

# Matins Propers

## Fourteenth Sunday after Pentecost

*in the Fifth Tone with the Third 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>*

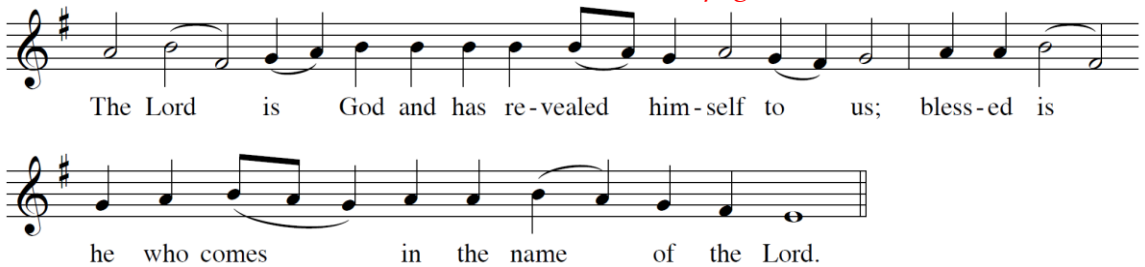
### Hexapsalmos

*The reader chants only **Psalm 62** on page 3 followed by "Glory..." on page 6.*

*Matins continues with the Litany of Peace on page 7.*

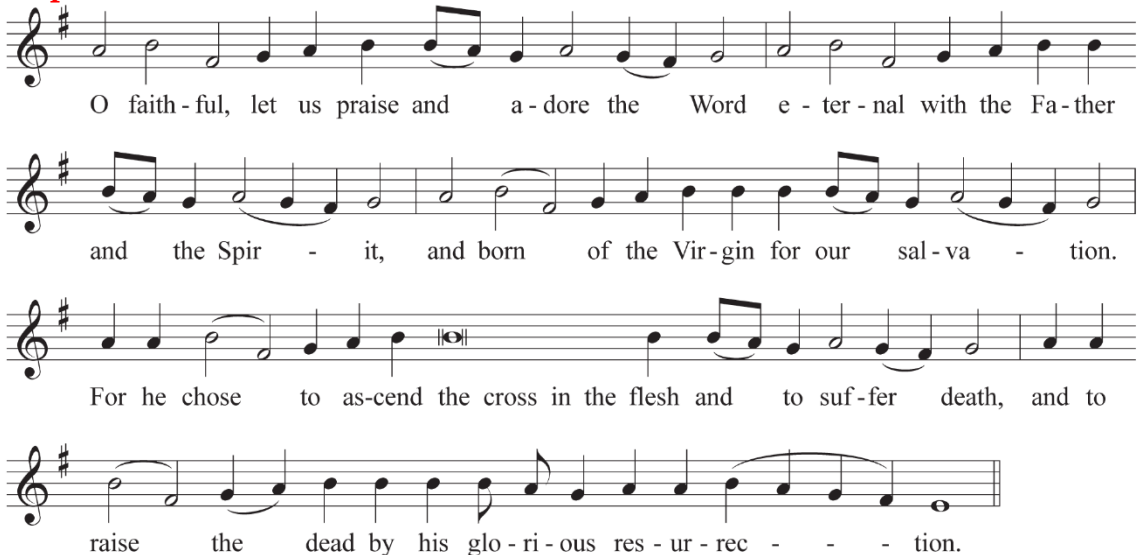
### The Lord is God (page 9)

*Tone 5*



### Troparia (page 9)

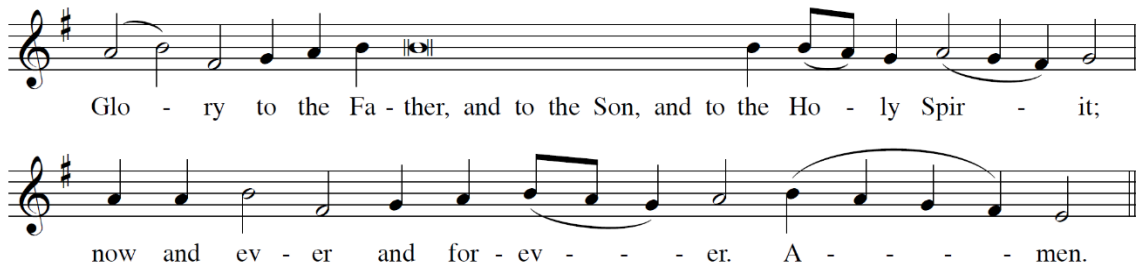
**Troparion of the Resurrection – Tone 5:**



*The repetition of this troparion is omitted.*

*The troparion of the saint, if there is one, is also omitted*

**Cantor (Tone 5):**



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.

**Festive Theotokion – Tone 5**



Re-joyce, Vir-gin, im - pas - sa - ble Gate - way of the Lord! Re-joyce,  
pro - tec - tive Wall of those who take re - fuge in you! Re-joyce, peace-ful  
Ha - ven un - trou - bled by storms! Re-joyce, O Vir - gin who has not  
known wed - lock, and yet has giv - en birth in the flesh to your  
Cre - a - tor and God! O The - o - to - kos, nev - er cease to in - ter - cede  
for all those who praise and wor - ship your Son.

