

# Matins Propers

## Sixteenth Sunday after Pentecost

*in the Seventh Tone with the Fifth Resurrection Gospel  
& with the Katavasiai from the Canon of the Exaltation of the Cross,  
which are sung before September 22<sup>nd</sup>*

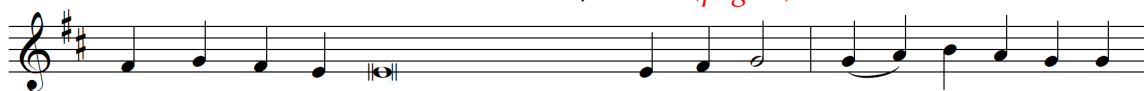
### Hexapsalmos

*The reader chants only **Psalm 102** on page 5 followed by "Glory..." on page 6.*

*Then 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-destroyed 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.

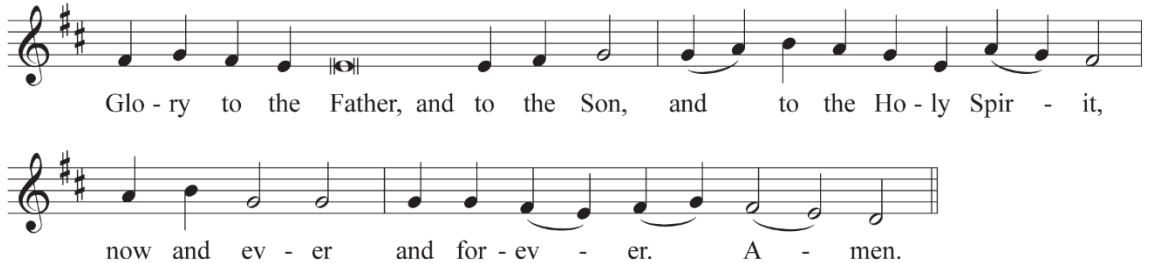
*The repetition of this Troparion & the Troparion of the Saint, if there is one, are omitted.*

*Before September 7<sup>th</sup>, continue below.*

*From September 7<sup>th</sup> through 13<sup>th</sup>, continue on page 3 of this insert.*

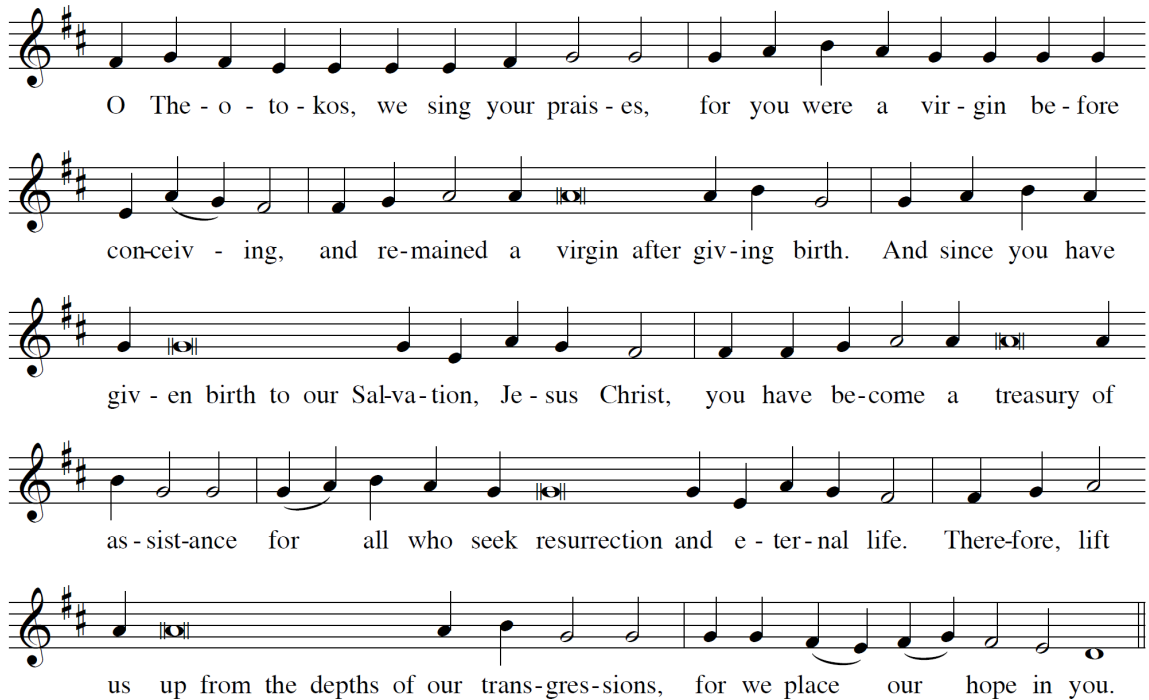
*From September 14<sup>th</sup> through 21<sup>st</sup>, continue on page 5 of this insert.*

**Cantor** (*Tone 7*):



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 7**



O The - o - to - kos, we sing your prais - es, for you were a vir - gin be - fore  
con - ceiv - ing, and re - mained a virgin after giv - ing birth. And since you have  
giv - en birth to our Sal - va - tion, Je - sus Christ, you have be - come a treasury of  
as - sist - ance for all who seek resurrexion and e - ter - nal life. There - fore, lift  
us up from the depths of our trans - gres - sions, for we place our hope in you.

