

# Matins Propers

## Twelfth Sunday after Pentecost

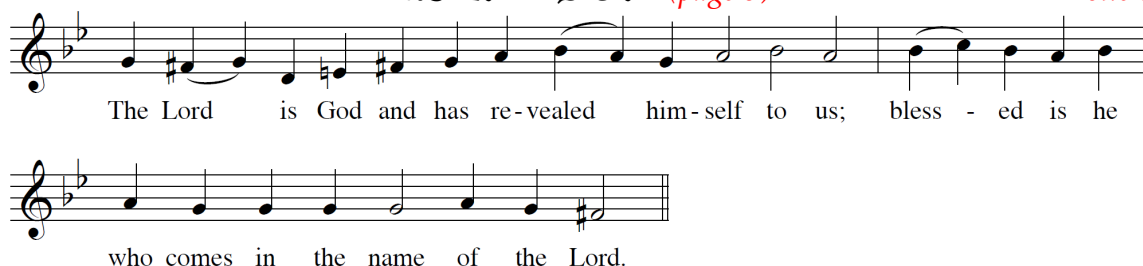
*in the Third Tone with the First Resurrection Gospel  
with the Katavasiai from the Canon of the Exaltation of the Cross,  
which are sung from August 24<sup>th</sup> through September 21<sup>st</sup>*

### Hexapsalmos

*The people stand while the reader chants only Psalm 3 on p. 2 followed by "Glory..." on p. 6  
Matins then continues with the Litany of Peace on page 7.*

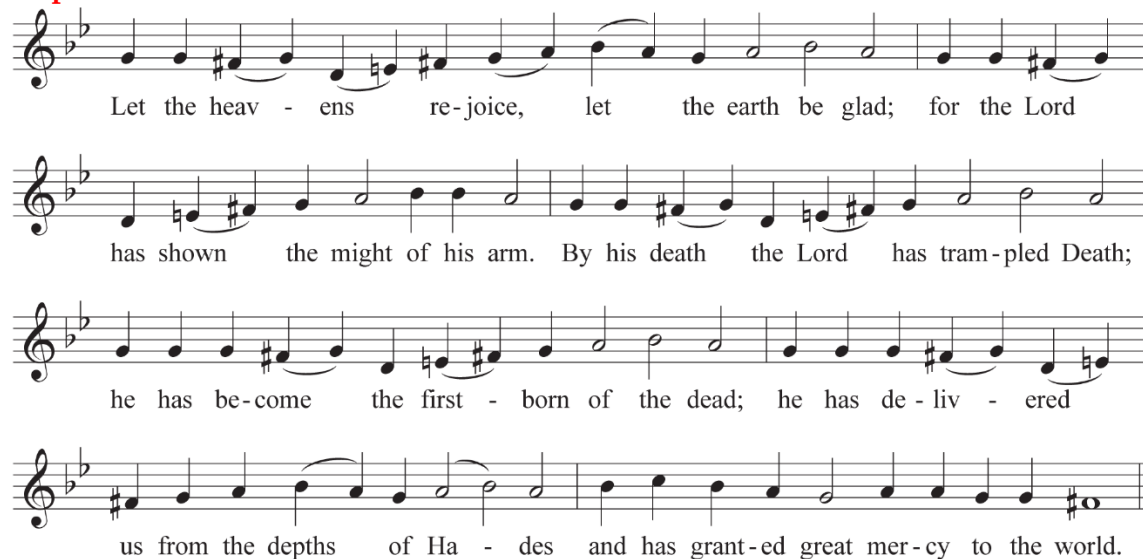
### The Lord is God (page 9)

*Tone 3*



### Troparia (page 9)

#### *Troparion of the Resurrection – Tone 3*



*The repetition of this troparion is omitted.*

### Cantor (*Tone 3*):

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

### Theotokion – *Tone 3*

We sing your prais - es, O Vir - gin; for, as the The - o - to - kos,  
you al - ways in - ter - cede for the salvation of the hu - man race. It is from you  
that our God and your Son took flesh. Then, by suf - fer - ing the Pas - sion  
on the cross, and out of love for us all, he delivered us from cor - rup - tion.

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

## Kathismata (*page 6*)

**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 2<sup>nd</sup> Kathisma:*

### Psalm 11

Save me, O Lord, for the righteous have vanished; truth has gone from the sons of men. Falsehood they speak one to another, with lying lips, with a false heart. May the Lord destroy all lying lips, the tongue that speaks high-sounding words, those

who say: "Our tongue is our strength; our lips are our own, who is our master?" "For the poor who are oppressed and the needy who groan I myself will arise," says the Lord, "I shall grant them the salvation for which they thirst." The words of the Lord are words without alloy, silver from the furnace, seven times refined. You, O Lord, will keep us and preserve us forever from this generation. See how the wicked prowl on every side, while the worthless are prized highly by the sons of men.

**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 Hymns (*page 11*)

*The 1<sup>st</sup> Hymn of the 1<sup>st</sup> set of Sessional Hymns (Samopodoben – Christos ot mertvych):*

Christ is tru - ly ris - en from the dead, he who is the first-fruits  
of those that had been a - sleep, the first-born of cre - a - tion  
and the Cre - a - tor of all things that were made. By him-self,  
he re - newed the na - ture of our cor - rupt race.  
There-fore, O Death, you shall reign no more; for the Lord



of all nul - li - fied your pow'r and dis-solved it.

