

Matins Propers
First Sunday of the Great Fast.
Sunday of Orthodoxy. Memory of the Holy Prophets
*on the Forty-First Sunday after Pentecost
in the Eighth Tone with the Eighth Resurrection Gospel*

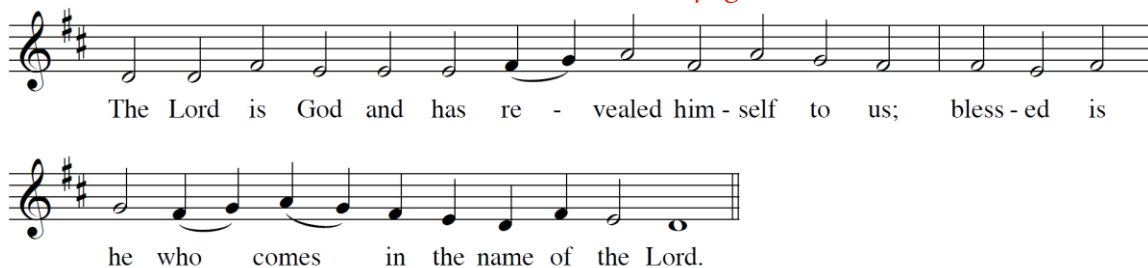
Hexapsalmos

*The reader chants only **Psalm 37** on page 2 followed by "Glory..." on page 6.*

Matins continues with the Litany of Peace on page 7.

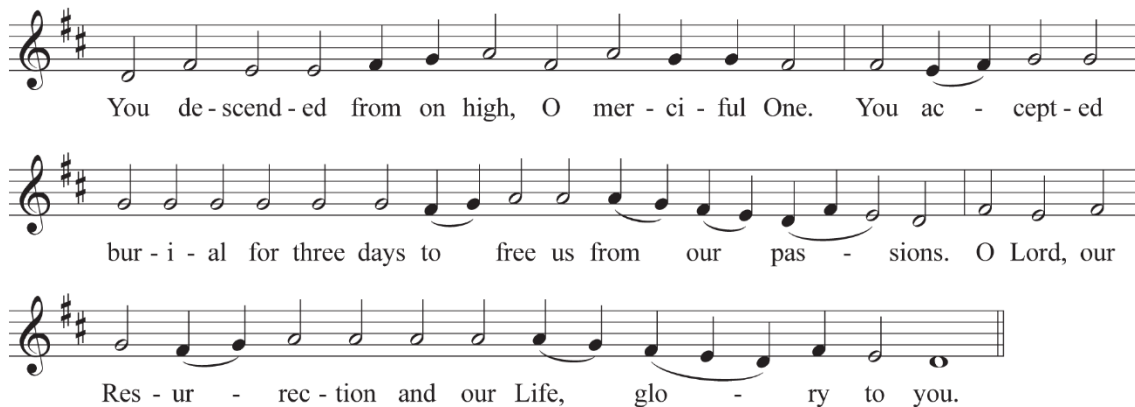
The Lord is God *(page 9)*

Tone 8



Troparia *(page 9)*

Troparion of the Resurrection – Tone 8



The repetition of the troparion is omitted.