## 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.

*Only the following psalms are read. The rest of the kathismata are omitted.*

*The 3<sup>rd</sup> stasis of the 2<sup>nd</sup> Kathisma:*      **Psalm 14**

Lord, who shall be admitted to your tent and dwell on your holy mountain? He who walks without fault; he who acts with justice and speaks the truth from his heart; he who does not slander with his tongue; He who does no wrong to his brother, who casts no slur on his neighbor, who holds the godless in disdain, but honors those who fear the Lord; he who keeps his pledge, come what may; who takes no interest on a loan and accepts no bribes against the innocent. Such a man will stand firm forever.

### **Psalm 15**

Preserve me, God, I take refuge in you. I say to you Lord: "You are my God. My happiness lies in you alone." To all the saints in his land, the Lord has shown all the wonders of his will. Those who choose other gods increase their sorrows. Never will I offer their offerings of blood. Never will I take their name upon my lips. O Lord, it is you who are my portion and cup; it is you yourself who are my prize. The lot marked out for me is my delight: welcome indeed the heritage that falls to me! I shall bless you, Lord, you give me counsel, and even at night direct my heart. I set the Lord ever before me; with him at my right hand I shall not be disturbed. And so, my heart rejoices, my soul is glad; even my body shall rest in safety. For you will not leave my soul among the dead, nor let your beloved know decay. You will show me the path of life, the fullness of joy in your presence, at your right hand happiness forever.

### **Psalm 16**

Lord, hear a cause that is just, pay heed to my cry. Turn your ear to my prayer: no deceit is on my lips. From you may my judgment come forth. Your eyes discern the truth. You search my heart; you visit me by night. You test me and you find in me no wrong. My words are not sinful like men's words. I kept from violence

because of your word, I kept my feet firmly in your paths; there was no faltering in my steps. I am here and I call, you will hear me, O God. Turn your ear to me; hear my words. Display your great love, you whose right hand saves your friends from those who rebel against them. Guard me as the apple of your eye. Hide me in the shadow of your wings from the violent attack of the wicked. My foes encircle me with deadly intent. Their hearts tight shut, their mouths speak proudly. They advance against me, and now they surround me. Their eyes are watching to strike me to the ground, as though they were lions ready to claw or like some young lion crouched in hiding. Lord, arise, confront them, strike them down! Let your sword rescue my soul from the wicked; let your hand, O Lord, rescue me from men, from men whose reward is in this present life. You give them their fill of your treasures; they rejoice in abundance of offspring and leave their wealth to their children. As for me, in my justice I shall see your face and be filled, when I awake, with the sight of your glory.

**Reader:** Glory to the Father and to the Son and to the Holy Spirit

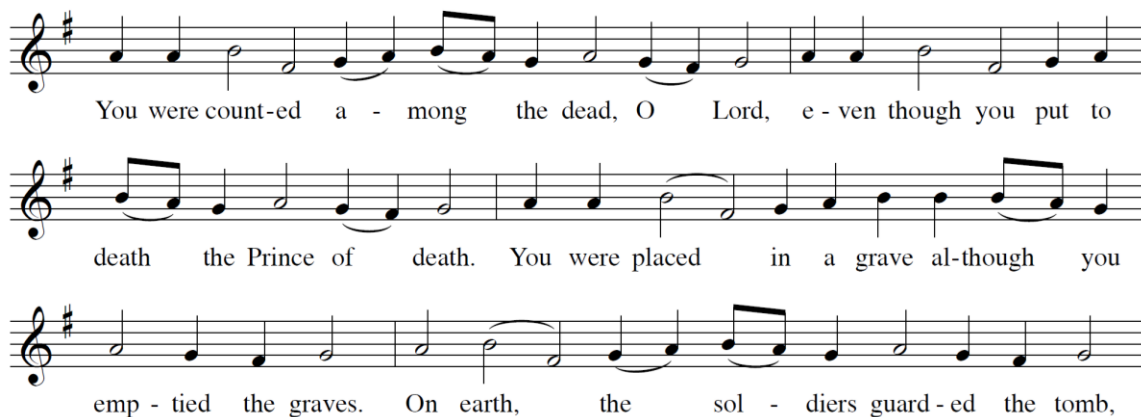
**People:** Now and ever and forever. Amen.

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

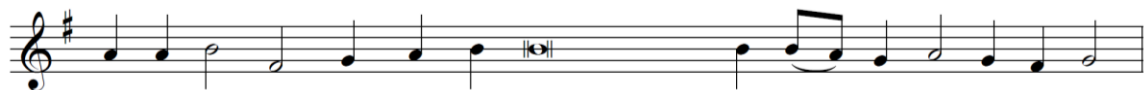
*Matins continues with the small litany on page 10.*

### Sessional Hymn (*page 11*)


*The 2<sup>nd</sup> Hymn of the 1<sup>st</sup> set of Sessional Hymns (Tone 5):*



You were count-ed a - mong the dead, O Lord, e - ven though you put to  
death the Prince of death. You were placed in a grave al-though you  
emp - tied the graves. On earth, the sol - diers guard - ed the tomb,



but be-low, you raised the dead who from all eter-ni - ty had fal - len a-sleep.

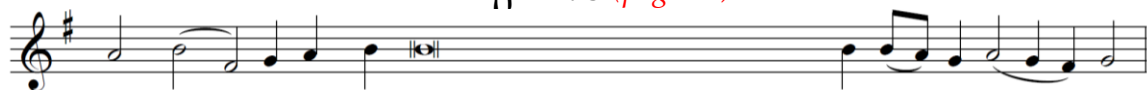


There-fore, O Lord, the al - mighty and incom-pre-hen-si-ble One, glo - ry to you!