*From September 7<sup>th</sup> – 13<sup>th</sup>, continue with “Glory...now & ever...” in Tone 4:*

**Cantor (Tone 4):**

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.

*On September 7<sup>th</sup>, continue below.*

*From September 8<sup>th</sup> – 13<sup>th</sup>, continue on page 4.*

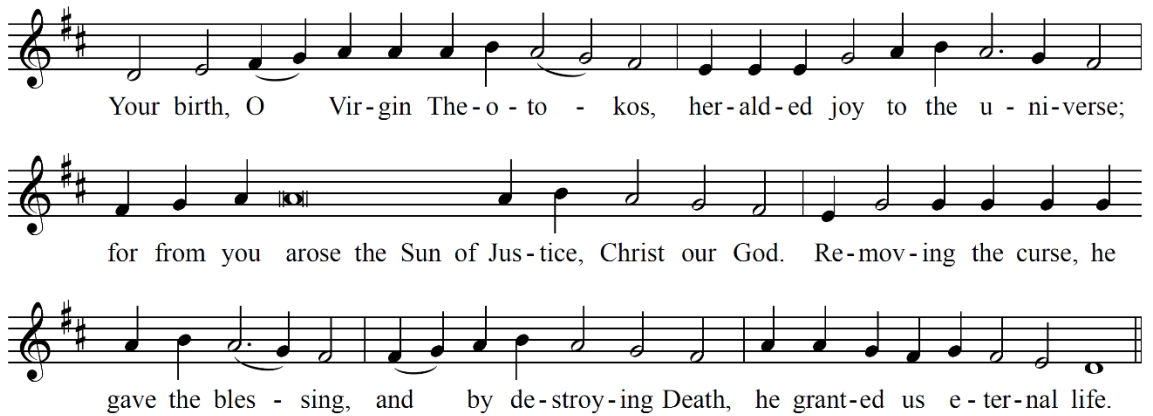
**Troparion of the Prefeast of the Nativity of the Theotokos – Tone 4**

To - day is born to us, from the root of Jesse and the loins of Da - vid,  
Mar - y, the god - ly child. There - fore, all creation re - joice - ces and is re - newed.  
Heav - en and earth re - joice to - geth - er. You fam - ilies of na - tions sing her praise.  
Jo - a - chim is elated and Anna cries out in cel - e - bra - tion: The bar - ren woman  
gives birth to the The - o - to - kos and the Sus - tain - er of our Life.

*Matins then continues with the Kathismata on page 5 of this insert.*

*From September 8<sup>th</sup> through 12<sup>th</sup>, continue below:*

**Troparion for the Nativity of the Theotokos – Tone 4**

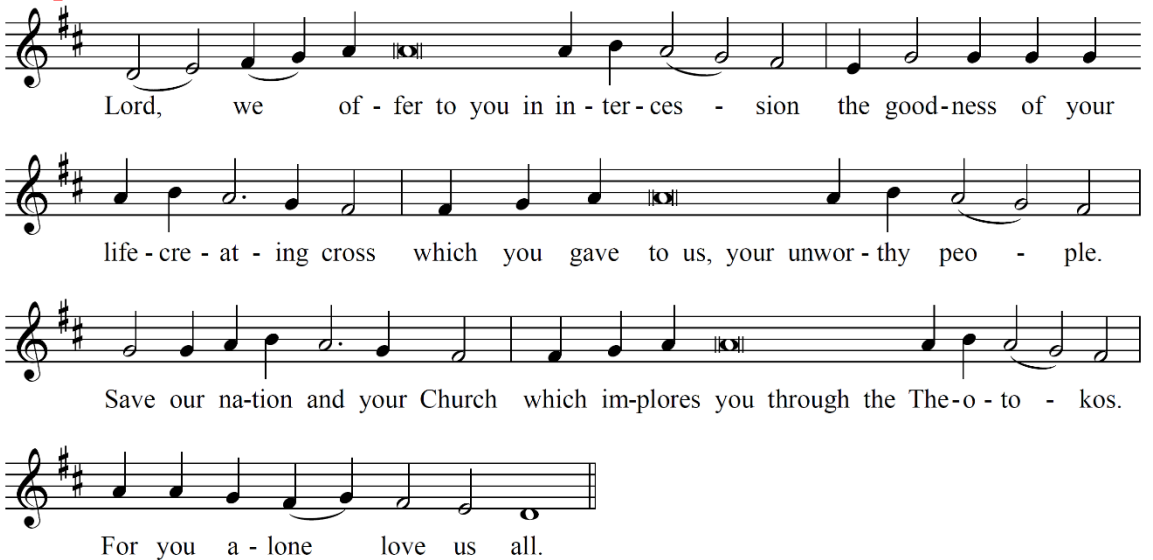


Your birth, O Vir-gin The-o-to - kos, her-ald-ed joy to the u - ni-verse;  
for from you arose the Sun of Jus-tice, Christ our God. Re-mov-ing the curse, he  
gave the bles - sing, and by de-stry-ing Death, he grant-ed us e - ter-nal life.