Troparion of the First Sunday of the Great Fast - *Tone 2*

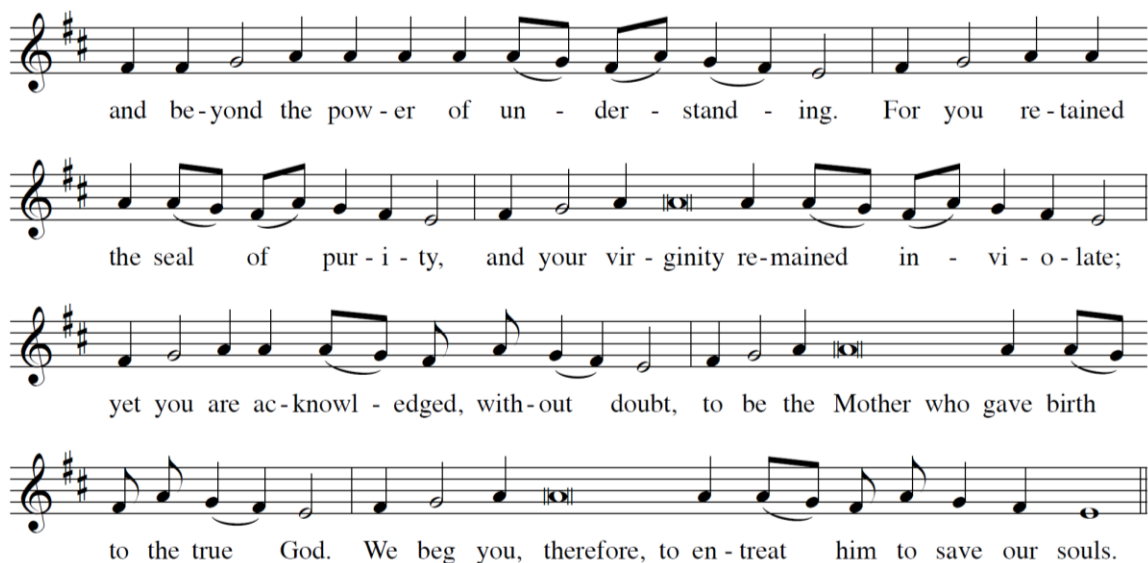
We bow be - fore your sa-cred im-age, O gra-cious Lord, and beg for - givenness for
our of-fens-es, O Christ our God; for you, of your own good will, ascended
the cross in your hu - man na - ture to de - liv - er from the enemy's
bondage those whom you cre - a - ted. There-fore, we grate - ful - ly cry
out to you: By your com - ing to save the world, O Sav - ior,
you have filled all with joy.

Cantor (*Tone 2*):

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

Festive Theotokion - *Tone 2*

O The - o - tokos, the mysteries surrounding you are ex - ceed - ing - ly glo - rious,



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.

from the Second Kathisma:

Psalm 12

How long, O Lord, will you forget me? How long will you hide your face? How long must I bear grief in my soul, this sorrow in my heart day and night? How long shall my enemy prevail? Look at me; answer me, Lord my God! Give light to my eyes lest I fall asleep in death, lest my enemy say: "I have overcome him"; lest my foes rejoice to see my fall. As for me, I trust in your merciful love. Let my heart rejoice in your saving help: Let me sing to the Lord for his goodness to me, singing psalms to the name of the Lord, the Most High.

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)*

The rest of the Kathismata are omitted & Matins continues with the Small Litany on p. 10.

Sessional Hymn (page 11)

the Theotokion of the 1st set of Sessional Hymns (Tone 8 podoben: Premudrosti):



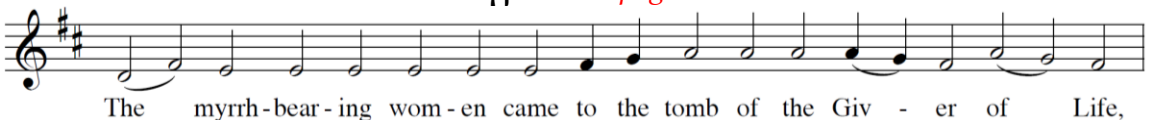
Let us glo - ri - fy the tabernacle and the heav-en - ly gate, the most ho - ly moun-tain
and the shin-ing cloud, the heav-en - ly ladder and the mystic-al Par - a - dise,
the de - liv - erance of Eve and the precious and great treas-ure of the u - ni - verse,
For through her, sal - va - tion came to the world and the an - cient debt was
for - giv - en. There-fore we cry out to her: In - ter - cede
with your Son and God to grant forgiveness of sins to those who bow
in true worship to your most holy birth - giv - ing.

The rest of the Sessional Hymns are omitted.