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

## **Ἡρακλε (page 21)**



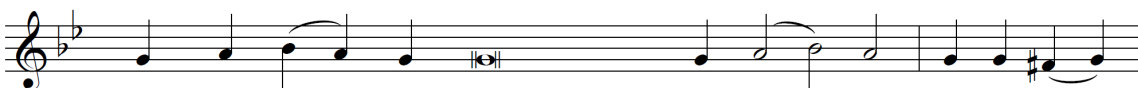
The bril - liant an - gel star-tled the myrrh-bear-ing wom-en and said: Why do



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 First Antiphon of the Stepenna (Gradual Hymns) in Tone 3:*



You led the cap-tives of Zi - on out of Bab - y - lon. Now like-wise

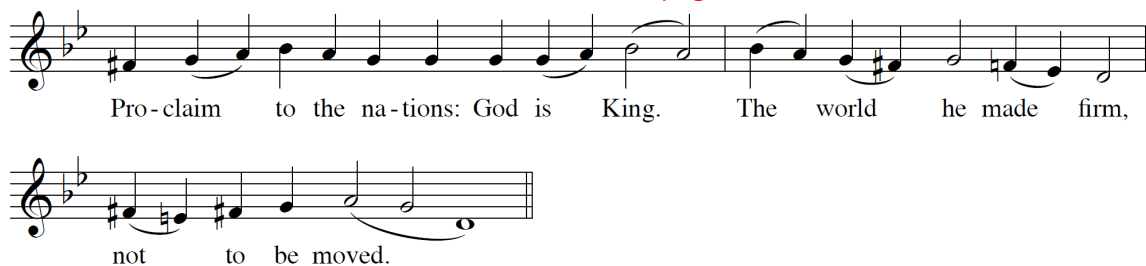


draw me out from suf-fer-ing to life, O Word. Those who sow in tears for  
 God in dry land shall sing with joy and reap the sheaves of e-ter-nal life.  
 Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spir-it;  
 now and ev-er and for-ev-er. A-men. From the Ho-ly Spir-it  
 shines ev-'ry per-fect gift, for he shines to-geth-er with the  
 Fa-ther and the Son, and in him all cre-a-tion lives and moves.

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

### Prokeimenon (page 22)

*Psalms 95:10, 1*



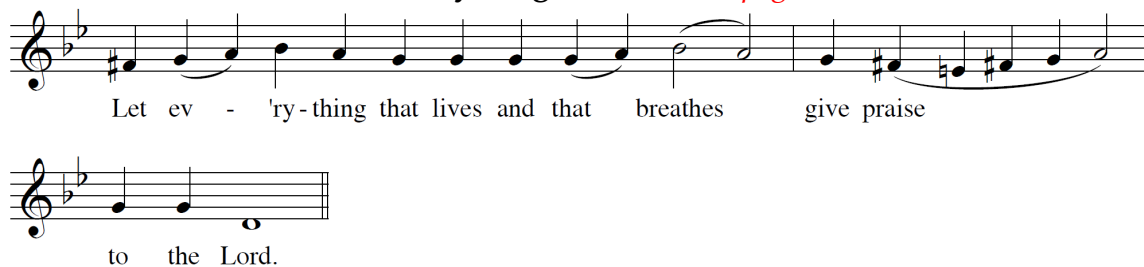
Pro-claim to the na-tions: God is King. The world he made firm,  
 not to be moved.

**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 First Resurrection Gospel is read (Matthew 28:16-20).*

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

*The usual Sunday stichera at Psalm 50 (p. 28) are sung.*

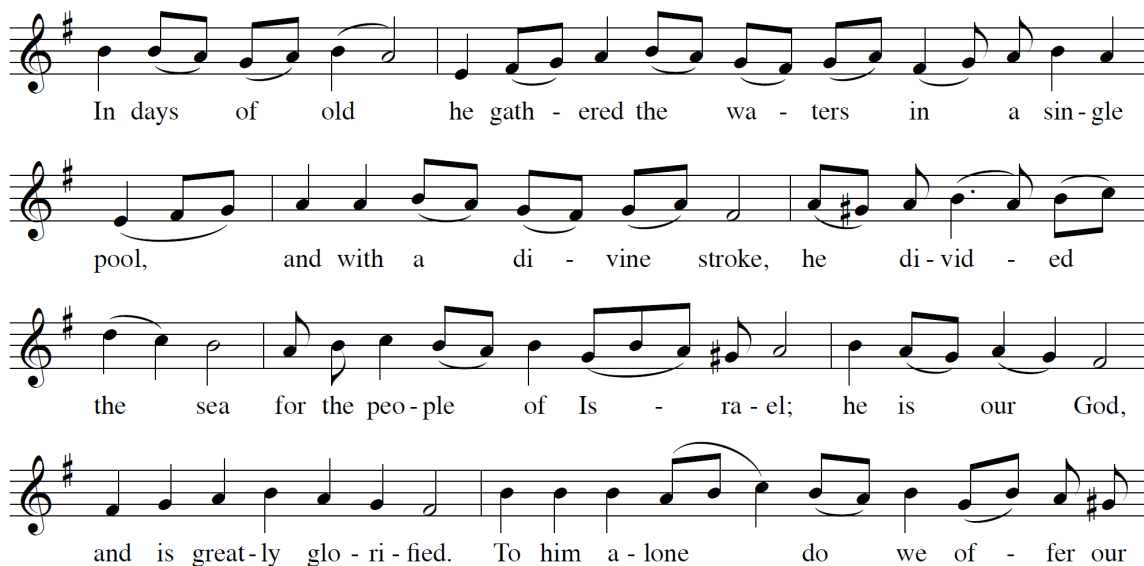
## The Canon (page 32)