*Matins continues with Ps. 118 on page 17.*

## Ἡρακός (page 21)

*Tone 5*



The minds of the myrrh-bearing women were dazzled by the an-gel - ic vi - sion,



and their souls were il - lu - mined by the di-vine Res - ur - rec - tion.



There-fore they spoke to the a - pos - tles, say - ing: De-clare




to the na - tions the Re-sur - rec - tion of the Lord who works his



won - ders with us and be - stows on us great mer - cy.

## Stepenna (page 21)

*The First Antiphon of the Stepenna in Tone 5:*



O my Lord, I sing to you like Da-vid in my sor - - - row.

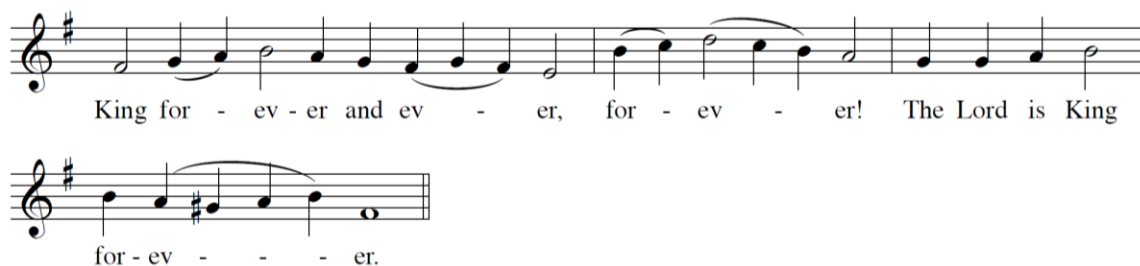
Save my soul from the de- ceit - ful tongues. The life  
of the dwell-ers of the wil-der-ness is a bless-ed one; for they are car-ried  
on the wings of di- vine love. Glo- ry to the Fa - ther  
and to the Son and to the Ho- ly Spir - it; now and ev - er and  
for - ev - er. A - men. By the Ho - ly Spir - - - it  
are all crea - tures, both seen and un- seen pre - served; He is the  
sus- tain - er him- self, and with- out doubt is one of the Trin- i - ty.

*The 2<sup>nd</sup> & 3<sup>rd</sup> Antiphons of the Stepenna are omitted & Matins continues with the Prokeimenon ("Let us be attentive...") on page 22.*

### **Prokeimenon** (page 22)

*Psalm 9:12a, 33a, 8a, 2*

A - rise, then, Lord! My God, lift up your hand! The Lord is

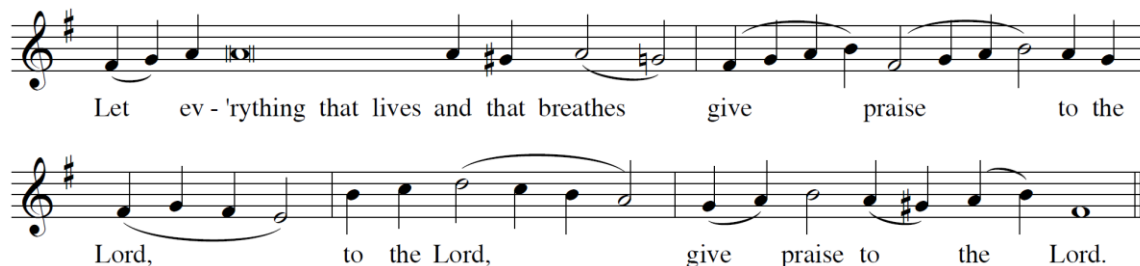


**Deacon:** I will praise you, Lord, with all my heart;  
I will recall all your wonders.

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

**Let everything that lives...** (page 22)

*Tone 5*



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

*The Third Resurrection Gospel is read (Mark 16:9-20).*

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

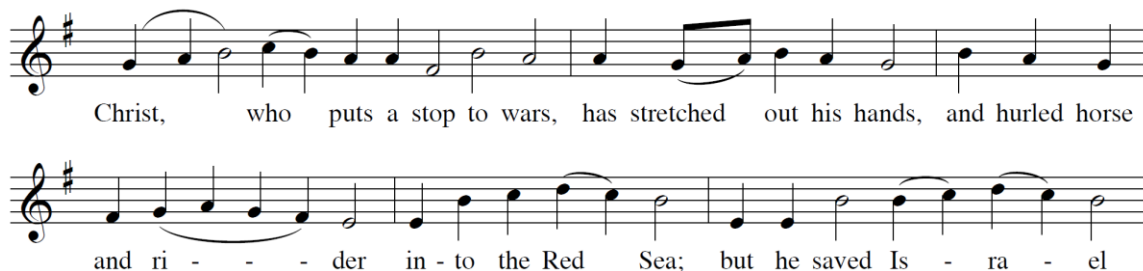
*The usual stichera at Psalm 50 (p. 28) are sung.*