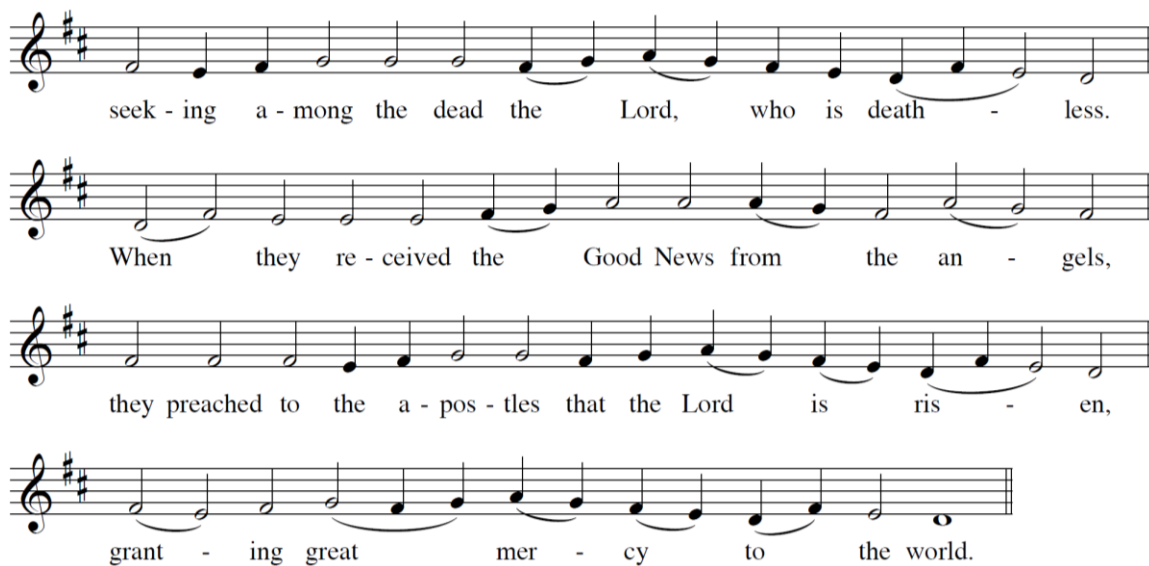
Matins continues with Psalm 118 (p. 17) and then Hosts of Angels (p. 18).

ΗΎΜΝΟΣ (page 21)

Tone 8



The myrrh-bear-ing wom-en came to the tomb of the Giv - er of Life,



Stepenna (page 21)

The Stepenna (Gradual Hymns) are omitted.

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

Prokeimenon (page 22)

Psalm 145: 10, 1-2



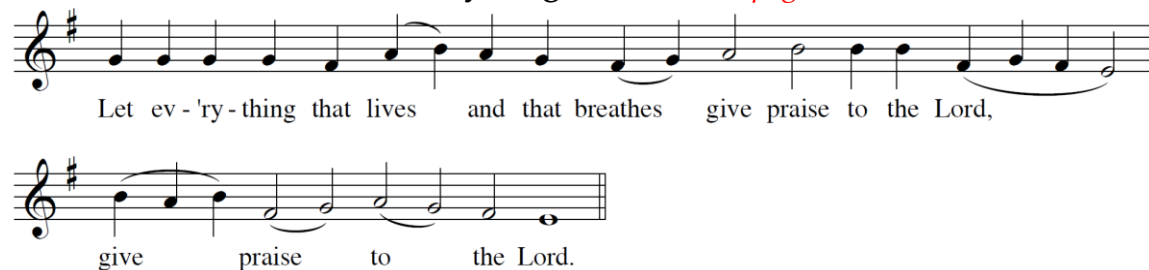
Deacon: My soul, give praise to the Lord!

I will praise my God all my days. *The Prokeimenon is repeated.*

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

Let everything that lives... (page 22)

Tone 8



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

The Eighth Resurrection Gospel is read (John 20:11-18).

The Hymn of the Resurrection is sung (p. 24) and then Psalm 50 (p. 26).

After Psalm 50, the Penitential Stichera are sung (p. 29).

The Canon (page 32)

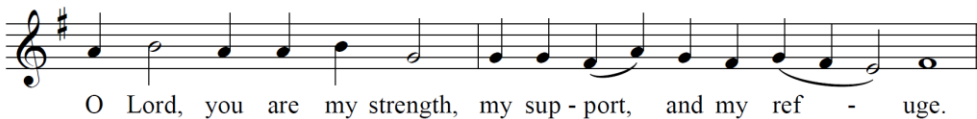
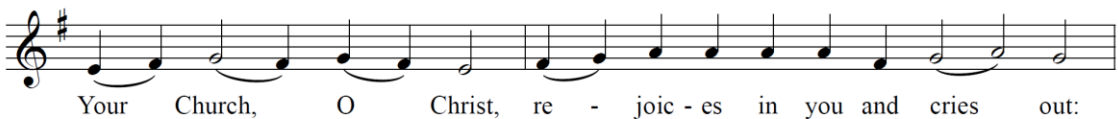
*The faithful **come forward** to venerate the Gospel Book on the tetrapod.*

The Canons of the Resurrection, the Cross-Resurrection, and the Theotokos are omitted.