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

### Ode 1

### Canon of the Resurrection (*Tone 3*)

#### Irmos



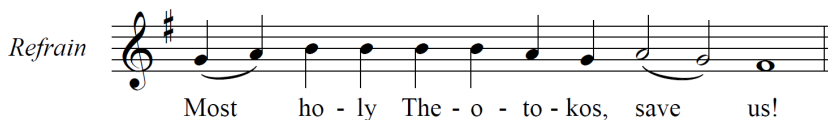


### Refrain



God who formerly condemned the earth to bear thorns for the sinner as the fruit of his labor, now receives from the hands of a criminal a crown of thorns in his body. Thus he abolishes the ancient curse, for he is covered with glory. *Refrain*

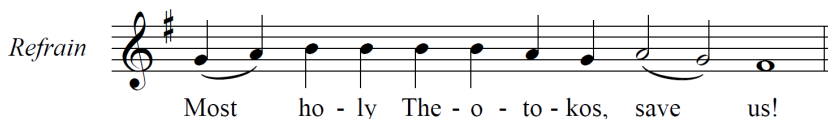
He who was enveloped by death now appears victorious and the master of death; for our God, having taken on flesh that is capable of suffering, defied the tyrant and raised us all with him; for he is covered with glory.



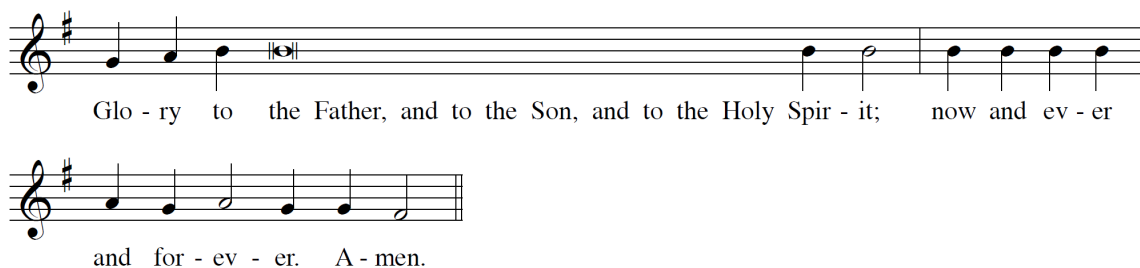
All peoples truly glorify you as the one who without seed gave birth to our God, for he descended into your sacred womb and took on the nature of humans. He is both God and human, born of you to save us.

## Canon of the Theotokos *(Tone 3)*

*The Irmos is not sung*



O Virgin, every knee bends before the fruit of your womb, in heaven, on earth and under the earth, for he is gloriously triumphant!