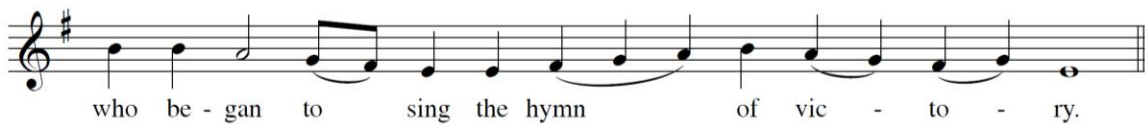
**The Canon** (page 32)

*Tone 5*

**Ode 1  
Irmos**

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



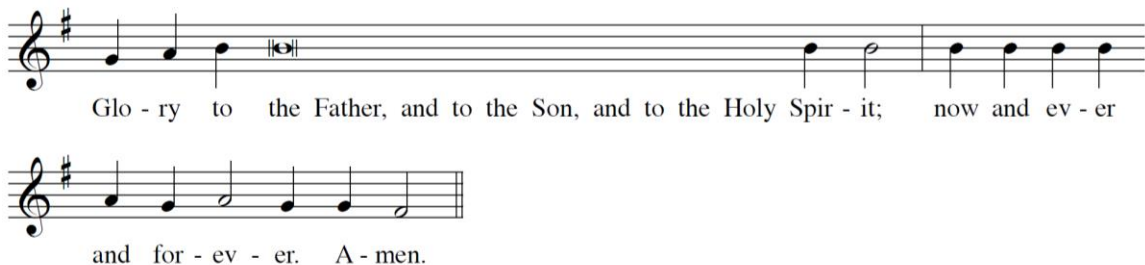


### Refrain



Bearing thorns, the assembly of the people crowned you, O Christ; they renounced all maternal love toward you, the benefactor who delivered the leader of the human race from the thorn of punishment. *Refrain*

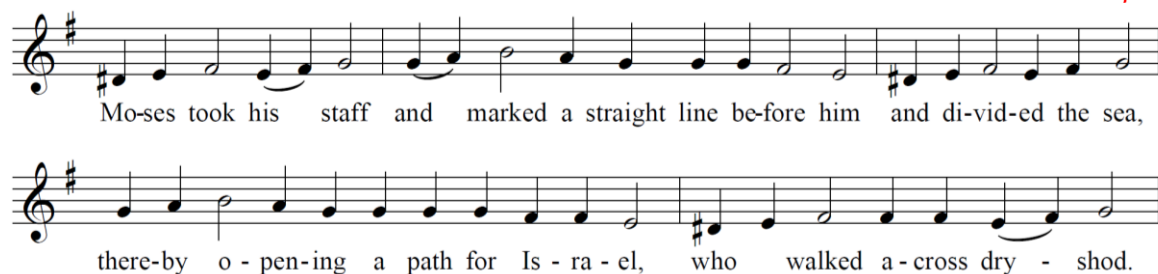
To raise me who had fallen, O Giver of life, you leaned into the abyss without falling into it; enduring my loathsome corruption without being affected by it, You anointed me with the myrrh of your divinity.



The curse has been wiped out and sadness has disappeared; for the all-blessed one who is full of grace has made joy sprout forth for the faithful when she gave Christ, her flower, as a blessing to all the ends of the earth.

### Katavasia of the Exaltation of the Cross

*Tone 6 simple*





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**  
**Irmos**

**Tone 5**

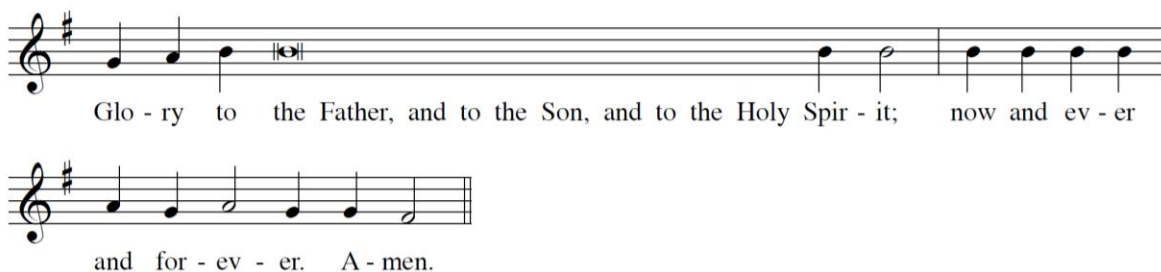
You set the earth up-on the void ac - cord - ing to your com - mand,  
 and de-spite its weight you firm-ly sus-pend-ed it there.  
 Strength-en your Church up-on the unshakable rock of your com-mand - ments,  
 O Christ, in your good - ness and love for all.

**Refrain**

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

Those who drew honey from the rock when you worked wonders for them in the desert now give you gall to drink, O Christ; and instead of manna, they now give you vinegar. Such is the ingratitude of the people in exchange for your favors. *Refrain*

Formerly they were protected by the bright cloud, but now they place Christ our life in the tomb. Having risen by his own power, he grants to all the faithful the mysterious brightness of the Spirit who overshadows them.