Ode 1 is omitted and the Canon of the Triodion continues with Ode 3

Ode 3

Irmos

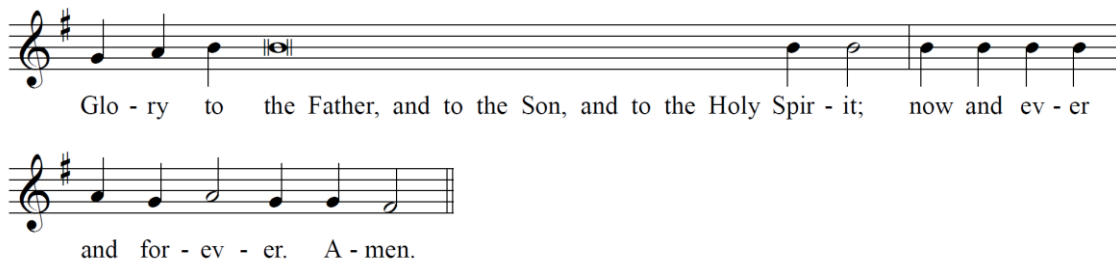


The impious heretics no longer raise their heads on high, for the power of God has exalted the true faith. *Refrain*

Today, as in days of old, let the clouds pour forth on us the life-giving dew for the renewal of the faith! *Refrain*

Let the mystical trumpet of the apostles of Christ joyfully ring out for the restoration of the holy icons! *Refrain*

Let us praise Christ, who has given us a devout and holy Empress, together with her son who is crowned by God.

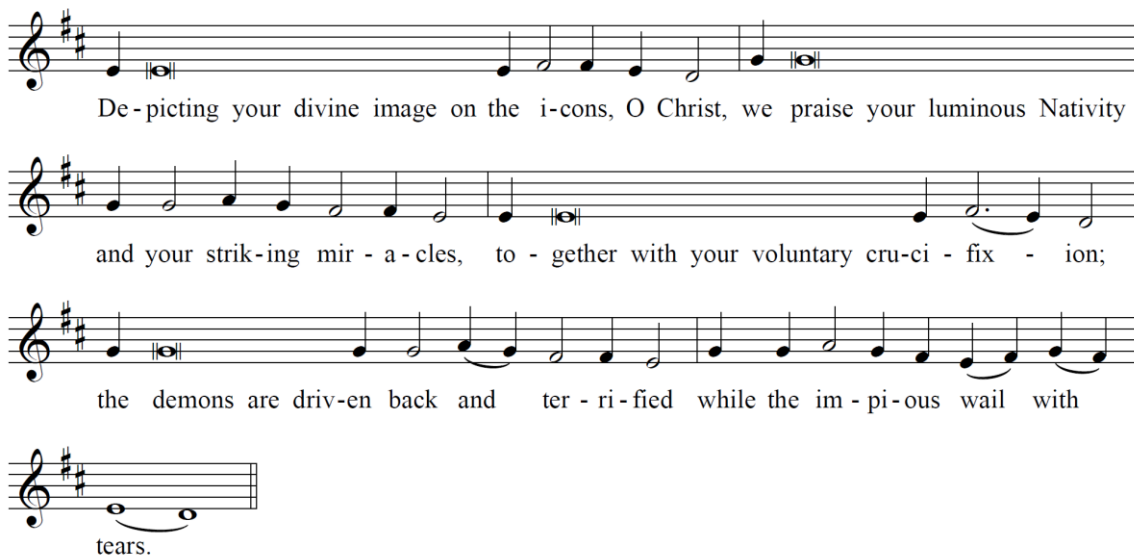


We, the faithful, praise you in your temple, O most pure Virgin; make your light shine upon us.

