

Matins Propers

Thirty-second Sunday after Pentecost

in the Seventh Tone with the Tenth Resurrection Gospel

& with the Katavasia of Theophany, which are sung from January 1st through 14th

Hexapsalmos

*The reader chants only **Psalm 87** on page 4 followed by "Glory..." on page 6.*

Matins continues with the Litany of Peace on page 7.

The Lord is God (page 9)

Tone 7

The Lord is God and has revealed him-self to us; bless - ed is he who comes in the name of the Lord.

Troparia (page 9)

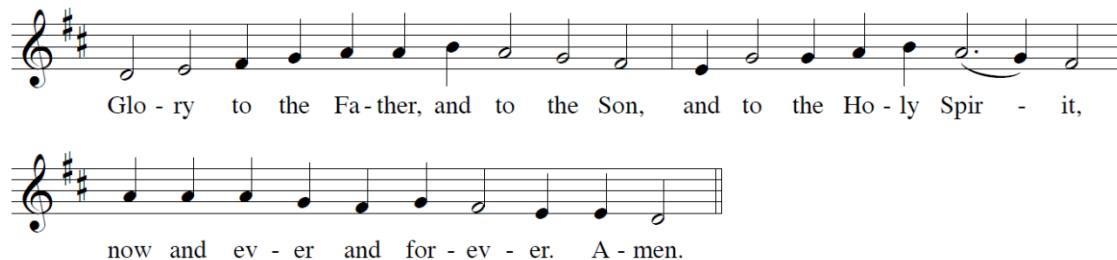
Troparion of the Resurrection – Tone 7

You have de-stroyed Death by your cross; you o-pened par - a - dise to the thief.
The sor - row of the myrrh-bearers you turned to joy. You com-mand-ed your
a - pos - tles to pro-claim: Christ our God, you have ris - en, grant - ing great
mer - cy to the world.

The repetition of the Troparion of the Resurrection is omitted.

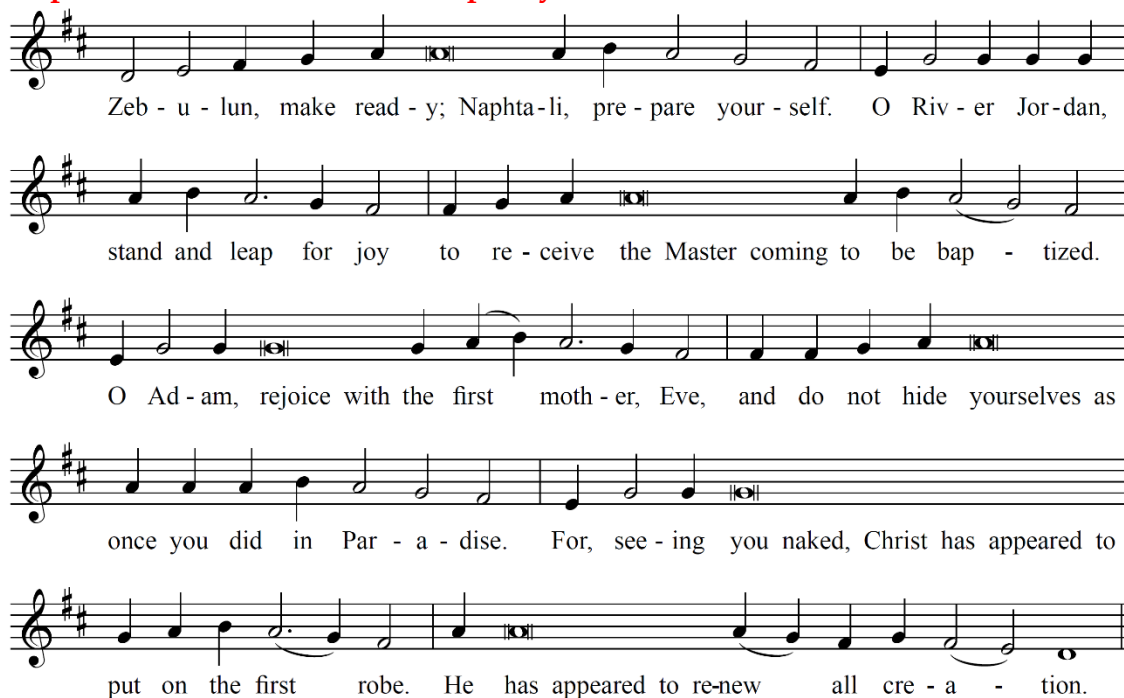
*Before January 6th, the following verse & Troparion of the Prefeast of Theophany are sung.
After January 5th, the verse and Troparion of Theophany are sung (page 3 of this insert).*

Cantor (Tone 4):



The Troparion of the Saint is omitted.

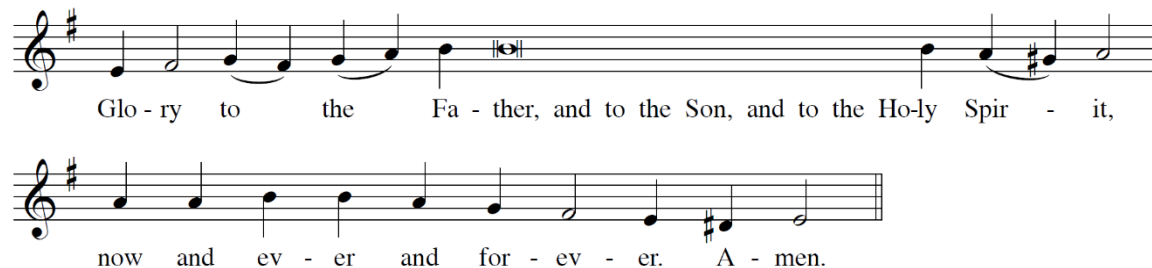
Troparion of the Prefeast of Theophany – Tone 4



Matins continues with the Kathismata (see the bottom of page 3 of this insert)

After January 5th, the following verse and Troparion of Theophany are sung.