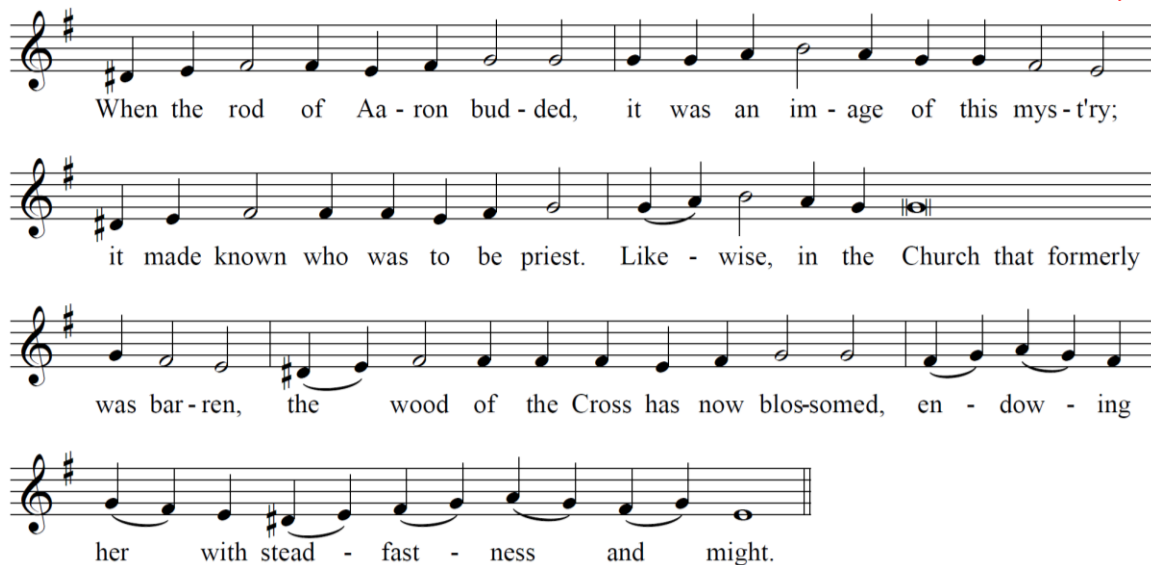


Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er  
and for - ev - er. A - men.

Without a spouse you became the Mother of God, in whom shines the unchangeable brightness of the Father; and you have not known the pain of giving birth. Because you have borne the Word made flesh, according to the true faith we proclaim you to be the Theotokos.

## Katavasia of the Exaltation of the Cross

*Tone 6 simple*



When the rod of Aa - ron bud - ded, it was an im - age of this mys - t'ry;  
it made known who was to be priest. Like - wise, in the Church that formerly  
was bar - ren, the wood of the Cross has now blos - somed, en - dow - ing  
her with stead - fast - ness and might.

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

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

# Kontakion & Ikos (page 34)

*Tone 5*

O Sav - ior, you de - scend - ed in - to Ha - des. You crushed  
its gates as the Al - might - y. You raised the dead and  
de - stroyed the sting of death as the Cre - a - tor. You de - liv - ered  
Ad - am from the curse, O Lov - er of us all. There - fore, all  
cry out to you, O Lord: Save us.

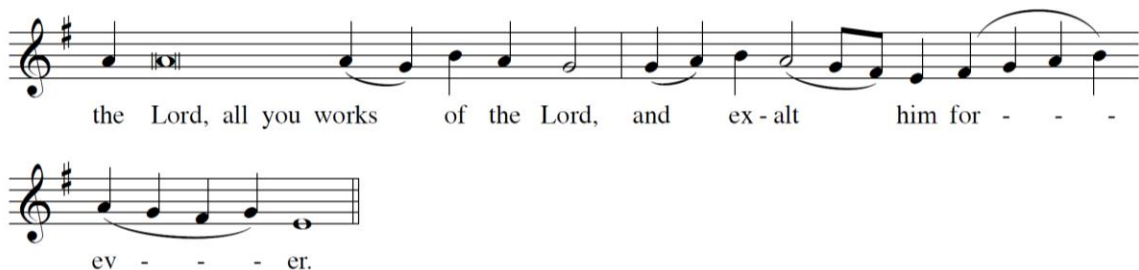
**Ikos:** Having heard the words of the angel, the women were seized with joy and ceased their dirges; and with trembling they contemplated the Resurrection. And behold, Christ approached them and said: Take courage! Rejoice! For I have conquered the world and saved the captives; hasten and announce to the disciples that I go before them into Galilee for the news which they must proclaim. Therefore, we also cry out to you, O Lord: In your great love, save us!

**Ode 8  
Irmos**

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

**Tone 5**

In the fur - nace the youths wove a dance with the

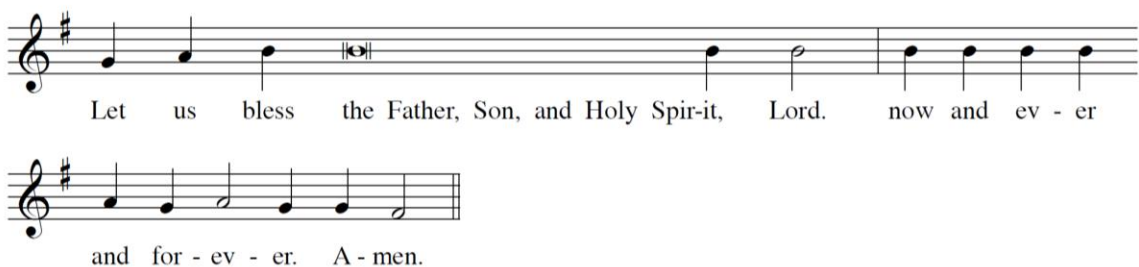


### Refrain



You prayed that the saving and desired cup of your passion would be taken away from you as something you did not wish; for in your two natures, you also had two wills, O Christ who lives forever. *Refrain*

At your descent, O Christ and Creator, Hades became the object of derision; and it gave up all the dead that it had formerly swallowed up through its deceit. And now they all exalt you forever.