Katavasia *Repeat Irmos from above.*

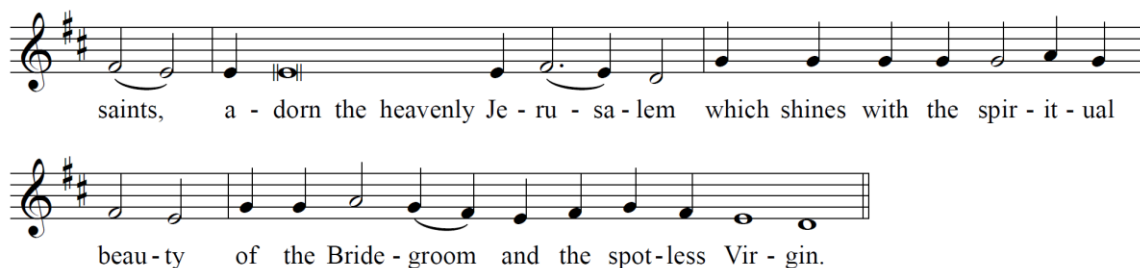
Matins continues with the Small Litany on p. 33

Sessional Hymn - Tone 1 podoben: Lik anhel'skij



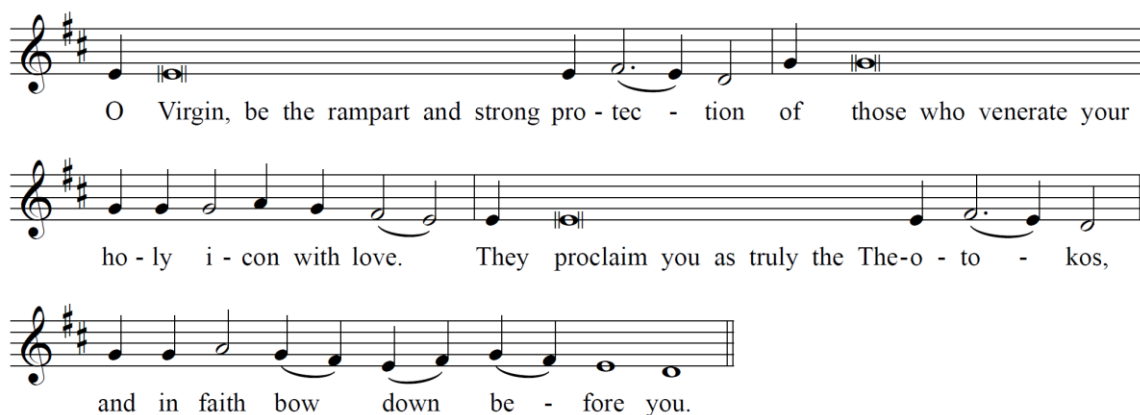
Cantor: Glory...





saints, a - dorn the heavenly Je - ru - sa - lem which shines with the spir - it - ual
beau - ty of the Bride - groom and the spot-less Vir - gin.

Cantor: Now and ever...



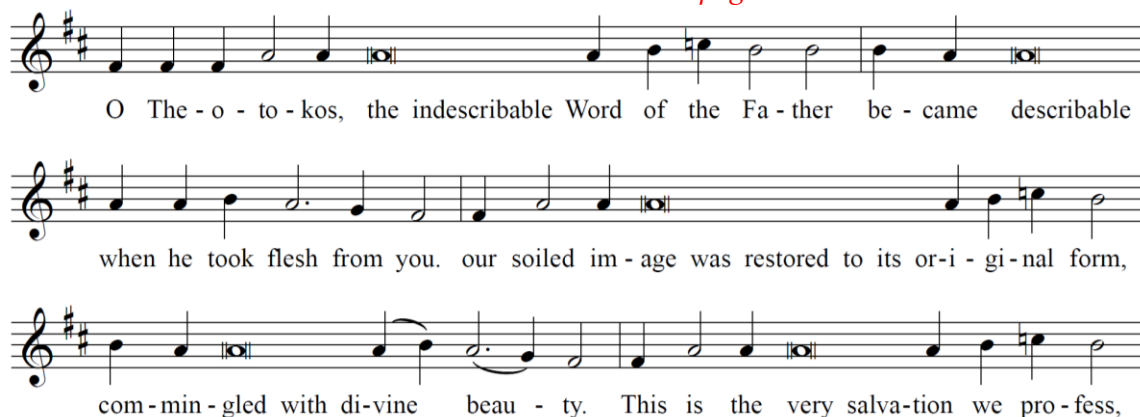
O Virgin, be the rampart and strong pro - tec - tion of those who venerate your
ho - ly i - con with love. They proclaim you as truly the The-o - to - kos,
and in faith bow down be - fore you.