*Matins then continues with the Kathismata on page 5 of this insert.*

*On September 13<sup>th</sup>, continue below:*

**Troparion of the Pre-feast of the Exaltation of the Cross – Tone 4**

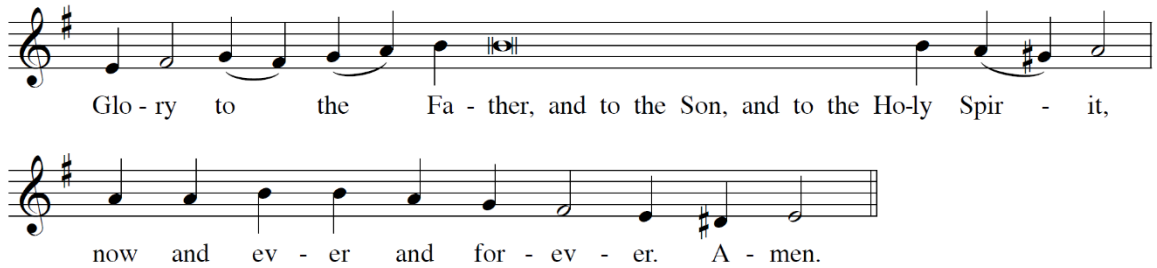


Lord, we of - fer to you in in - ter - ces - sion the good-ness of your  
life - cre - at - ing cross which you gave to us, your unwor - thy peo - ple.  
Save our na-tion and your Church which im-plores you through the The-o - to - kos.  
For you a - lone love us all.

*Matins then continues with the Kathismata on page 5 of this insert.*

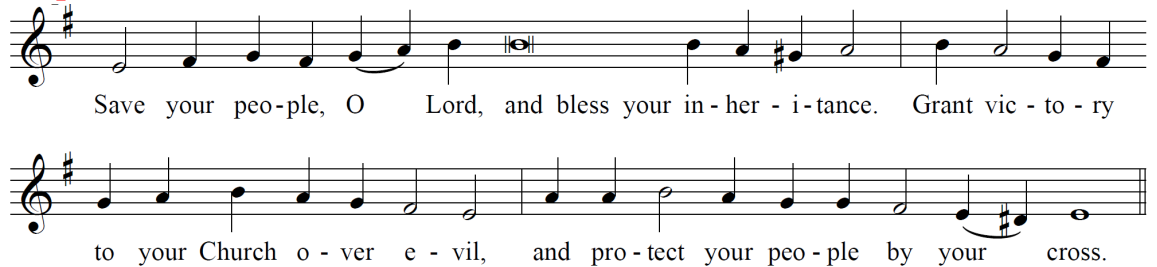
*From September 14<sup>th</sup> through 21<sup>st</sup>, continue below:*

**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.

**Trope of the Cross – Tone 1**



Save your peo - ple, O Lord, and bless your in - her - i - tance. Grant vic - to - ry  
to your Church o - ver e - vil, and pro - tect your peo - ple by your cross.

## **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 3<sup>rd</sup> 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."

### **Psalm 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

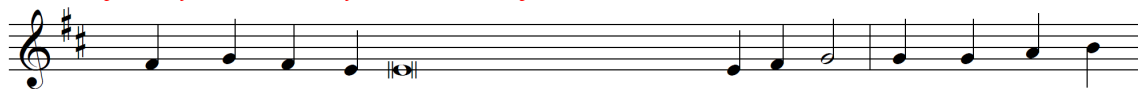
**People:** Now and ever and forever. Amen.

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

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

### Sessional Hymn *(page 7)*

*the 1<sup>st</sup> Hymn of the 2<sup>nd</sup> set of Sessional Hymns (Tone 7):*



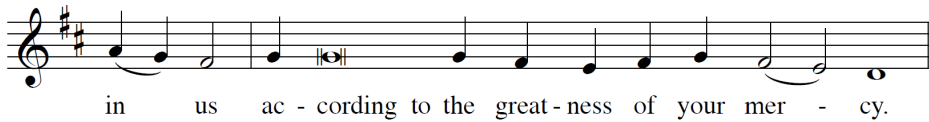
Though the tomb was sealed, you came forth from it, O Life, and though the doors



were closed you came to your disci-ples, O Christ our God, you are



the Resurrec-tion of all. Through them you re - new an upright spir - it



in us ac - cording to the great - ness of your mer - cy.