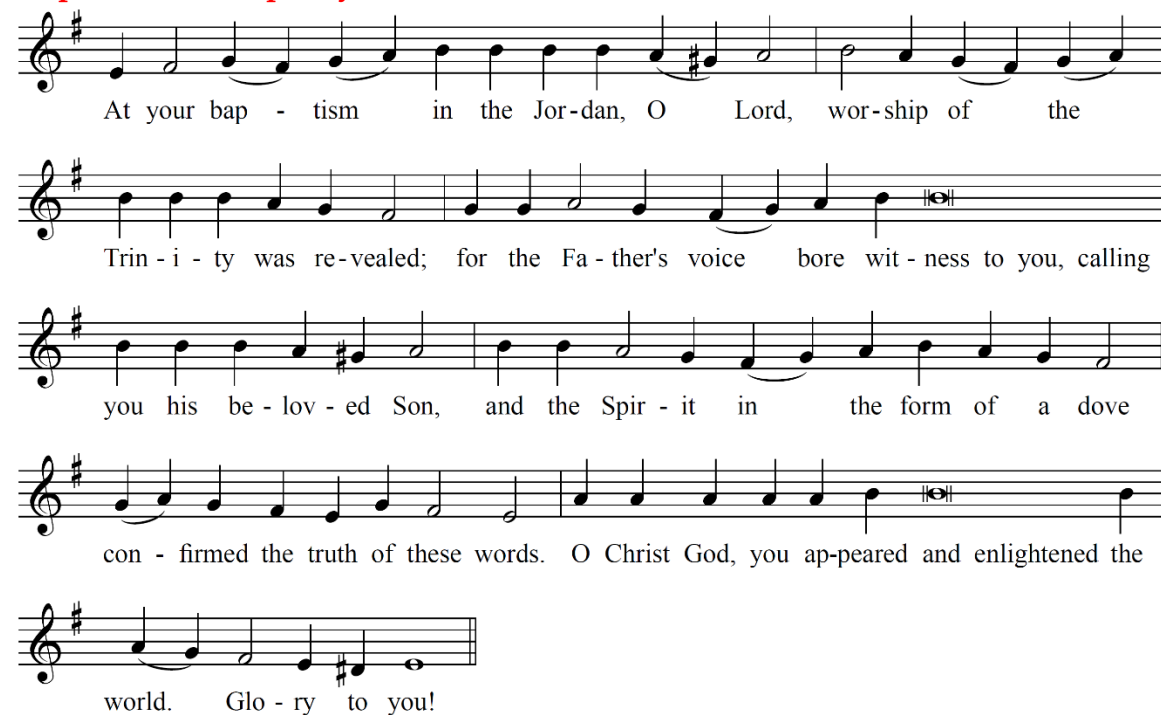
Cantor *(Tone 1):*



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.

The Troparion of the Saint is omitted.

Troparion of Theophany – Tone 1



At your bap - tism in the Jor - dan, O Lord, wor - ship of the
Trin - i - ty was re - vealed; for the Fa - ther's voice bore wit - ness to you, calling
you his be - lov - ed Son, and the Spir - it in the form of a dove
con - firmed the truth of these words. O Christ God, you ap - peared and enlightened the
world. Glo - ry to you!

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.

Psalm 18

The heavens declare the glory of God, and the firmament proclaims his handiwork. Day unto day pours out the word and night unto night imparts knowledge. No speech, no word, no voice is heard yet through all the earth their voice resounds; their message reaches to the ends of the world. There he has placed a tent for the sun; it comes forth like a bridegroom coming from his tent, rejoices like a champion to run its course. At the end of the sky is the rising of the sun; to the furthest end of the sky is its course. There is nothing concealed from its burning heat. The law of the Lord is perfect, it revives the soul. The rule of the Lord is to be trusted; it gives wisdom to the simple. The precepts of the Lord are right, they gladden the heart. The command of the Lord is clear, it gives light to the eyes. The fear of the Lord is holy, abiding forever. The decrees of the Lord are truth and all of them just. They are more to be desired than gold, than the purest of gold and sweeter are they than honey, than honey from the comb. So in them your servant finds instruction; great reward is in their keeping. But who can detect all his errors? From hidden faults acquit me. From presumption restrain your servant and let it not rule me. Then shall I be blameless, clean from grave sin. May the spoken words of my mouth, the thoughts of my heart, win favor in your sight, O Lord, my rescuer, my rock!

Psalm 19

May the Lord hear you on the day of distress; may the name of Jacob's God protect you. May he send you help from his shrine and give you support from Zion. May he remember all your offerings and receive your sacrifice with favor. May he give you your heart's desire and fulfill every one of your plans. May we ring out our joy at your victory and rejoice in the name of our God. (May the Lord grant all your prayers.) I am sure now that the Lord will give victory to his anointed, will reply from his holy heaven with the mighty victory of his hand. Some trust in chariots or horses, but we in the name of the Lord. They will collapse and fall, but we shall hold and stand firm. O Lord, save the king, and hear us when we call upon you.

Psalm 20

Lord, your strength gladdens the king; he rejoices greatly in your salvation. You have granted him his heart's desire; you have not refused the prayer of his lips. You came to meet him with the blessings of success, you have set on his head a crown of precious stones. He asked you for life and this you have given, days that will last from age to age. Your saving help has given him glory. You have laid upon him majesty and splendor; you have granted your blessings to him forever. You have made him rejoice with the joy of

your presence. The king has put his trust in the Lord: through the mercy of the Most High he shall stand firm. His hand will seek and find all his foes, his right hand finds out those that hate him. You will burn them like a blazing furnace on the day when you appear. And the Lord will destroy them in his anger; fire will swallow them up. You will wipe out their race from the earth and their children from the sons of men. Though they plan evil against you, though they plot, they shall not prevail. For you will force them to retreat; at them you will aim with your bow. Be exalted, O Lord, in your strength; we will sing and praise your mighty deeds.