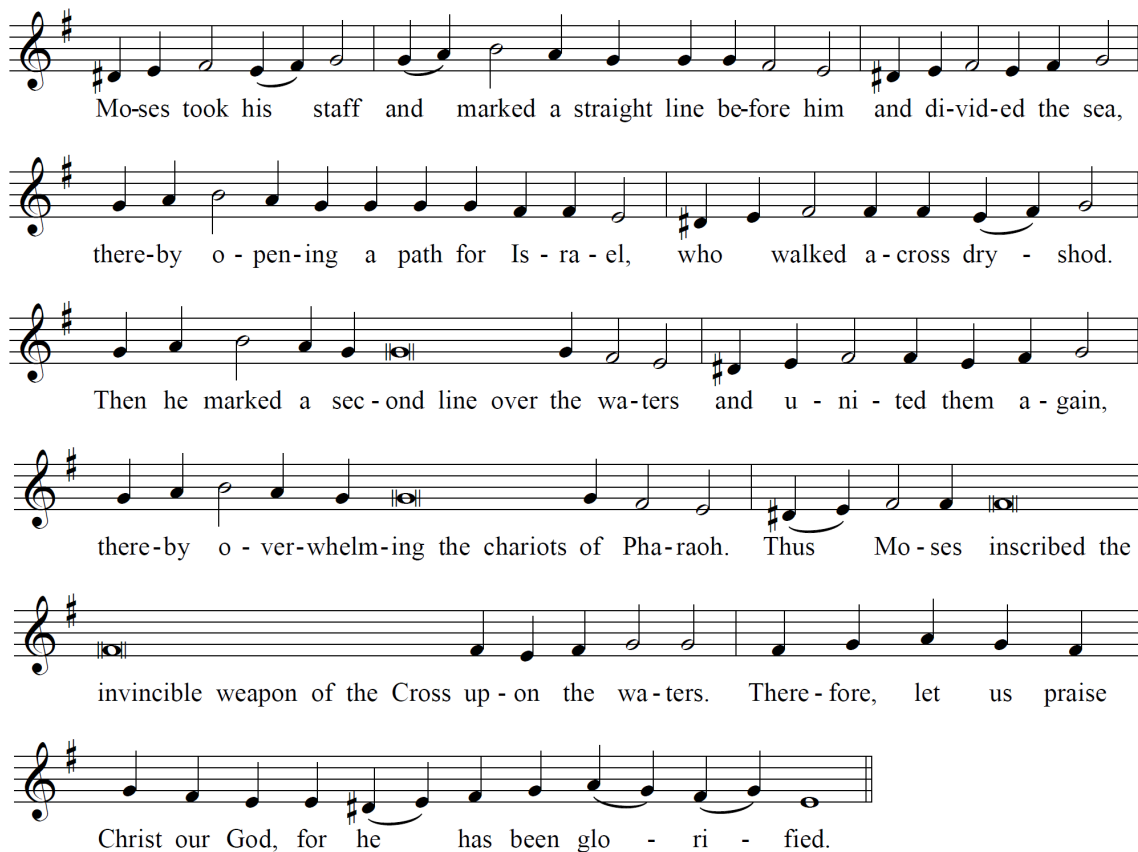


Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er  
and for - ev - er. A - men.

O wondrous exchange within your womb! The God who fills us with his blessings grants us his divine Spirit and receives our flesh in return, for he is gloriously triumphant!

### Katavasia 1 of the Exaltation of the Cross

*Tone 6 simple*



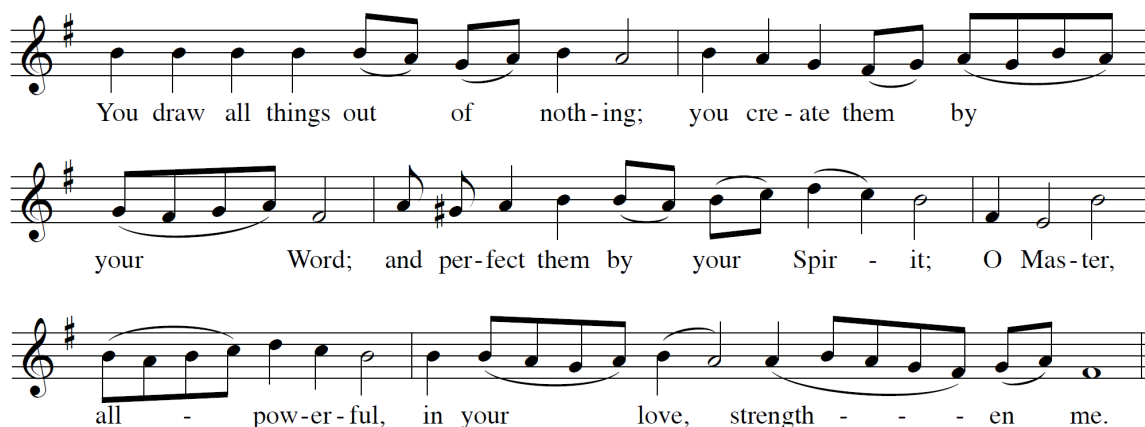
Mo-ses took his staff and marked a straight line be-fore him and di-vid-ed the sea,  
there-by o - pen-ing a path for Is - ra - el, who walked a - cross dry - shod.  
Then he marked a sec - ond line over the wa-ters and u - ni - ted them a - gain,  
there-by o - ver-whelm-ing the chariots of Pha-raoh. Thus Mo - ses inscribed the  
invincible weapon of the Cross up - on the wa-ters. There - fore, let us praise  
Christ our God, for he has been glo - ri - fied.



## Ode 3

## Canon of the Resurrection (*Tone 3*)

### Irmos



You draw all things out of noth-ing; you cre - ate them by  
your Word; and per-fect them by your Spir - it; O Mas - ter,  
all - pow-er - ful, in your love, strength - - - en me.

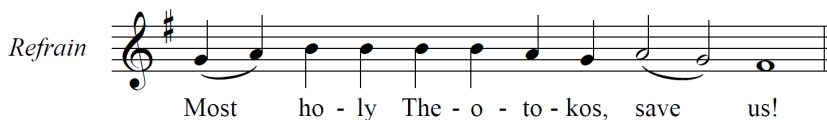
### Refrain



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

By your cross the Evil One has been confounded; he has fallen into the pit which he himself had dug. But you have raised up the face of the humble, O Christ, by your holy Resurrection. *Refrain*

Your teaching has covered the nations, O Christ, as the waves covered the bottom of the sea. O Lover of us all, risen from the dead, you reveal the true light of the Trinity.

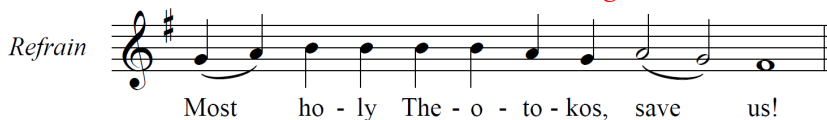


*Refrain* Most ho - ly The - o - to - kos, save us!

All who speak of you, glorify you, O living city of the eternal King. Because of you, O sovereign Lady, God has spoken with his people.