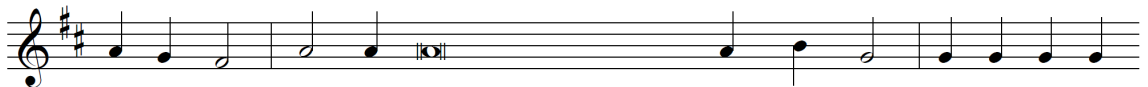
*Matins continues with Psalm 118 on page 17 followed by Hosts of Angels on page 18.*

## **Иѡакоѡ (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 1st Antiphon of the Stepenna (Gradual Hymns) is omitted. The 2nd Antiphon in Tone 7:*



If the Lord does not build the house of the soul, then vain - ly do we



la - bor, for with - out him no deed or say - - - ing is ev - er

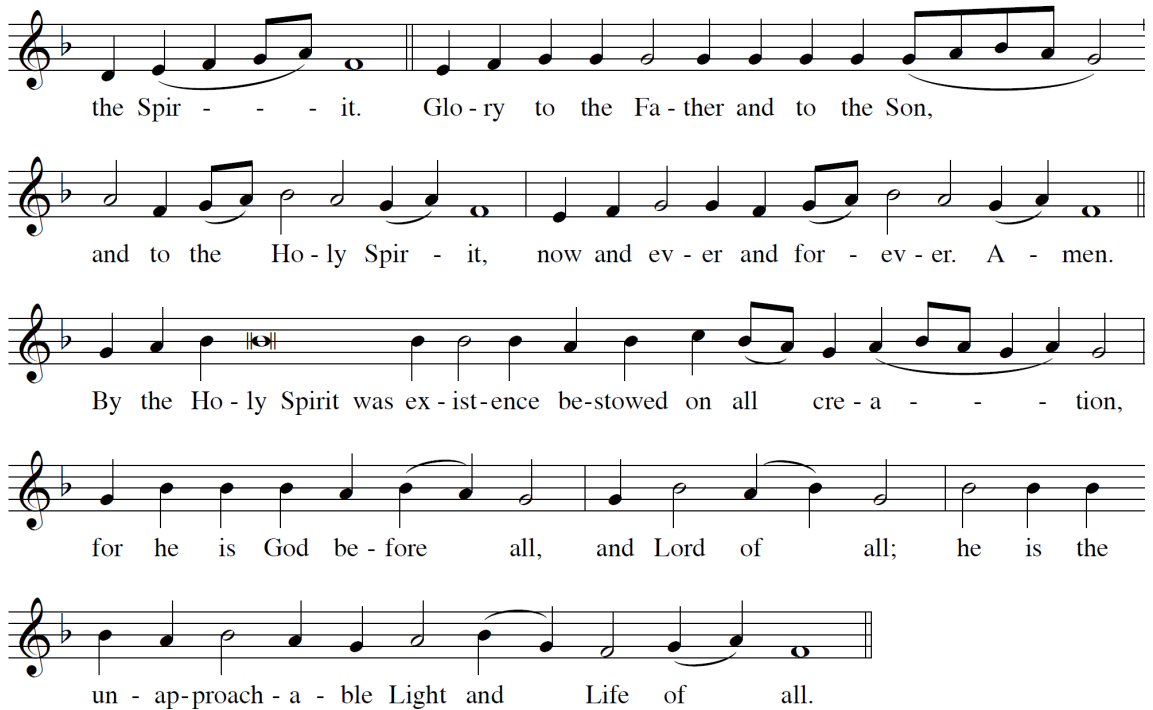


com - plete. As the fruit of the womb, the saints have brought forth



the faith - ful teach - ing by their fil - ial a - dop - tion through the move - ment of



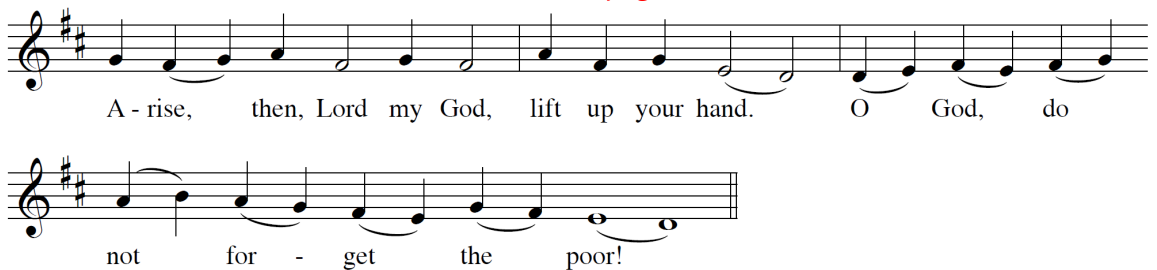


the Spir - - - it. Glo - ry to the Fa - ther and to the Son,  
 and to the Ho - ly Spir - it, now and ev - er and for - ev - er. A - men.  
 By the Ho - ly Spirit was ex - ist - ence be - stowed on all cre - a - - - - tion,  
 for he is God be - fore all, and Lord of all; he is the  
 un - ap - proach - a - ble Light and Life of all.