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 7)*

the 2nd Hymn & Theotokion of the 2nd set of Sessional Hymns (Tone 7):

The wom-en bearing ointment mixed with tears hastened to your grave. When they
saw the sol - diers guarding you, O King of all, they said to them-selves:
Who shall roll the stone a-way for us? But they heard the voice of the angel who
said to them: The An-gel of great coun-sel is ris - en; he is the vic-tor
o - ver Death. There - fore, O almighty One whom nothing can con - tain,

glo - ry to you!

Cantor (*Tone 7*):

Glo - ry to the Father and to the Son and to the Holy Spir-it, now and ever and

for - ev - er. A - men.

Theotokion

Re - joice, O Vir - gin full of grace, O The - o - to - kos, O ha - ven and

in - ter - ces - sor for us all. From you the Savior of the world took flesh,

for you a - lone are both vir - gin and moth - er. There - fore intercede

with Christ our God, that he grant peace to the whole world,

O ever-blessed and glo - ri - fied La - dy.

Polyeleos is not sung.

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

Ἡψαλμὸς (page 21)

Tone 7

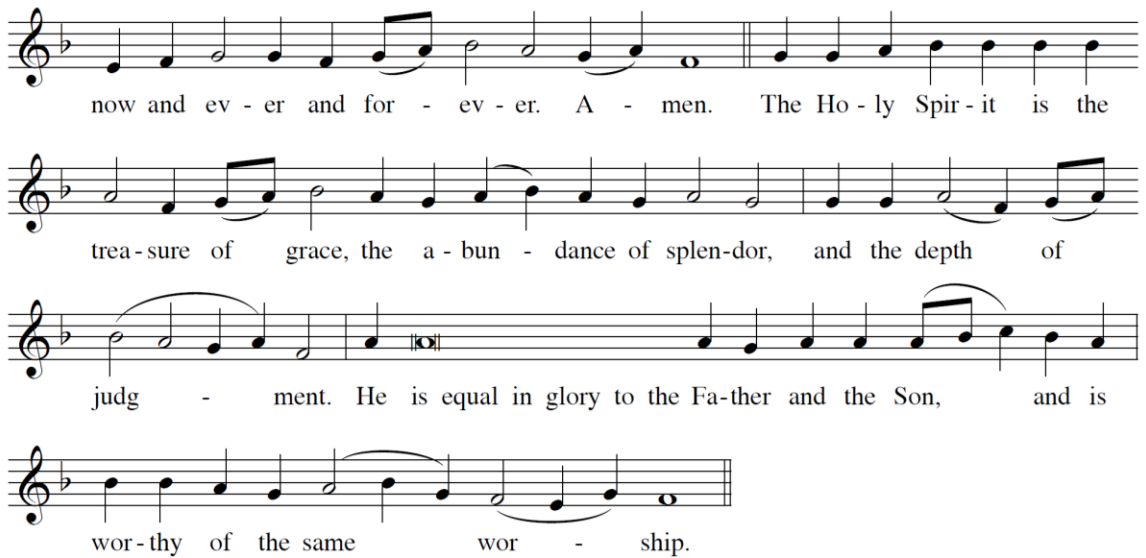
You have tak - en our im-age and like - ness and en-dured cru - ci - fix - ion
in the flesh; save me by your resurrection, O Christ our God, for you are the
Lov - er of us all.

Stepenna (page 21)

The first two Antiphons of the Stepenna (Gradual Hymns) are omitted.

The Third Antiphon of the Stepenna in Tone 7:

They who fear the Lord are now and ev-er bless - ed; for they have found the
way of life in un - de - cay - ing glo - - - ry. O High
Priest, as you see your chil-dren's chil-dren like plants a-round your ta - ble,
re - joice and be hap - py and of - fer them to Christ.
Glo-ry to the Fa-ther and to the Son, and to the Ho - ly Spir - it,

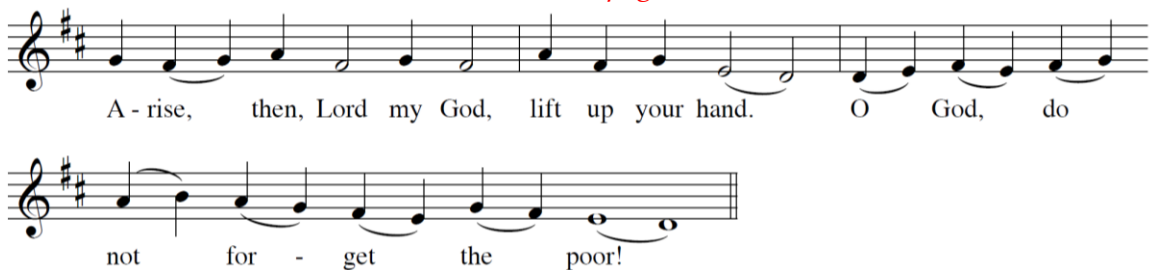


now and ev - er and for - ev - er. A - men. The Ho - ly Spir - it is the
 trea - sure of grace, the a - bun - dance of splen - dor, and the depth of
 judg - ment. He is equal in glory to the Fa - ther and the Son, and is
 wor - thy of the same wor - ship.

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

Prokeimenon (page 22)

Psalm 9: 12, 33, 2



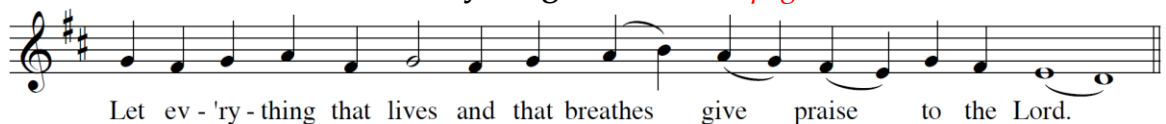
A - rise, then, Lord my God, lift up your hand. O God, do
 not for - get the poor!

Deacon: I will praise you, Lord, with all my heart;
 I will recount all your wonders.

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

Let everything that lives... (page 22)

Tone 7



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 Tenth Resurrection Gospel is read (John 21:1-14).