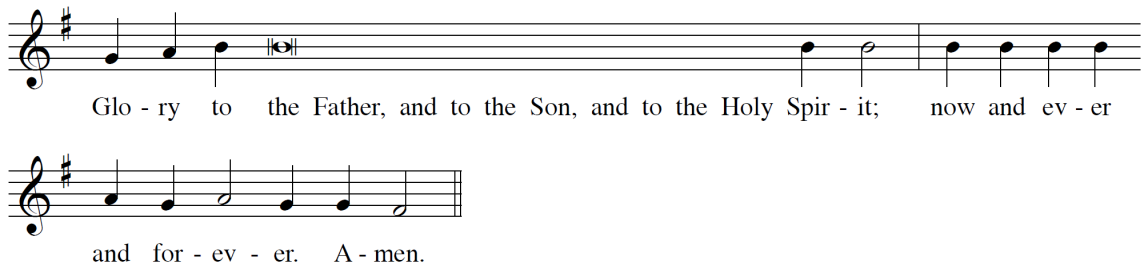
## Canon of the Theotokos (*Tone 3*)

*The Irmos is not sung*



*Refrain* Most ho - ly The - o - to - kos, save us!

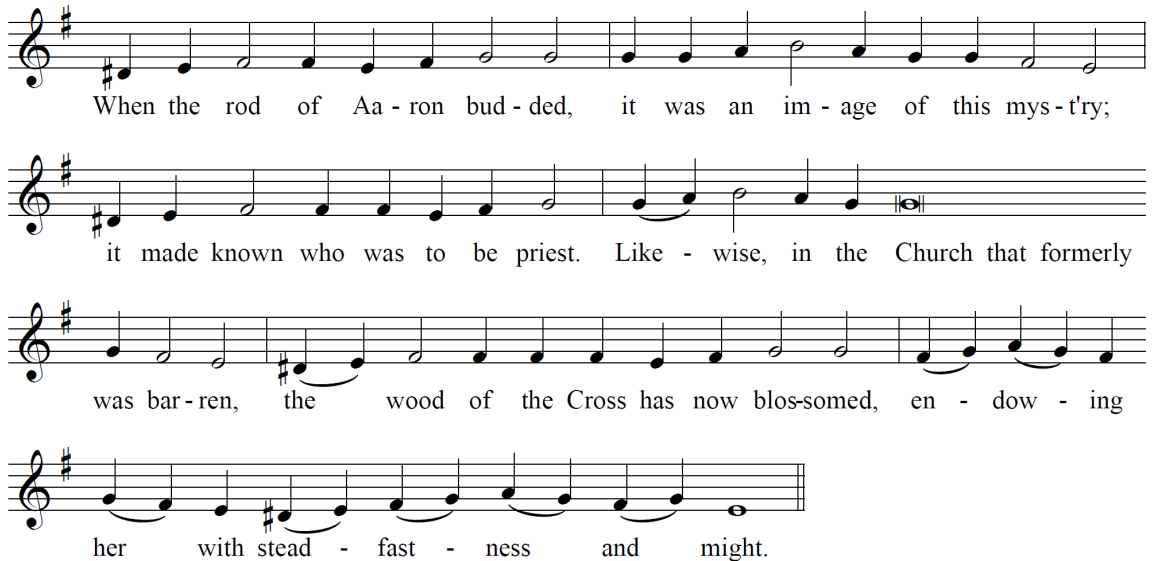
A branch blossomed from the root of Jesse. The Virgin produced you as a flower, O Christ, in keeping with the vision of the prophet. Holy are you, O Lord our God!



In order that we mortals might share in your divinity, you received our flesh from the Virgin. Holy are you, O Lord our God!

### Katavasia 3 of the of the Exaltation of the Cross

*Tone 6 simple*



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

*The Kontakion, Ikos, & Sessional Hymn after Ode 3, & Odes 4-6 are omitted & Matins continues with the Kontakion & Ikos of the Resurrection in the Third Tone.*

## Kontakion & Ikos *(page 34)*

To - day, you a - rose from the grave, O mer - ci - ful Lord; you led us  
out of the gates of Death. To - day, Ad - am ex - ults and Eve re - joic - es.  
With them, the proph - ets and patriarchs ever praise the might of your di - vine  
pow - - - er.

**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.

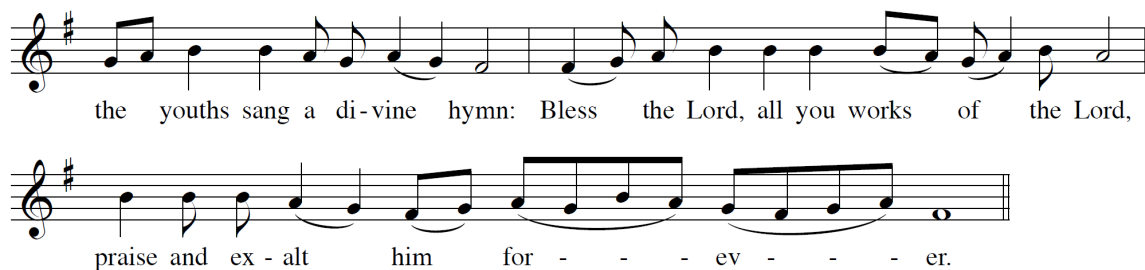
*The Synaxarion & Ode 7 are omitted & the Canon continues with Ode 8.*

## Ode 8

### Canon of the Resurrection *(Tone 3)*

#### Irmos

Thrown in - to the blaz - ing fire with - out be - ing harmed  
by the in - tol - er - a - ble flames and re - main - ing firm in their faith,

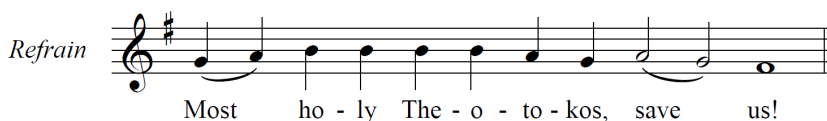


### Refrain



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*

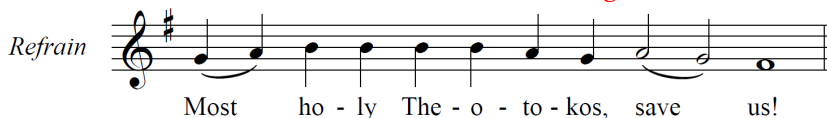
You are risen from the tomb, O Christ, and by your powerful divinity you set aright the one who succumbed to deceit beneath the tree and who now sings to you: Bless the Lord, all you works of the Lord, praise and exalt him forever!