*Matins continues with the Prokeimenon (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 Sixth Resurrection Gospel is read (Luke 24: 12-35).*

*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)

Tone 7

*Odes 1-3, and the Canons of the Cross & Resurrection and of the Saint are omitted.*

*The Canons of the Resurrection and of the Theotokos continue with Ode 4.*

Ode 4  
Irmos

### Canon of the Resurrection

You have come down to earth, O Christ our God, with-out leav-ing the bos-om

of the Fa-ther; I have heard of the mystery of the plan of your sal - va - tion,

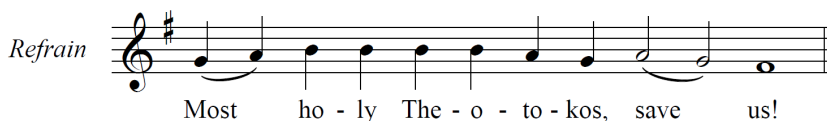
and I glo - ri - fy you, O Lov - er of us all.

Refrain

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

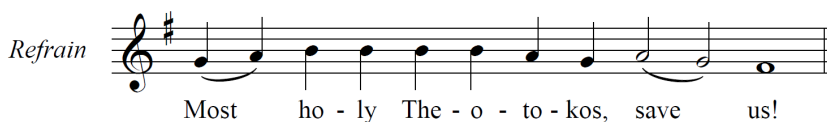
The One who took flesh from a virgin offers his own back to be whipped, and the innocent Master of the guilty slave is tortured to take away my sins. *Refrain*

When he appeared as a criminal before the unjust judges, he was condemned and struck across the face by the work of his own hands; yet he is the God who created us all and judges the world with his just judgments.



O most pure One, you are truly the Theotokos; pray to your Creator and Son to guide me towards the haven of salvation and the harbor of his divine will.

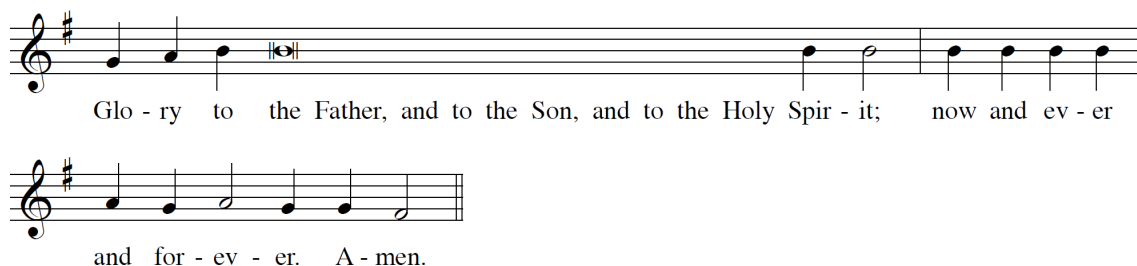
### Canon of the Theotokos



You have appeared before God to be above all creation, wholly chosen and fair, by the splendor of the light that pours forth from you. Wherefore we beseech you to enlighten those who sing your praises.

#### *Refrain*

From your pure blood, O Pure Virgin Mother, you have given birth to God in the flesh, who has redeemed us from our many sins. Wherefore with love we glorify you and sing your praises.



Rational nature, now initiated into the ineffable mystery of your childbearing, ministers as priest to the One who dawned from you, O All-praised One.

## Katavasia

I have re-ceived the mystery of your Law, O Lord; I have med-i-tat-ed upon  
your works; and I have glo-ri-fied your di-vin-i-ty.

*Ode 5 is omitted and the Canon continues with Ode 6.*

## Canon of the Resurrection

### 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.

*Refrain*

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

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.

### Canon of the Theotokos

*Refrain*

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

Prototypes in the Law and the sayings of the Prophets clearly foretold that you, O most pure Virgin, would give birth to the benefactor of all creation, who has in many and varied ways bestowed wondrous benefits upon those who sing to you with faith.

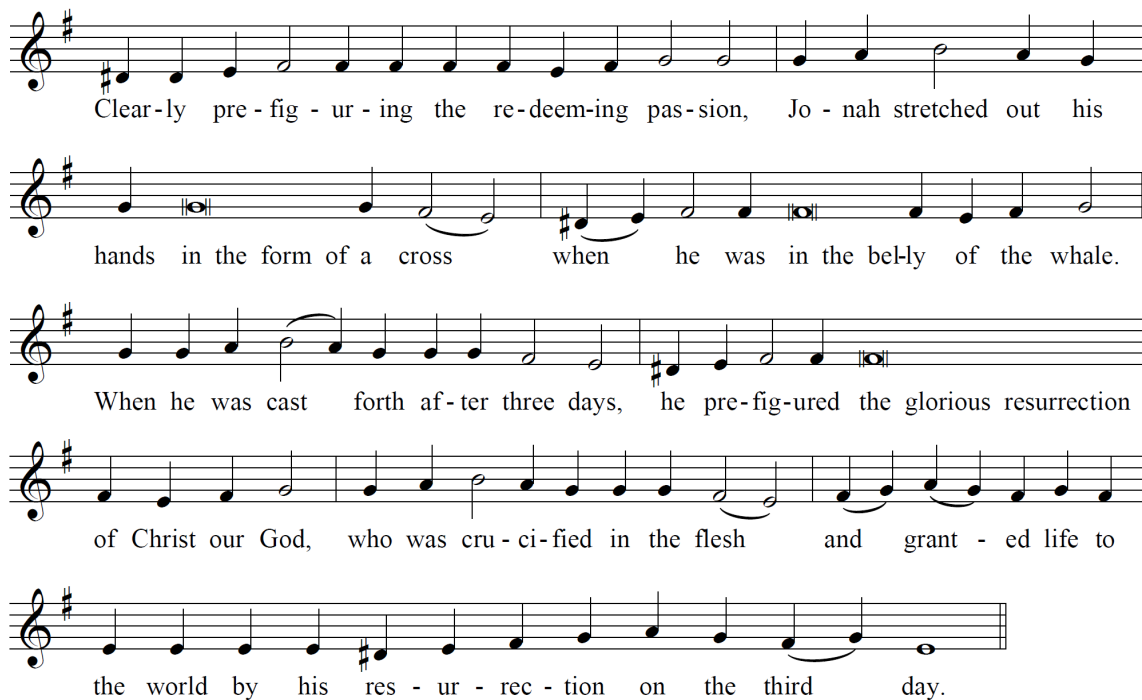
*Refrain:* Most holy Theotokos save us.