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 7

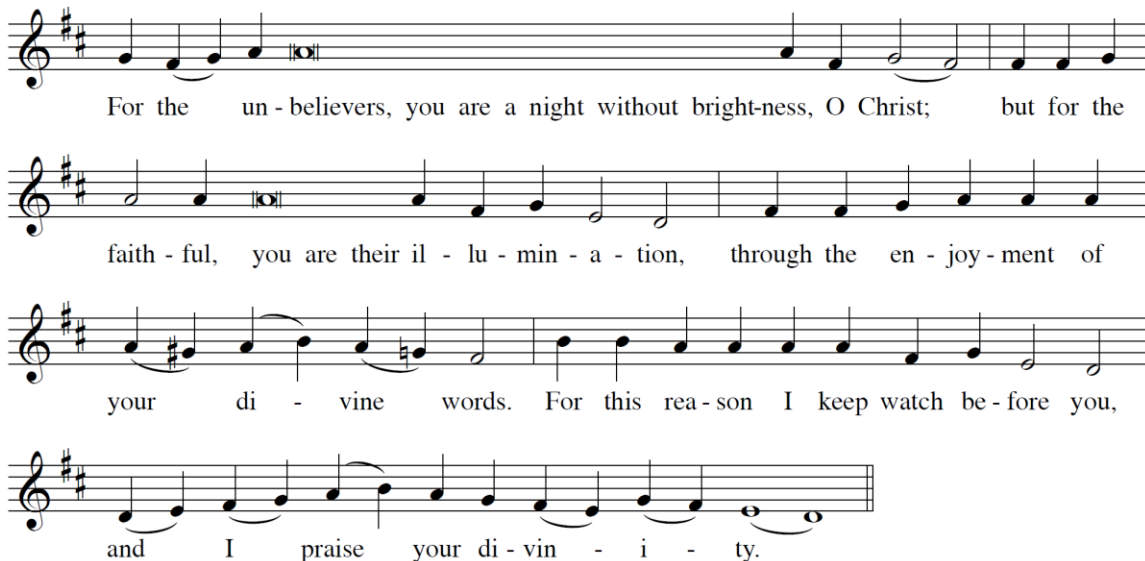
*The faithful **come forward** to venerate the Gospel Book on the tetrapod*

Odes 1-4 are omitted & the Canon of the Resurrection continues with Ode 5.

(The Canons of the of the Theotokos, of the Prefeast or Feast, and of the Saint are omitted)

Ode 5

Irmos



For the un - believers, you are a night without bright-ness, O Christ; but for the
faith - ful, you are their il - lu - min - a - tion, through the en - joy - ment of
your di - vine words. For this rea - son I keep watch be - fore you,
and I praise your di - vin - i - ty.

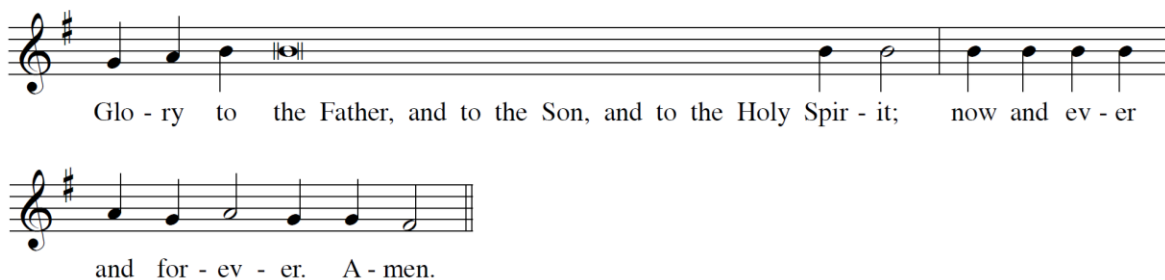
Refrain



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

You were sold in behalf of the slaves, O Christ, and you bore the slaps which brought freedom to those who sing: I keep watch before you, and I praise your divinity. *Refrain*

In your divine power, O Christ, and in the weakness of your flesh, you overthrew the powerful one; and by your Resurrection, O Savior, you made me a victor over death.

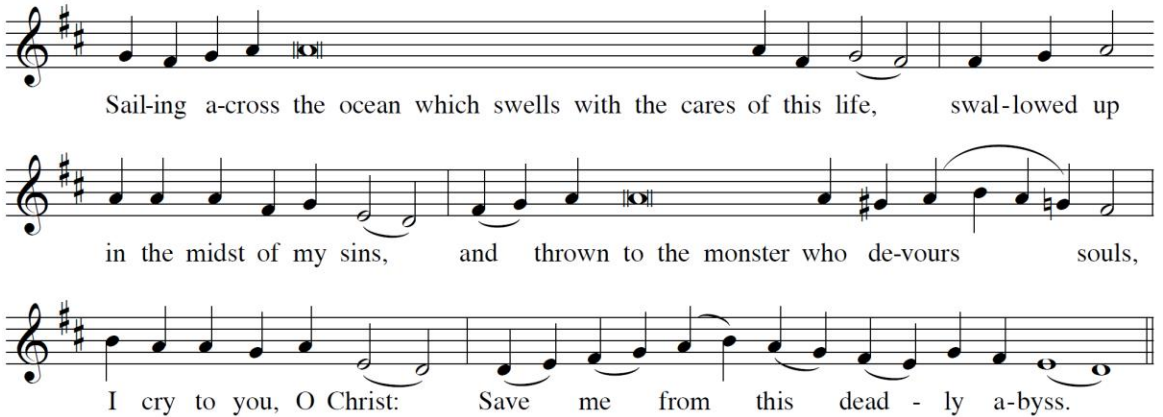


O pure Mother who is worthy of all our praise, you gave birth to God who was incarnate of you; yet you have not known the marital embrace, for you conceived by the Holy Spirit.