Odes 4 - 6 are omitted &

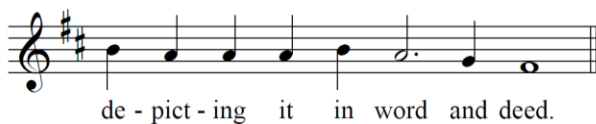
Matins continues with the Kontakion & Ikos of the Sunday of Orthodoxy from the Triodion:

Kontakion & Ikos (page 34)

Tone 8



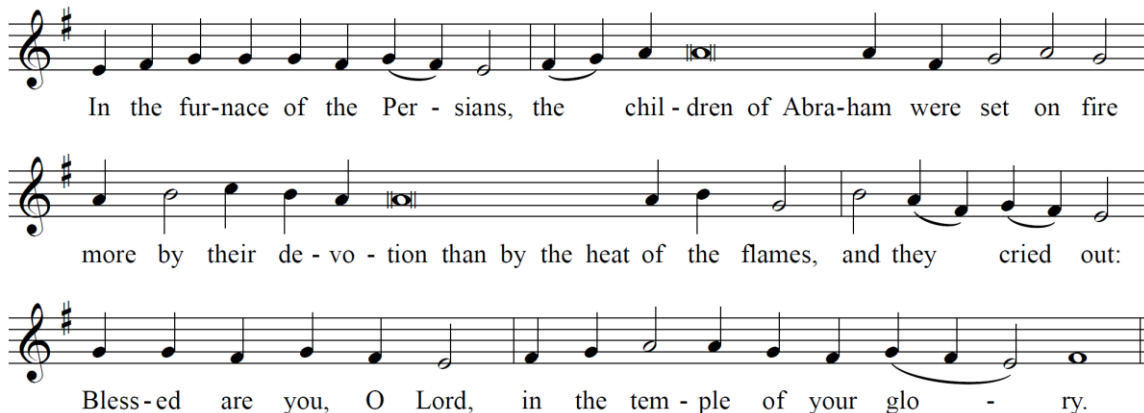
O The - o - to - kos, the indescribable Word of the Fa - ther be - came describable
when he took flesh from you. our soiled im - age was restored to its or - i - gi - nal form,
com - min - gled with di - vine beau - ty. This is the very salva - tion we pro - fess,



Ikos: The mystery of our salvation was announced in times of old by the divinely inspired prophets. They foretold this illumination for us who have come to these last days. Through this we come to the knowledge of God, one God and Lord, glorified in three Persons, the only one whom we serve. Having one faith and one baptism, we have been clothed with Christ. May we, who believe in salvation, clothe ourselves in the same image both in word and deed.

Ode 7

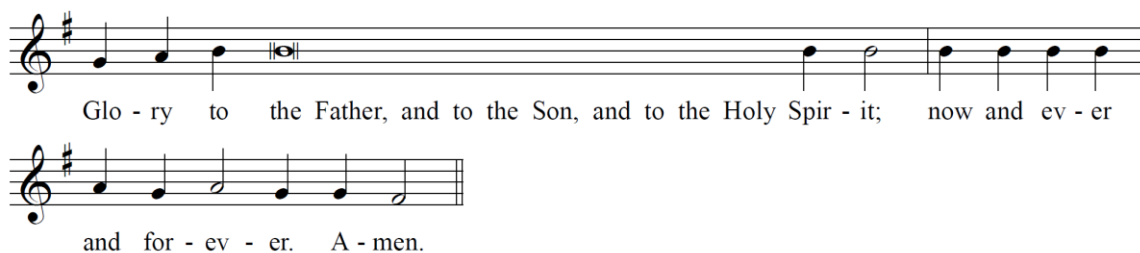
Irmos



The armies of angels in heaven rejoice festively together with the Church, as they sing with devotion: Blessed are you, O Lord, in the temple of your glory! *Refrain*

The Church of the firstborn now rejoices as they see the people of God singing with one heart: Blessed are you, O Lord, in the temple of your glory! *Refrain*

Delivered from the darkness of heresy by the decision of the Empress Theodora, we cry out: Blessed are you, O Lord, in the temple of your glory!