Adam, the first-formed, was long ago exiled from the delights of Paradise by the wiles of the author of Death, but you, O Virgin who knew not wedlock, have led him back again, by giving birth to the one who has delivered us from transgression.

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.

He who by his divine will and creative power has brought the universe into being from nothing has come forth from your womb, O most pure Virgin, shining with the effulgence of divine lightning upon all those in the shadow of death.

## Katavasia



Clear-ly pre - fig - ur - ing the re - deem - ing pas - sion, Jo - nah stretched out his  
hands in the form of a cross when he was in the bel - ly of the whale.  
When he was cast forth af - ter three days, he pre - fig - ured the glorious resurrection  
of Christ our God, who was cru - ci - fied in the flesh and grant - ed life to  
the world by his res - ur - rec - tion on the third day.

*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 - joice 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 & Ode 7 are omitted & the Canon continues with Ode 8.*

### Canon of the Resurrection

#### Ode 8 Irmos

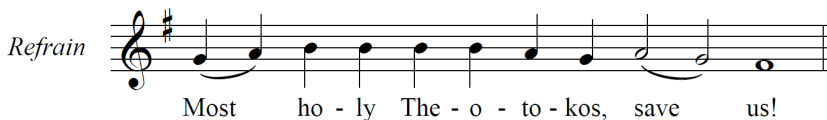
The bush on Si - nai which burned with - out be - ing con - sumed  
re - vealed God to Mo - ses, the man of un - cer - tain speech;  
and in the fire, the three youths, in - vin - ci - ble in their zeal for God,  
sang a hymn of praise: Sing to the Lord, all you works of the Lord,  
and ex - alt him for - - - ev - er.

#### Refrain

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

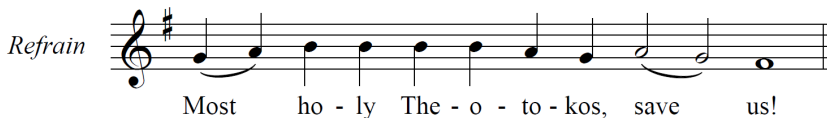
The Lamb without blemish who was sacrificed for the world, put an end to the sacrifices of the Law. As God without sin, he purified the universe which proclaims unceasingly: Sing to the Lord, all you works of the Lord, and exalt him forever. *Refrain*

Our flesh, which was assumed by the Creator, was not incorruptible before the passion; but after the cross and resurrection it was no longer accessible to the corruption of the grave, and it revived all mortals who cry out: Sing to the Lord, all you works of the Lord, and exalt him forever.



Your purity and integrity, O Virgin, have cleansed the stain and blemish of the universe; and you have become our reconciliation before God, O most pure One. Therefore, we bless you with one heart and exalt you forever.

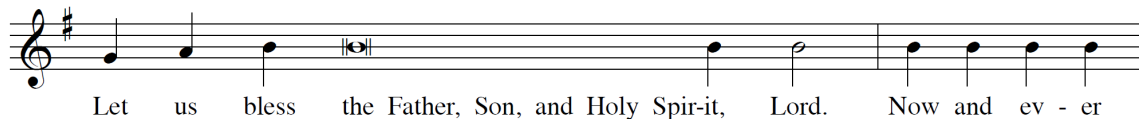
### Canon of the Theotokos



By the splendor of your childbearing, O Theotokos, you have wondrously enlightened all the inhabited world. For in your arms you carried the true God, who has rendered radiant the faithful who always cry: "Bless the Lord, all you works of the Lord, and exalt him forever."

#### *Refrain*

O Pure Virgin, we devoutly sing the praises of your womb, which ineffably contained our God in the flesh, who has bestowed the illumination of the knowledge of God upon all the faithful who ever cry: "Bless the Lord, all you works of the Lord, and exalt him forever."