Katavasia 5 of Theophany

Je - sus, the Prince of Life, has come to set free Ad - am,
the first-cre - at - ed; and although as God he has no need of cleans - ing,
for the sake of the fall - en hu - man race he is cleansed in the Jor - dan.
He de - stroyed the enemy in the wa - - - ters and grants the peace
that is be - yond all un - der - stand - ing.

Ode 6
Irmos



Sail-ing a-cross the ocean which swells with the cares of this life, swal-lowed up
in the midst of my sins, and thrown to the monster who de-vours souls,
I cry to you, O Christ: Save me from this dead - ly a-byss.

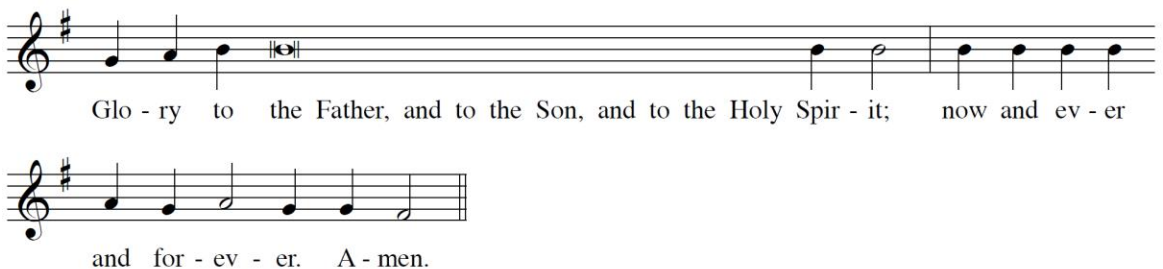
Refrain



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

Enclosed and abandoned in Hades, the souls of the just remember you and beseech you for salvation; by your cross you have granted this, O merciful One, when you descended to the world below. *Refrain*

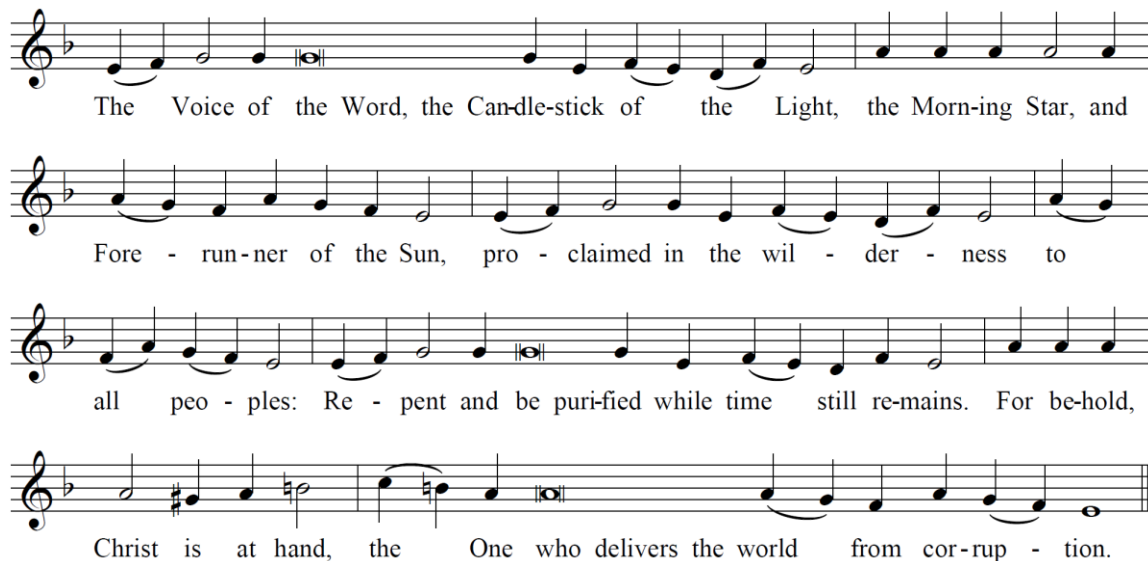
The choir of apostles lost hope of ever again contemplating your living temple not made by human hands, for it had been destroyed by your passion. But beyond all hope, they were able to worship it and proclaim everywhere that you are risen.



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 all-immaculate One, who could explain the manner in which you gave birth for us? For it is the Word, God whom nothing can contain, who was united to you and took flesh in your womb.

Katavasia 6 of Theophany

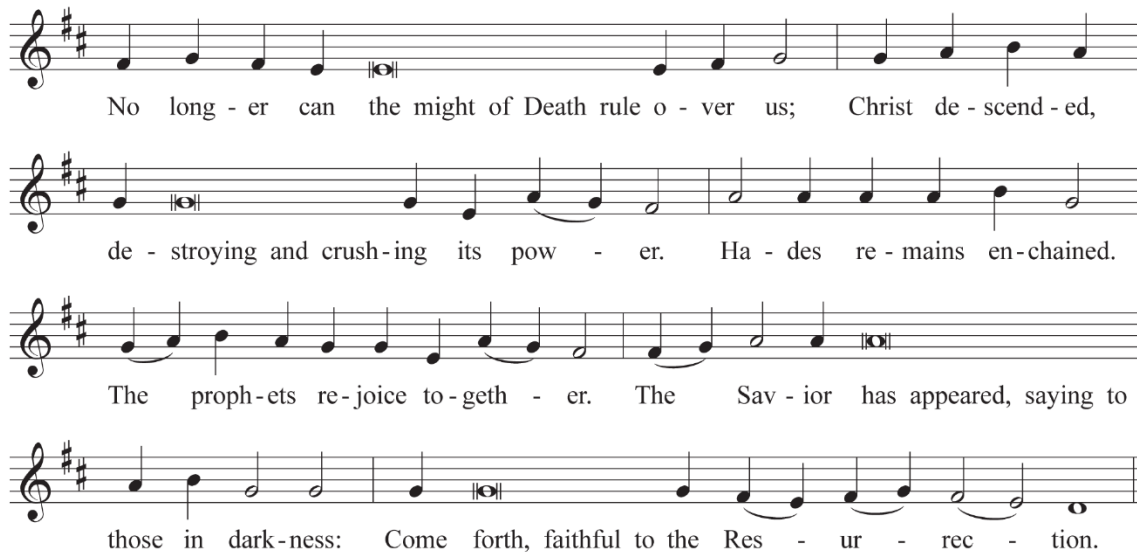


The Voice of the Word, the Candle-stick of the Light, the Morn-ing Star, and
Fore - run-ner of the Sun, pro - claimed in the wil - der - ness to
all peo - ples: Re - pent and be puri-fied while time still re-mains. For be-hold,
Christ is at hand, the One who delivers the world from cor-rup - tion.