Beyond all understanding and at the word of the angel, you gave birth to the Lord who is divine and human, and yet you remain a virgin. And now we, the works of the Lord, all bless you and exalt you forever.





## Katavasia 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 Cantic of the Theotokos on p. 34.*

## Ode 9

### Irmos

**Tone 5**

Re-joice, O I - sai - ah! The Vir - gin was with child  
and bore a Son, Em - ma - nu - el. He is God and man:  
O - ri - ent is his name. By ex - tol - - ing him, we

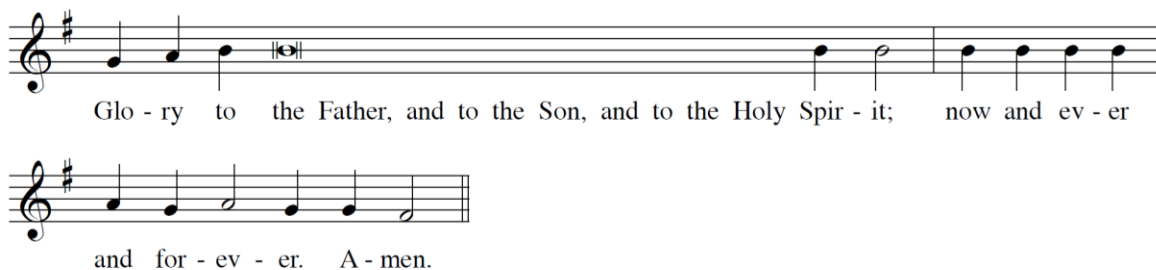


### Refrain



O Christ our Master, you have completely taken upon yourself our fallen nature and united it to yourself in the womb of the Virgin. As the only One free from sin, you deliver us completely from corruption by your holy passion. *Refrain*

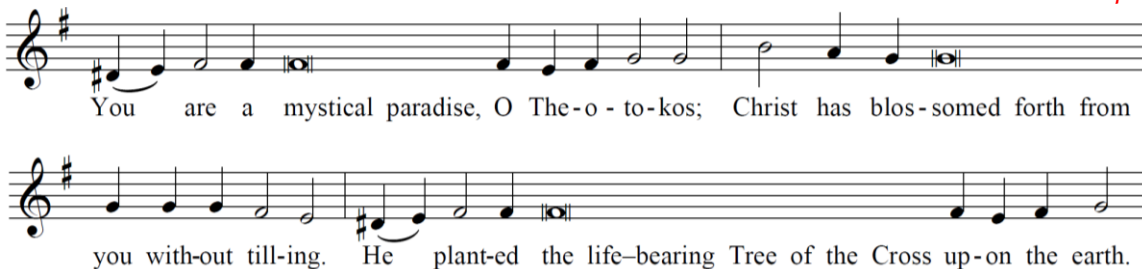
O Christ our Master, by the stream of your divine blood flowing from your life-giving and immaculate side, the sacrifices to false gods have ceased; and together with all the earth, we offer a sacrifice of praise to you.

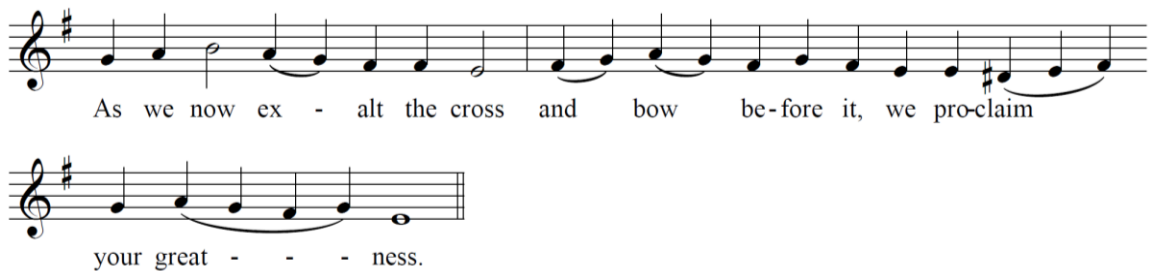


It is not a God without a body nor simply a human person, that the pure and sinless Virgin has brought into the world. But he is indeed truly God and truly human, and we extol him with the Father and the Spirit.

### Katavasia 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 5*



## Hymn of Light (page 37)

Truly Christ is risen. Let no one doubt or be suspicious. For he appeared to Mary and then to those who went fishing. Then he appeared to his eleven apostles as they were eating. He sent them forth to baptize the whole world; then he ascended to heaven from which he had descended, confirming his divine message by a multitude of miracles.

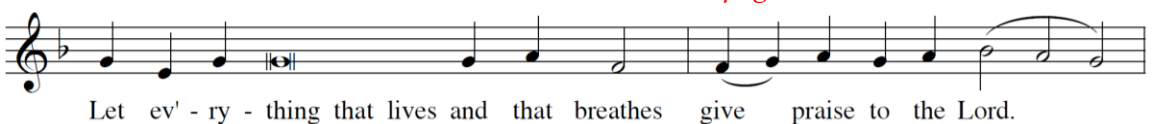
Glory... now and ever ...