With the brilliance of your light, O pure Theotokos, you who have borne the light, rendered resplendent those who sing your praises; for you have appeared as a tabernacle of light, enlightening those who ever cry: "Bless the Lord, all you works of the Lord, and exalt him 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

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.*

## Canon of the Resurrection

### 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.

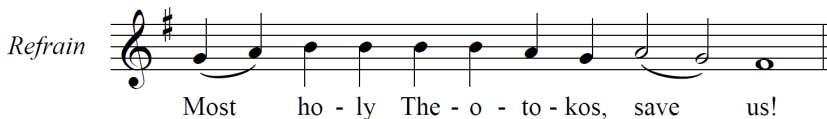
Let all those who are in error, by saying the Divinity has suffered, now be silenced! Indeed it is not in his divine nature but in his flesh that the Lord of glory was crucified. He is One in two natures, and we now extol him! *Refrain*

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.

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

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!

### Canon of the Theotokos



Ever-virgin maiden, for our sake you were revealed to be the cause of eternal joy and gladness, having carried in your womb the Redeemer, who delivers those who in truth and by the inspiration of the divine Spirit honor him as God.

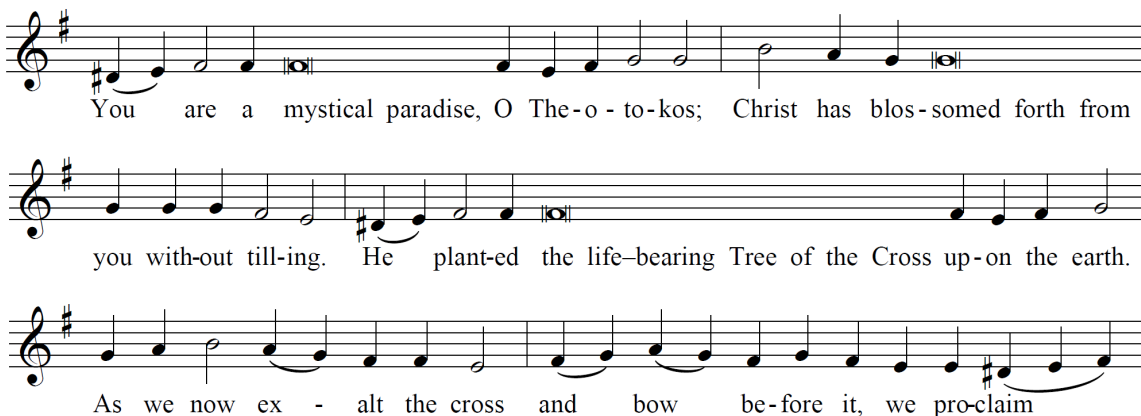
*Refrain:* Most holy Theotokos save us.

In a Psalm, your forefather David names you the ark of divine holiness, O most pure one. In a manner surpassing nature, you contained God seated in the bosom of the Father, whom we the faithful unceasingly magnify.

*Refrain:* Most holy Theotokos save us.

You are truly higher than all creation, O Maiden; since for our sake you have given birth in the flesh to the Creator of all things; therefore, as Mother of the only Master, you have majestically brought about victory for us against all adversaries.

### Katavasia

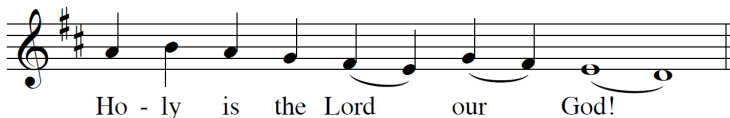




*Matins continues with the Small Litany on page 36.*

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

*Tone 7*



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

Christ our Way and our Life, after his resurrection from the dead, accompanied Luke and Cleopas, who had recognized him at Emmaus in the breaking of the bread. Their hearts and souls were inflamed as he spoke to them on the way, explaining to them all the Scriptures that pertained to him. Let us, therefore, shout with them, saying: Truly the Lord has risen and has appeared to Peter.

Glory... now and ever...