Matins continues with the Small Litany on page 33.

Kontakion & Ikos (page 34)

Tone 7



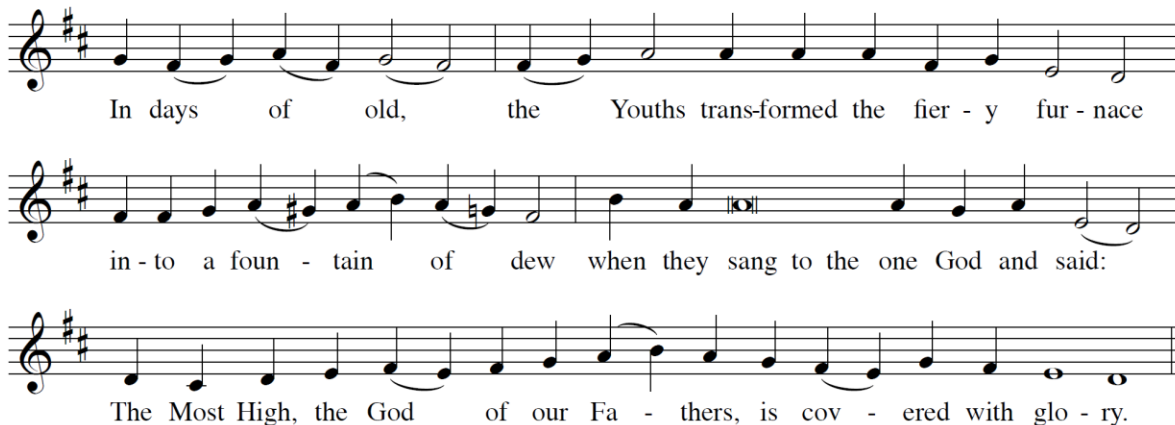
No long - er can the might of Death rule o - ver us; Christ de - scend - ed,
de - stroying and crush-ing its pow - er. Ha - des re - mains en-chained.
The proph-ets re-joyce to-geth - er. The Sav - ior has appeared, saying to
those in dark-ness: Come forth, faithful to the Res - ur - rec - tion.

Ikos: Today the underworld, Hades, and Death all tremble before One of the Trinity; the earth quakes and the gates of Hades are seized with fear at your sight. Together with the prophets, all creation rejoices and sings a hymn of victory to you, our God and our Redeemer, who trampled the power of Death. With joy let us cry out to our King: Behold the tree which leads Adam and his posterity back to paradise! Come, O faithful, and let us share in the Resurrection!

The Synaxarion is omitted & the Canon continues with Ode 7.

Ode 7

Irmos



In days of old, the Youths trans-formed the fier - y fur - nace
in - to a foun - tain of dew when they sang to the one God and said:
The Most High, the God of our Fa - thers, is cov - ered with glo - ry.

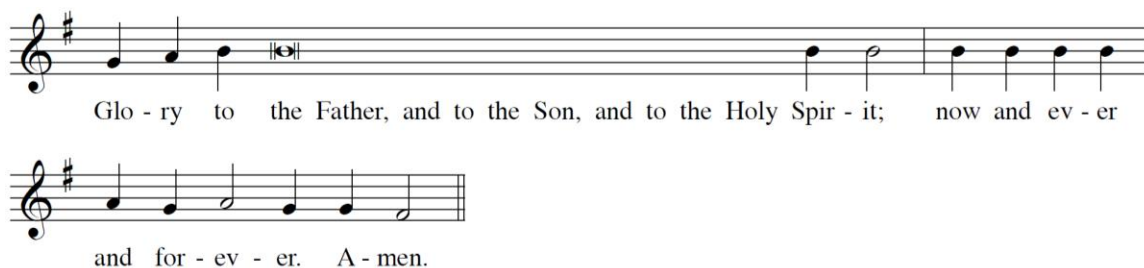
Refrain



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

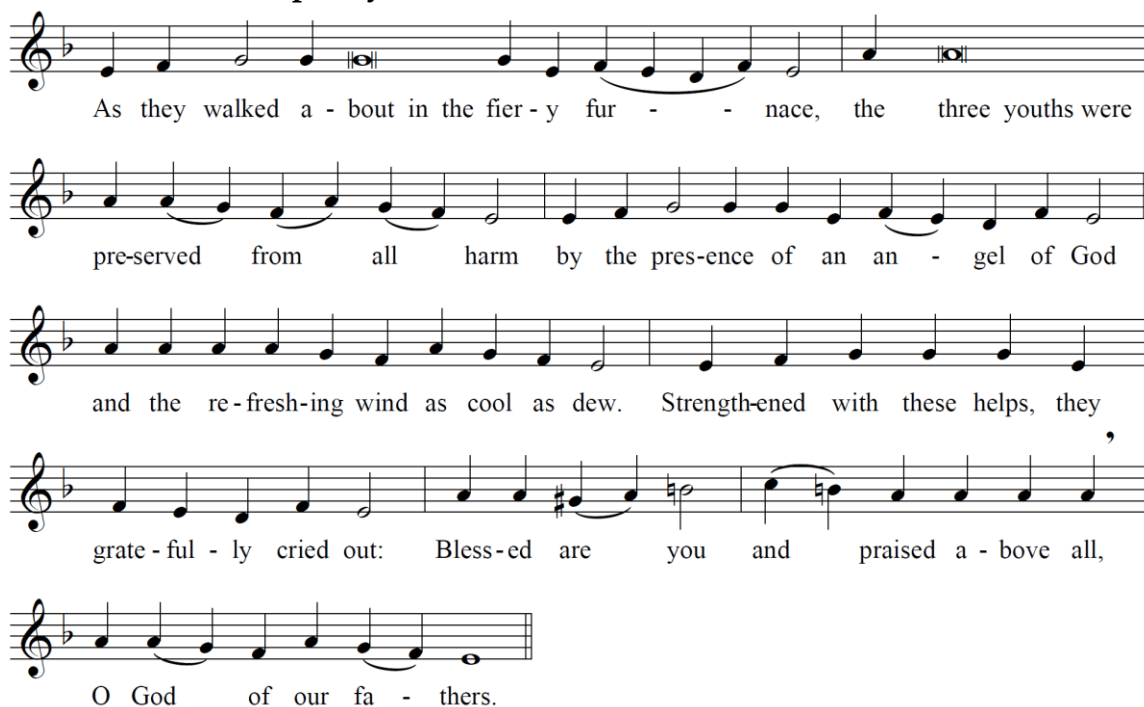
Adam perished by the wood for having disobeyed of his own free will; by his obedience Christ came to restore him. The Son of God is crucified for me, and he is covered with glory. *Refrain*