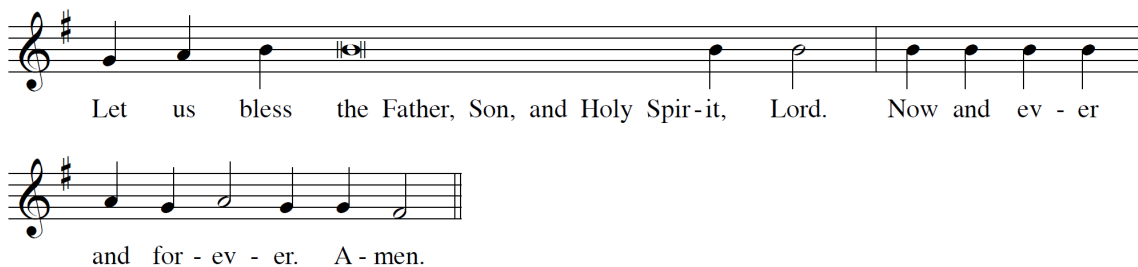
You are indeed the temple of God, his ark, and his living domain, O most pure Theotokos, and you reconcile the Creator with his people. And now we, the works of the Lord, sing to you and praise and exalt you forever.

### Canon of the Theotokos (*Tone 3*)

*The Irmos is not sung*



O Mother who surpass the heavenly hosts and who stand now in the entourage of God, O blessed Virgin, we bless your child and exalt him above all forever!



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

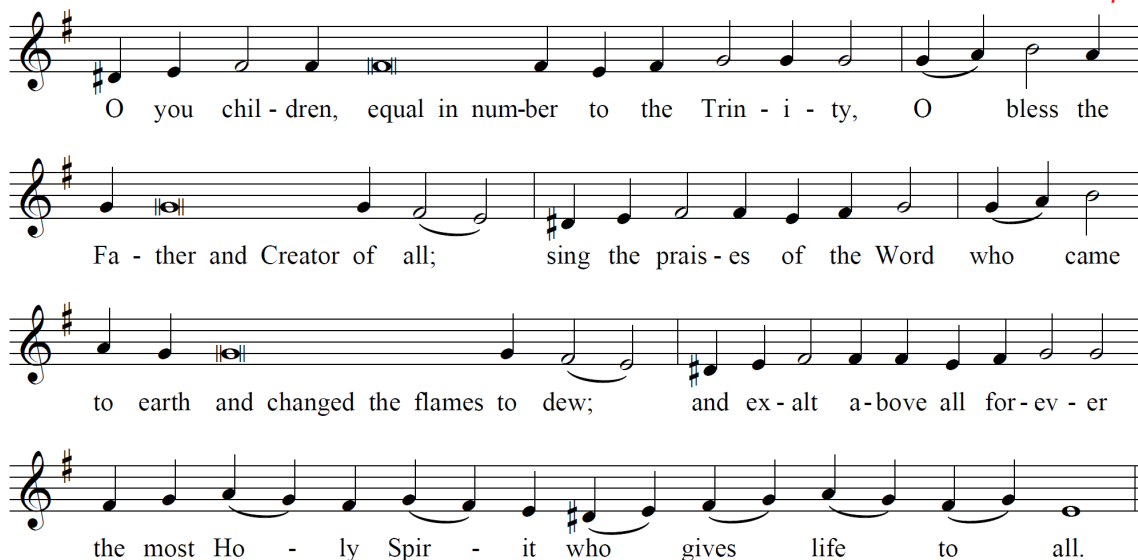
You have increased the beauty of nature, making our God shine forth in the flesh. O blessed Virgin, we bless your child and exalt him about all forever!



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 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

## Canon of the Resurrection (*Tone 3*)

### Irmos



A new won - der, wor - thy of God! The Lord has tru - ly  
passed through the closed gate, the closed gate of a Vir - gin.  
Nak - ed he came forth and at his de - par - ture we see him  
clothed in the flesh, yet the door has  
re - - - mained closed: The one who is Moth - er of God  
we now ex - tol be - yond words.

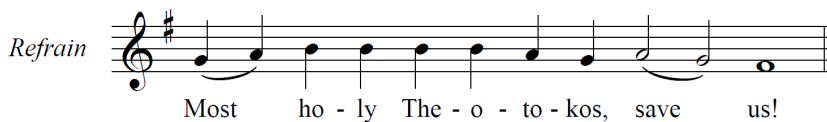
### Refrain



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

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*

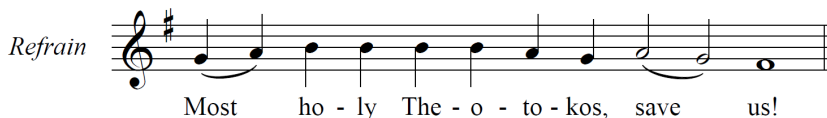
Placed in the tomb as one dead, O Christ, you saved our ancestors from death; you raised the dead and make life flourish once more; with your own hand, you lead the human race toward the light and clothe them with divine immortality. O inexhaustible Source of light, we extol you.



