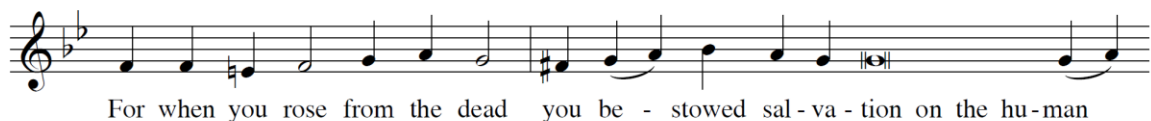
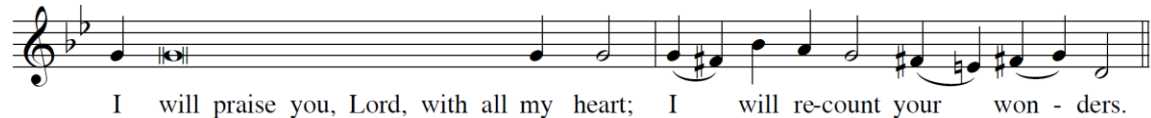
rec - tion, for Mary Mag-da - lene came to the tomb and found an

an - gel in daz-zling gar-ments seat-ed on the stone, say - ing:

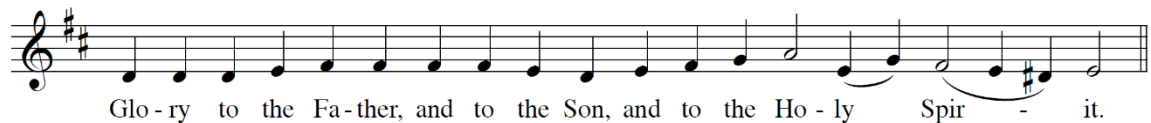
Why do you seek the liv-ing a-mong the dead? He is not here; he has been



Cantor (*Tone 3*):



Cantor (*Tone 6*):



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.