O Christ, risen from the dead, all creation praises you in hymns; you made life flourish in Hades, you granted resurrection to the dead and light to those in darkness; for you are covered with glory.



Rejoice, O daughter of Adam according to the flesh; rejoice, only spouse of God, for through you Death was abolished; rejoice, for you gave birth to our God. Beseech him, O pure Virgin, to save us.

Katavasia 7 of Theophany



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

You con - ceived in all pu - ri - ty, and in you the Word and Creator
of the universe be - came in - car - nate; O spouse - less Moth - er
and vir - gin - al The - o - to - kos, the a - bode of him whom none could con - tain,
and dwell - ing - place of the Infinite One and your cre - a - tor, we
ex - tol you!

Refrain

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

Let all those who are in error, by saying the Divinity has suffered, now be silenced! Indeed it is not in his divine nature but in his flesh that the Lord of glory was crucified. He is One in two natures, and we now extol him! *Refrain*

You deny the resurrection of the body; now go to the tomb of Christ, and there you shall learn. The flesh of the Author of life has been put to death; but it has been raised up again to confirm the final resurrection in which we hope.

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 triad of divinities that we venerate but a Trinity of persons; not only one person but one sole Divinity. We cut short those who divide the Trinity, and we confound those who in their audacity do not distinguish the Persons. This is the Trinity whom we extol!

Katavasia 9 of Theophany



Ev - 'ry tongue is at a loss to fit - ting - ly ac - claim you; and e - ven



a supernat - u - ral mind is o - ver - whelmed when it glorifies you, O The - o - to - kos.



But in your good - ness ac - cept our faith, since you recog - nize our god - ly love.



You are the intercessor for Christ - ians, and we ex - tol you.

Matins continues with the Small Litany on page 36.

Holy is the Lord our God (page 37)

Tone 7



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)*

The two sons of Zebedee, with Peter, Nathanael, and Thomas, and two others were fishing in the Lake of Tiberias. By the command of Christ, they cast the net on the right side and drew out many fish. Peter, recognizing Christ, came swimming toward him. This was the third appearance of the Lord after his Resurrection. Then he shared with them bread and fish from the fire.

Glory... now and ever...

The Hymn of Light of the Saint is omitted

On January 2nd, the following Hymn of Light of the Prefeast:

The voice of one crying out has been raised: "Leap up, O mountains! Join chorus, O race of men! for the all-unoriginate Word, who as a man has taken flesh upon himself, is come, being baptized by hands which he fashioned, drowning the sin of the world in the Jordan.

Matins continues with the Psalms of Praise (page 18 of this insert).

On January 3rd, the following Hymn of Light of the Prefeast:

Leaving Bethlehem, the all-glorious wonder, let us hasten with fervor of soul to the Jordan, and there let us behold an awesome mystery; for my Christ, having stripped himself naked, stands forth divinely, clothing me in the raiment of the heavenly kingdom.

Matins continues with the Psalms of Praise (page 18 of this insert).

On January 4th or 5th, the following Hymn of Light of the Prefeast:

Make ready, O Zabulon! Adorn yourself, O Nephthali! Receive, O Jordan, the Creator and God of all, who comes to you in the flesh, desiring to wash our sins away!

Matins continues with the Psalms of Praise (page 18 of this insert).

After January 5th, the following Hymn of Light of Theophany:

The Savior, who is grace and truth, has been revealed in the waters of the Jordan; and he shed light upon those who sleep in darkness and shadow. The Light to whom no one can draw near is revealed today.

Matins continues with the Psalms of Praise.

Psalms of Praise (page 38)

Tone 7

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 36)

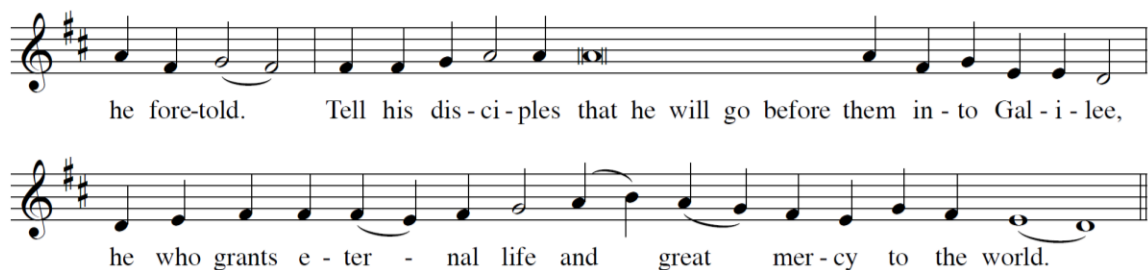
the 7th & 8th of the 8 Sunday stichera (all the rest are omitted):