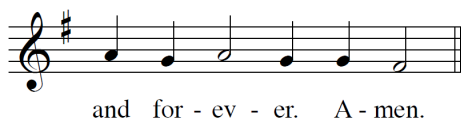
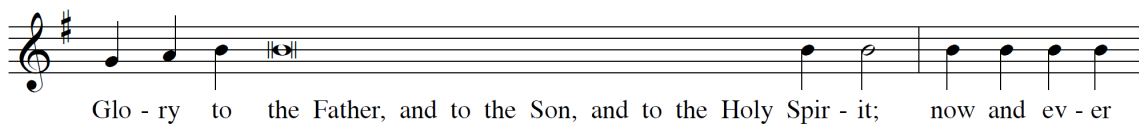
You are the throne and the temple of God, and the Most High has made his dwelling in you; O most pure One, you gave birth without seed, and the gate of the flesh was not opened. We now beseech you to intercede before Christ the King for all your faithful.

### Canon of the Theotokos (*Tone 3*)

*The Irmos is not sung*



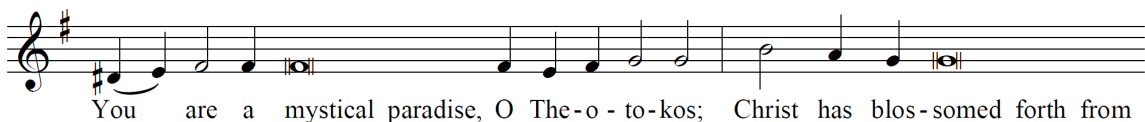
Your faithful servants, O Virgin, are never satisfied with their praise for you. In the devotion of their heart, they ceaselessly grow in spiritual love for God, O Theotokos, as they rightly magnify you!

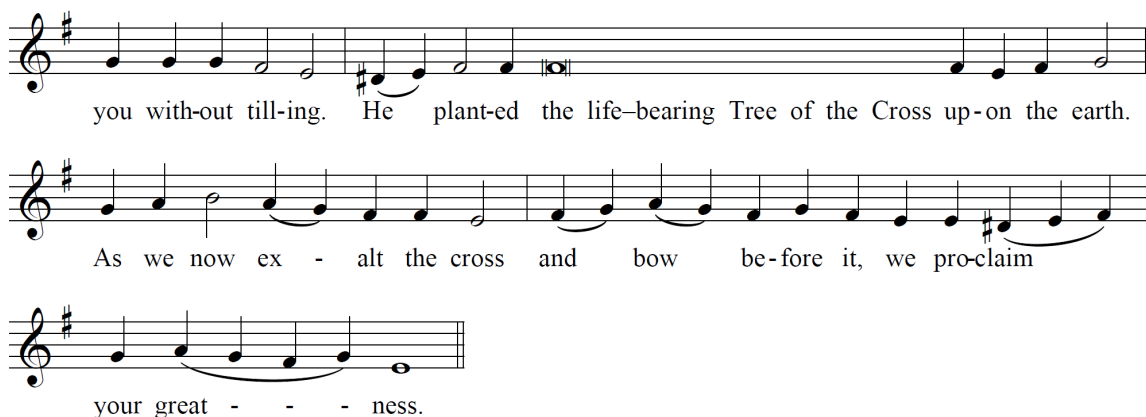


O Christ, you gave us the Mother who gave birth to you as our advocate before you. At her prayers and through your grace, grant us a share in the treasury of goodness, the Spirit who proceeds from the Father through you.

### Katavasia 9 of the of the Exaltation of the Cross

*Tone 6 simple*

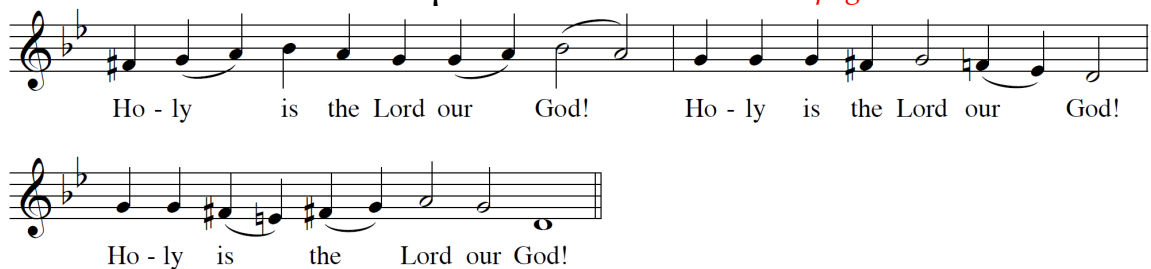




*Matins continues with the Small Litany on page 36.*

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

*Tone 3*



### **Hymn of Light** (page 37)

O faithful, let us gather with the disciples on the mountain in Galilee to behold Christ as he says to them: I have received all power over all things on high and those below. Let us learn how he taught them to baptize all nations in the name of the Father and of the Son and of the Holy Spirit, and how he promised his disciples to be present with them to the end of the world.

