

Matins Propers

Fourth Sunday of the Great Fast. Our Holy Fr. John Climacus

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

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

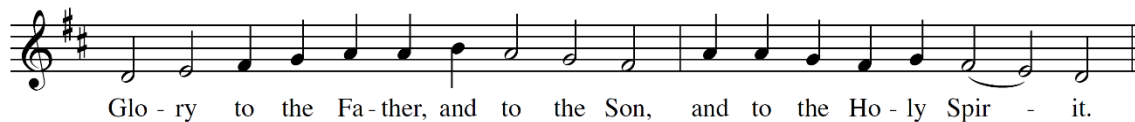
Troparia (page 9)

Troparion of the Resurrection – Tone 8

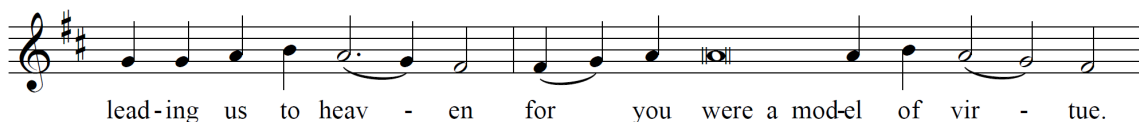
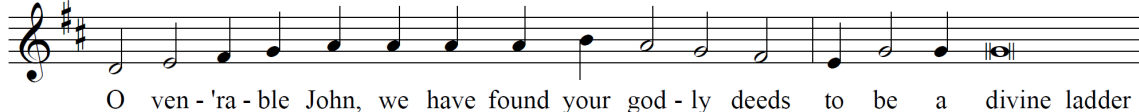
You de - scend - ed from on high, O mer - ci - ful One. You ac - cept - ed
bur - i - al for three days to free us from our pas - sions. O Lord, our
Res - ur - rec - tion and our Life, glo - ry to you.

The repetition of the troparion is omitted.

Cantor (*Tone 4*):



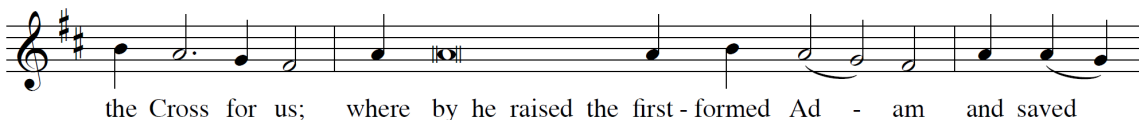
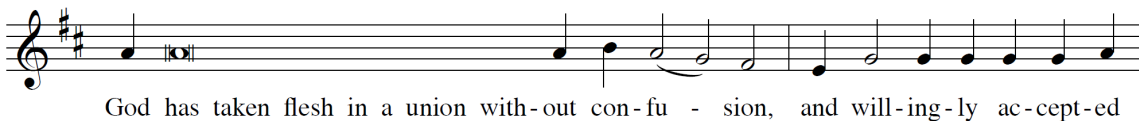
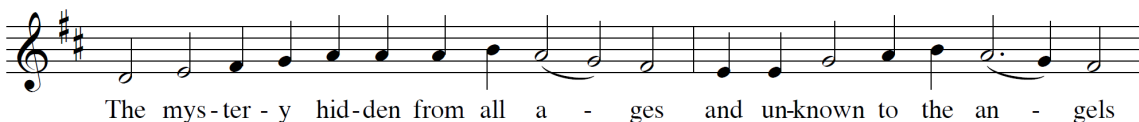
Troparion of our Venerable Father John Climacus – Tone 4



Cantor (*Tone 4*):



Festive Theotokion – Tone 4





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 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*)

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

Sessional Hymn (page 11)