Cantor (Tone 7):

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

Tru - ly the re - splen - dent angel sat on the stone of the life-giv - ing grave

and pro-claimed to the myrrh-bear - ing wo - men: The Lord is ris - en as

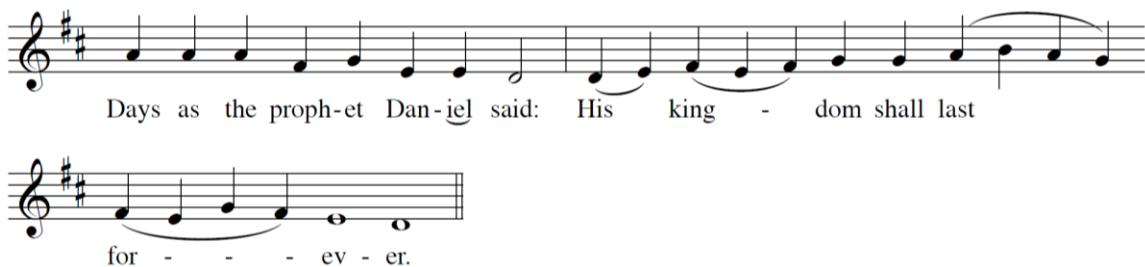


he fore-told. Tell his dis-ci-ples that he will go before them in - to Gal - i - lee,
 he who grants e - ter - nal life and great mer-cy to the world.

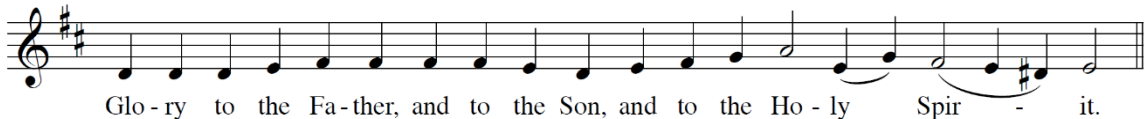
Cantor (*Tone 7*):



I will praise you, Lord, with all my heart; I will re-count your won - ders.
 Why have you re - ject - ed the Cornerstone, O transgressors of the Law?
 He is the Stone which God has placed in Zi - on. He is the One
 who poured forth water from the rock in the wil - der - ness; from his side,
 im - mortal life was poured forth for us; he is the Stone which was cut out
 from the vir-gin - al moun - tain with - out the will of man;
 he is the Son of Man coming on the clouds of heav - en toward the An-cient of

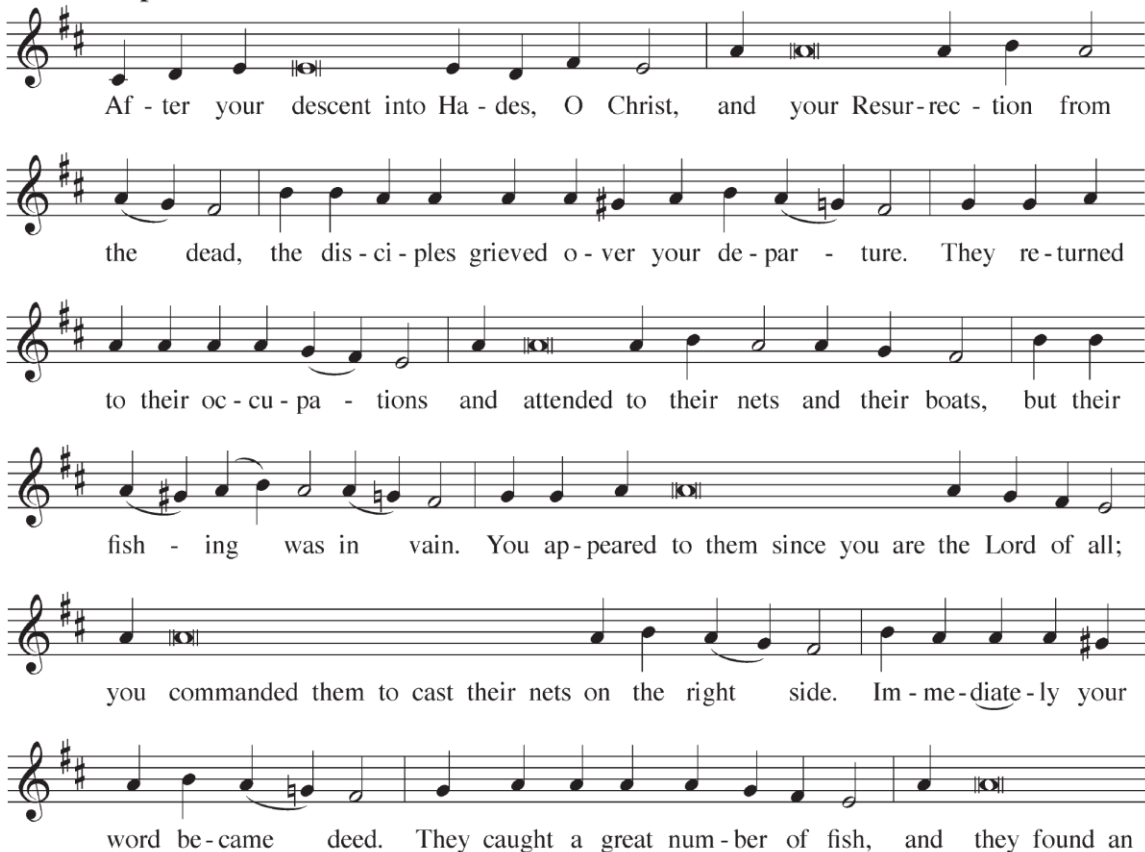


Cantor (*Tone 6*):



Tenth Gospel Stanza

Tone 6



unexpected meal pre-pared for them on the shore, which they im - me-diate - ly

ate. Now, make us worthy to enjoy this meal with them in a spirit-ual man - ner,

O Lord and Lov - er of us all.

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