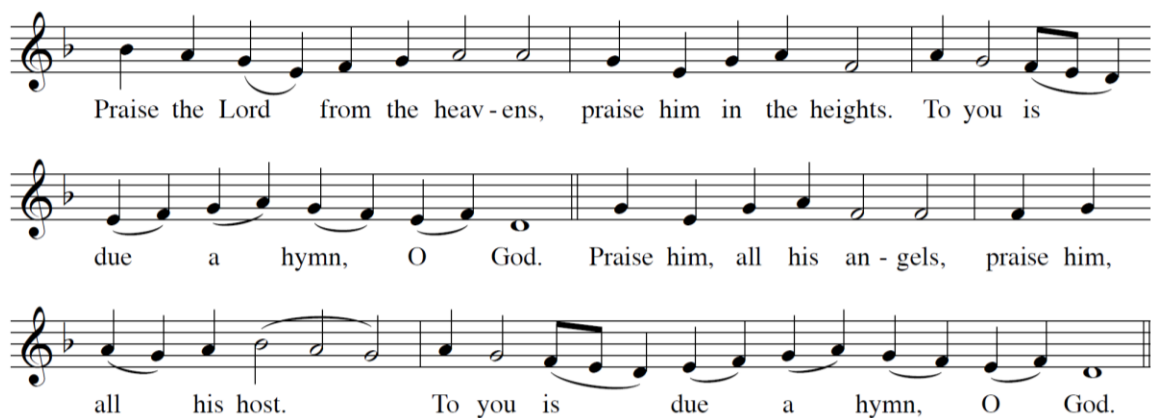
O Sun that has risen from the tomb on this day as a groom from his bridal chamber, you led Hades captive and trampled Death. By the intercession of your mother, send us light to enlighten our hearts and souls, and lead us that we may all walk in the ways of your commandments and in the paths of peace.

*Matins continues with the Psalms of Praise.*

## Psalms of Praise (page 38)

*Tone 5*





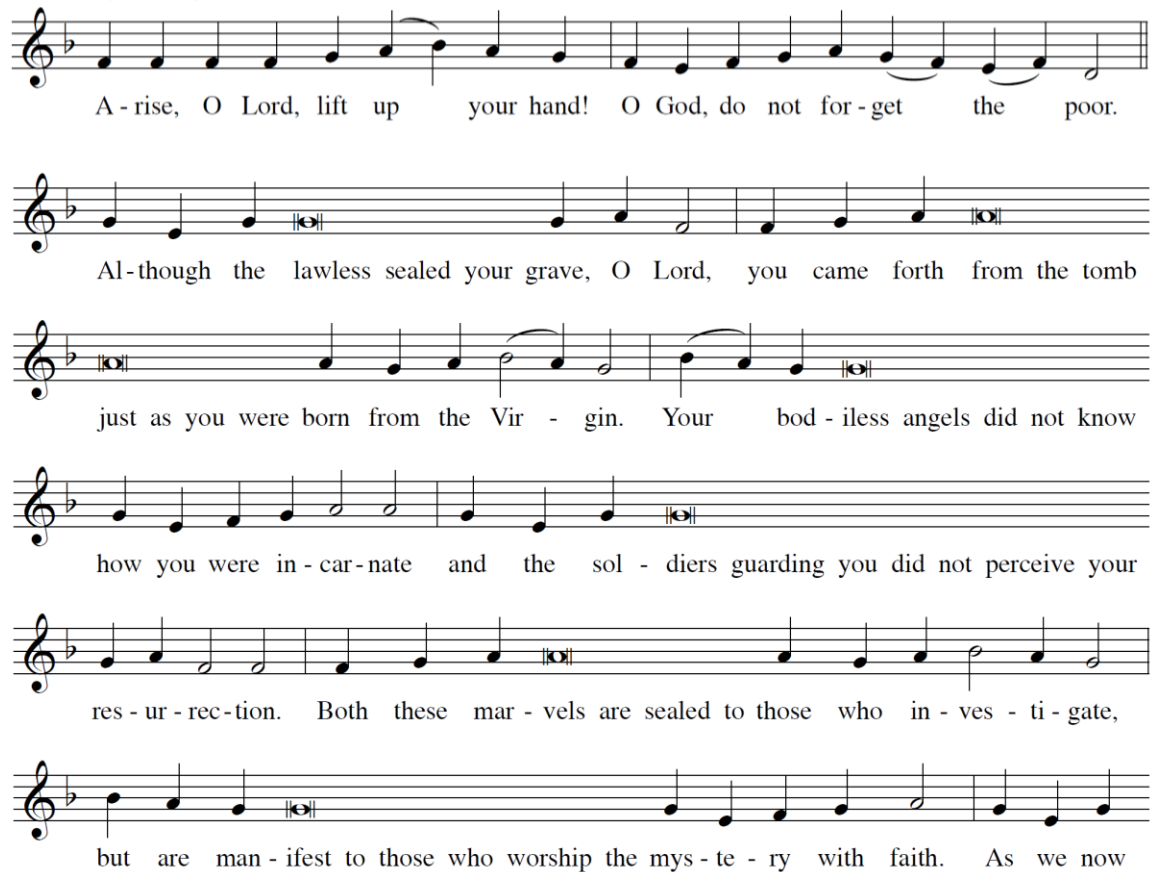
Praise the Lord from the heav-ens, praise him in the heights. To you is  
 due a hymn, O God. Praise him, all his an-gels, praise him,  
 all his host. To you is due a hymn, O God.