You are raised above the heavenly choirs, O all-holy Mother of the Creator;
and we sing out in joy: Blessed are you among all women, O most pure Virgin.

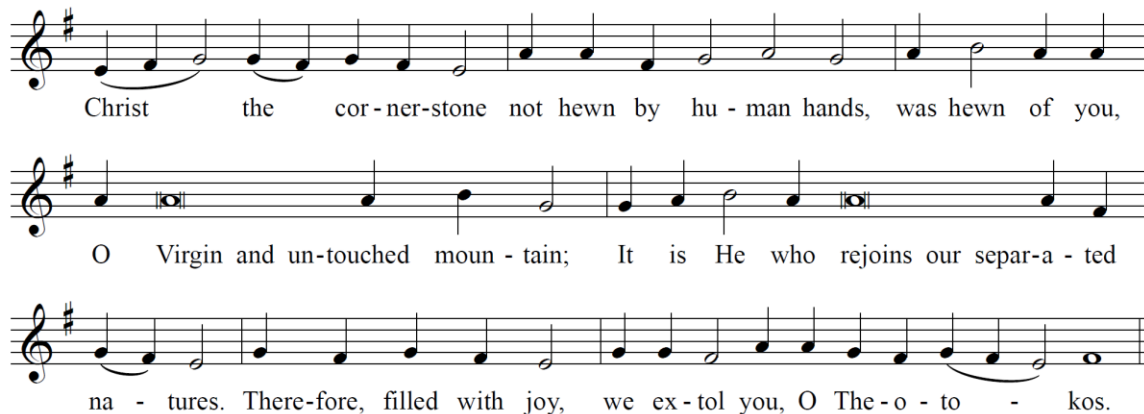
Katavasia *Repeat Irmos from above.*

Ode 8 is omitted

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

Ode 9

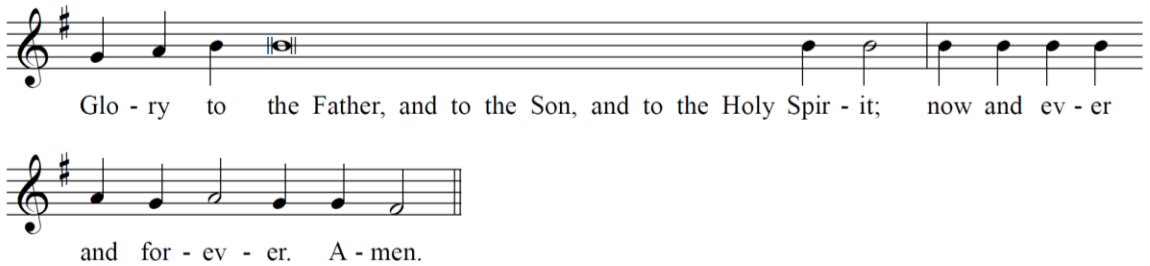
Irmos



Contemplating the Church once again adorned with the holy icons, in faith we hasten to sing out joyfully: We extol you, O thrice-holy Lord. *Refrain*

Possessing your precious Cross and the venerable icons of the saints as a high honor, the Church extols you with a joyful heart, O Lord. *Refrain*

Let our Church shine with your divine glory, O merciful Lord; surround it with angelic protection as with a rampart, and put an end to the arrogance of the pagans.