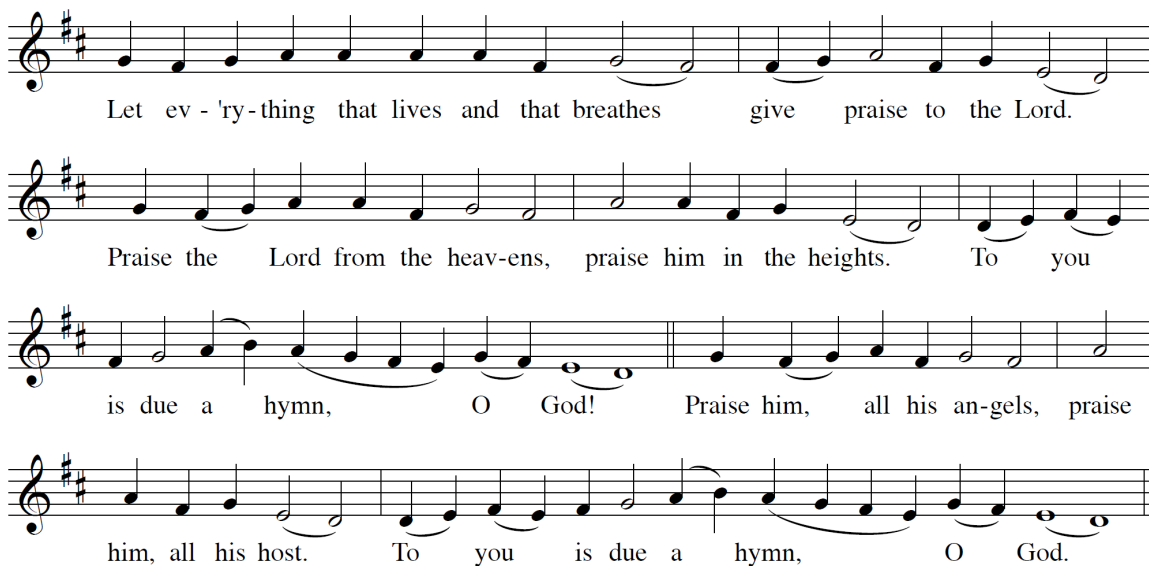
I praise your love without limit, O my Creator, for you emptied yourself to put on our broken nature to save us. O all-compassionate Lord, even though you are God, you consented for my sake to be born into our human condition and to descend into Hades to save us, through the intercession of your most pure Mother.

*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

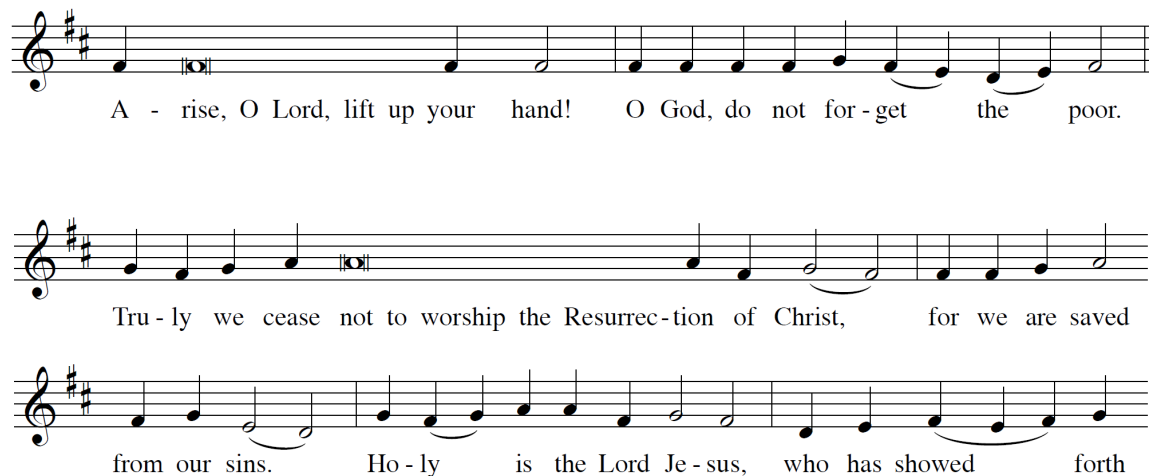
him, all his host. To you is due a hymn, O God.

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

## Stichera *(page 40)*

*the 3<sup>rd</sup> and 4<sup>th</sup> 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 we cease not to worship the Resurrec-tion of Christ, for we are saved

from our sins. Ho - ly is the Lord Je - sus, who has showed forth

the Res - ur - rec - tion for us.

**Cantor** (*Tone 7*):

I will praise you, Lord, with all my heart; I will re-count your won - ders.

What shall we give to the Lord for all that he has done for us? To save us,

God has dwelt in our midst. The Word has become flesh because of our

cor - rupt - ed na - ture, and he has tak - en up his a - bode a - mong us.

The Ben - e - fac - tor reaches out to us in our in - grat - i - tude; the Re-deem-er

comes to us in our serv-i-tude; the Sun of Jus-tice descends to those in dark-ness;

he who is beyond suffering is nailed to the cross; he is Light

to those in Hades and Life to those in death; to all mor-tals he is the

Res-ur-rec-tion. There-fore we cry out: O our God, glo - ry to you!

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

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.

**Fifth Gospel Stanza**

**Tone 5**

How wise are your judgments, O Christ! You grant-ed Pe - ter the understanding of  
your Re - sur - rec - tion by the bur - i - al wrap-pings a - lone. E - ven  
though you accompanied Luke and Cleopas and con-versed with them, yet you did not  
re-veal your-self. You were taunt-ed by them as though you alone were a stran-ger  
in Je - ru - sa-lem, not know - ing what had recently hap-pened there. But since

you ordained all things for the good of each, you ex - plained to them what the  
prophets had spo - ken con - cern - ing you. In the break - ing of the bread they  
rec - og - nized you be - cause their hearts were already burning with the de - sire to  
know you. When they came to - geth - er with the dis - ci - ples,  
they pro - claimed openly your divine Re - sur - rec - tion by which we ask that  
you have mer - cy on us.

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