*The Psalms of Praise continue with "Praise him, sun and moon..." on page 38.*

### Stichera

*the 1<sup>st</sup> & 2<sup>nd</sup> of the 8 Sunday stichera:*

**Cantor (Tone 5):**

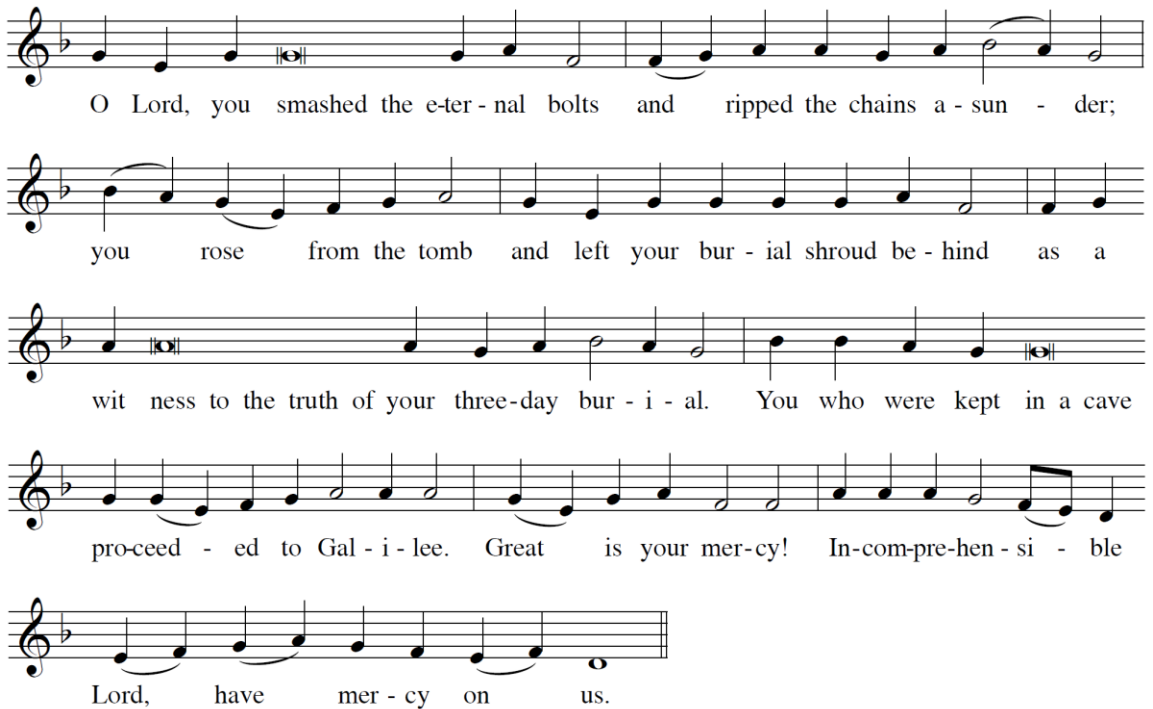
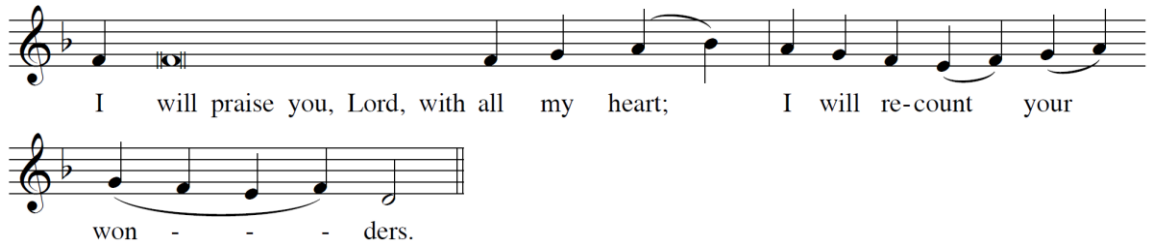


A-rise, O Lord, lift up your hand! O God, do not for-get the poor.  
 Al-though the lawless sealed your grave, O Lord, you came forth from the tomb  
 just as you were born from the Vir-gin. Your bod-less angels did not know  
 how you were in-car-nate and the sol-diers guarding you did not perceive your  
 res-ur-rec-tion. Both these mar-vels are sealed to those who in-ves-ti-gate,  
 but are man-ifest to those who worship the mys-te-ry with faith. As we now





**Cantor** (*Tone 5*):



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



# Third Gospel Stanza

Tone 3

The dis - ci - ples were rebuked for the hardness of their hearts, be - cause  
they doubted when Mary Magda - lene pro - claimed to them the Resurrection of the  
Savior and his ap - pear - ance to her. But when they were strength - ened with  
mir - a - cles and won - ders, they were sent out to preach. And when you, O  
Lord, ascended to your Fa - ther, the Source of all light, the dis - ci - ples  
preached through - out the world ver - i - fy - ing their words with won - ders and  
mir - a - cles. There - fore, we who were en - light - ened by them, glo - ri - fy  
your Re - surrection from the dead, O Lov - er of all of us.

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