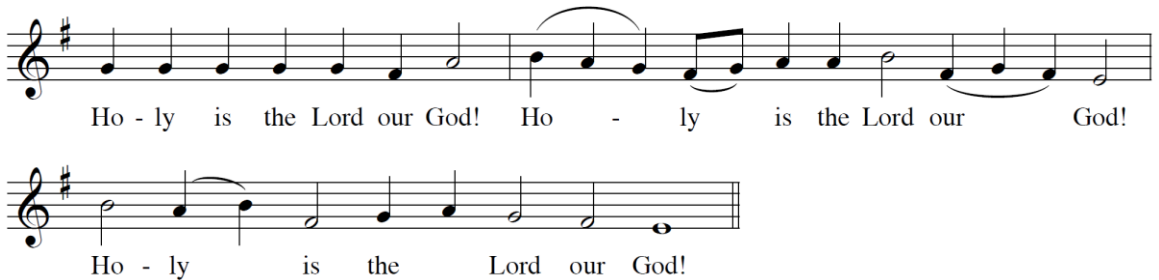
The condemnation of the first mother is wiped out, O holy Mother of God, for you have given birth in an ineffable manner to the Master of the universe, whose image we now venerate in his icon.

Katavasia *Repeat Irmos from above.*

Matins continues with the Small Litany on page 36.

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

Tone 8



Hymn of Light *(page 37)*

The Hymn of the Light corresponding to the Resurrection Gospel is omitted.

The Hymns of the Light of the Triodion:

Let us exult in joy and clap our hands, and in joy, let us sing: How wonderful are your works, O Christ! Who can tell of your power, O Lord? For you gather your Church in peace and harmony.

Glory... now and ever...

The sword of heresy has disappeared and its memory has forever vanished; and when we see your temple, O Theotokos, adorned with the grace of the venerated icons, we are filled with joy and delight.

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)

Because there would be 9 instead of 8 stichera, there are 3 special versicles in place of the usual 2 Sunday versicles. All except last three Stichera from the Triodion are omitted.

In place of "Arise, O Lord...":

I will praise you, O Lord, with all my heart,
I will recount all your wonders.

Then, in place of "I will praise you, Lord...":

Cantor (Tone 4): I will rejoice in you and be glad,
and sing psalms to your Name, O Most High.

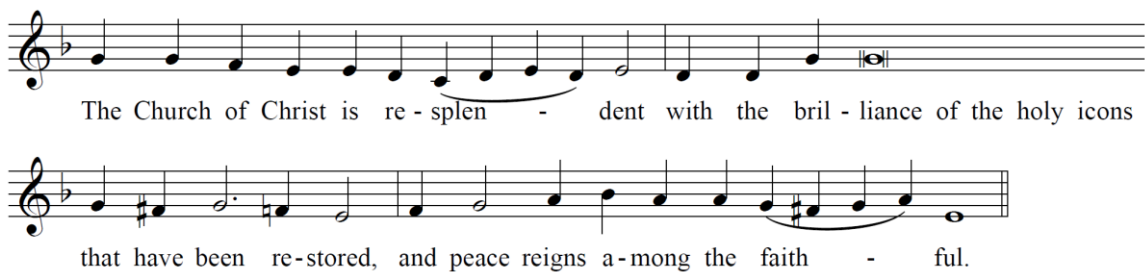
Tone 4 podobn: Dal jesi znamenie

Ex - posing your bodily image for ven - e - ra - tion, O Lord, we proclaim the great
mystery of your work of sal - va - tion. O Christ and Lov - er of us all,
you have been shown to our eyes, not mere - ly as an appearance as the Manichaeans
false - ly be - lieve, but in the real - i - ty of the flesh, whose na - ture brings us
to your love.

Then, the 3rd versicle is what is usually the 1st extra versicle for Sundays:

Cantor (Tone 4):

A - rise, O Lord, lift up your hand! O God, do not for - get the poor.
To - day is a day of joy and glad - ness, for the truth shines bright - ly.



Cantor (*Tone 6 samohlasen*):

Glo - ry to the Fa-ther, and to the Son, and to the Ho - ly Spir - it.
Mo-ses re-ceived the Law while fast-ing; E - lijah, by fasting, closed the heav - ens;
and the three ho - ly chil - dren of A - bra - ham were vic - to - rious over the
evil tyrant through their ab-stin-ence. By fasting, grant that we may partake in your
Re - sur - rec - tion, as we sing aloud, O God and Sav - ior:
Ho - ly God, Ho - ly and Might - y, Ho - ly and Im - mor - tal, have
mer - cy on us.

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