Glory... now and ever...

You rejoiced with the disciples, O Virgin Theotokos, for you beheld Christ risen from the tomb on the third day as he said. He appeared to his disciples, teaching them and revealing things sublime. He commanded them to baptize the believers in the name of the Father, and of the Son, and of the Holy Spirit so that we may believe in his Resurrection and that we may glorify you, O Theotokos.

*Matins continues with the Psalms of Praise.*



## Psalms of Praise (page 38)

Tone 3

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)

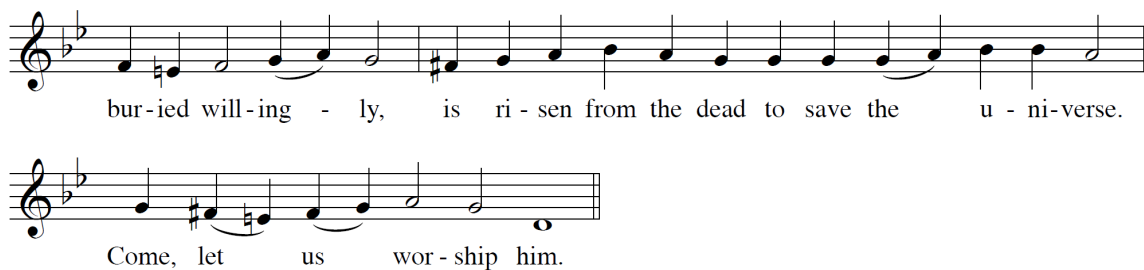
*the 1<sup>st</sup> & 2<sup>nd</sup> of the 8 Sunday stichera (all the rest are omitted):*

**Cantor** (Tone 3):

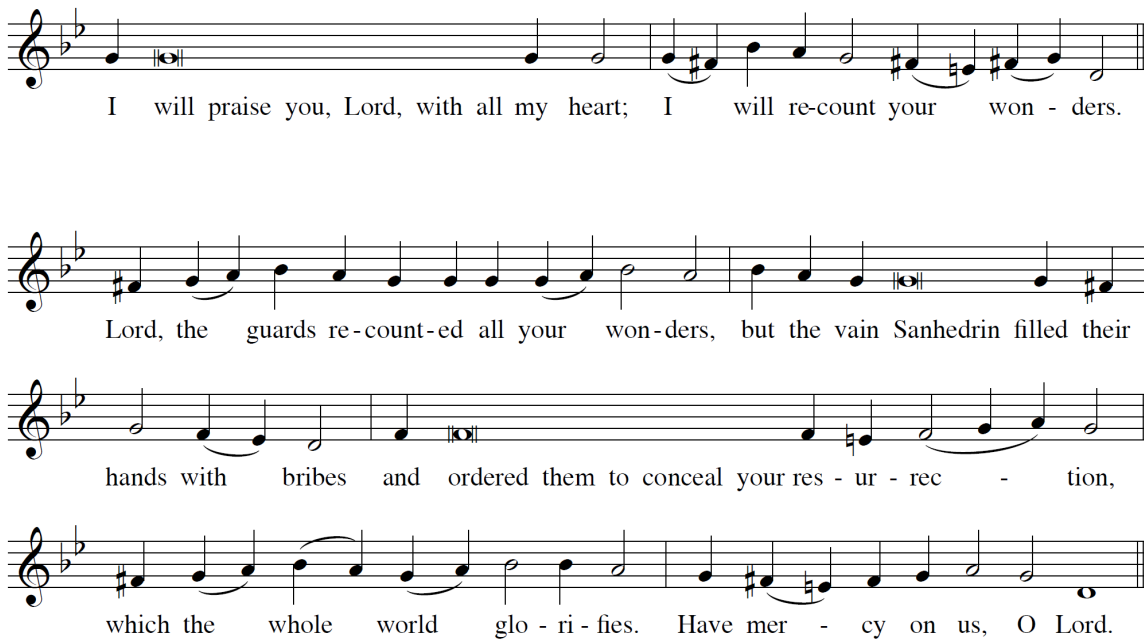
A - rise, O Lord, lift up your hand! O God, do not for-get the poor.

Come all na - tions, learn the power of the awe-some mys - try! Christ our

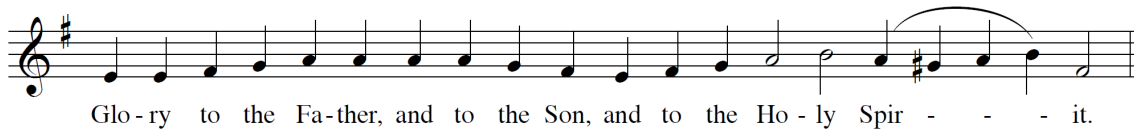
Sav - ior, the Word who was in the be - gin - ning, who was crucified for us and



**Cantor** *(Tone 3):*



**Cantor** *(Tone 1):*



## First Gospel Stanza

Tone 1



The Lord ap-peared to his dis-ci-ples who had has-tened to the  
mountain for his ascen-sion from here be-low, and they bowed be-fore him.  
They learned of his uni-ver-sal pow-er and were sent to all  
the peo-ples of the earth to an-nounce his resur-rec-tion from the dead  
and his re-turn from earth to heav-en. He al-so promised to be with them  
al-ways, and his word is truth; for he is Christ our God,  
the Sav-ior of our souls.

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