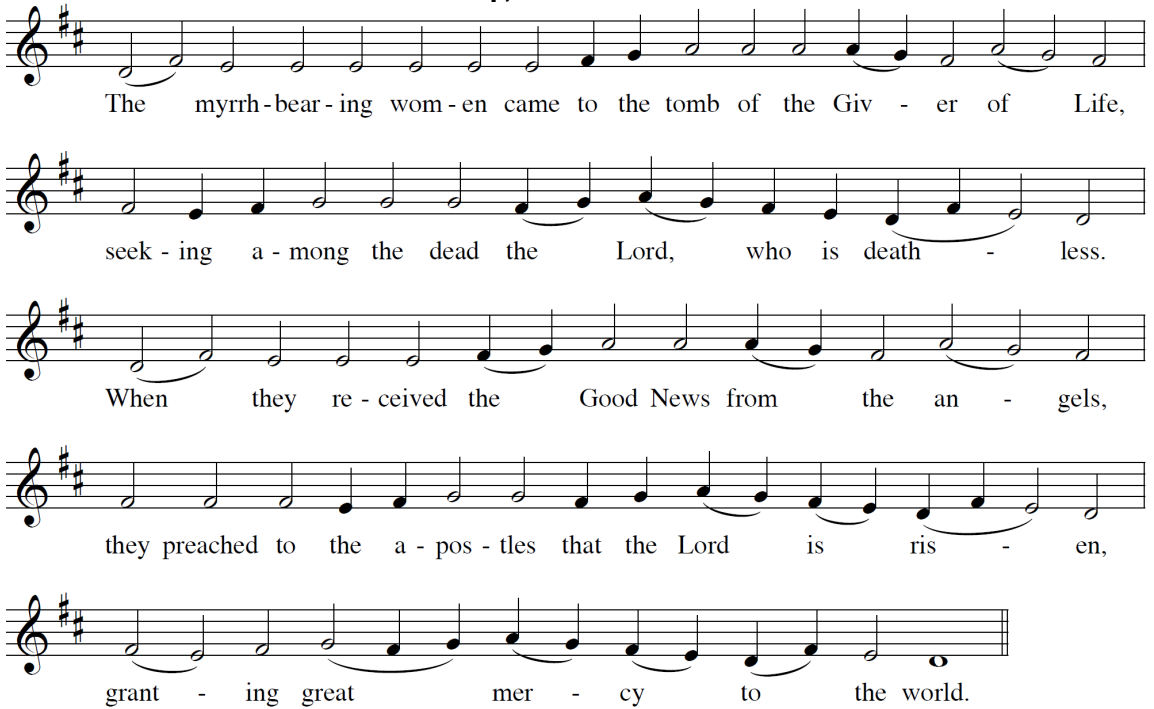
the Theotokion of the 1st set of Sessional Hymns (Tone 8 podoben: Premudrosti):

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).*

Ἡψαλμὸς (page 21)

Tone 8



The myrrh-bear-ing wom-en came to the tomb of the Giv - er of Life,
seek - ing a - mong the dead the Lord, who is death - less.
When they re - ceived the Good News from the an - gels,
they preached to the a - pos - tles that the Lord is ris - en,
grant - ing great mer - cy to the world.

Stepenna (page 21)

The Stepenna (Gradual Hymns) are omitted.

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

Prokeimenon (page 22)

Psalms 145: 10, 1-2



The Lord will reign for - ev - - er; Zi-on's God from age to age.

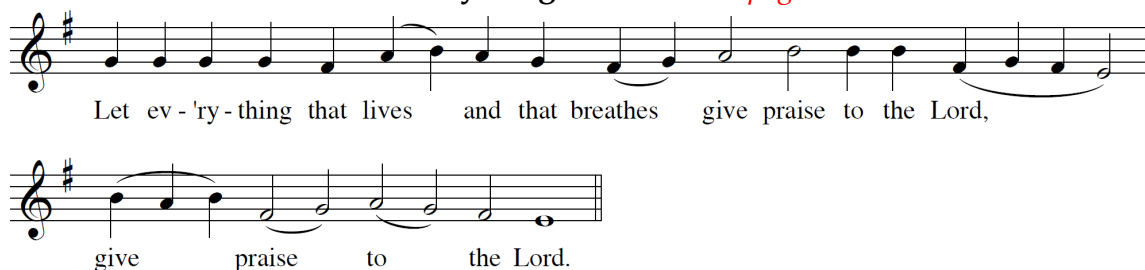
Deacon: My soul, give praise to the Lord!

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.*

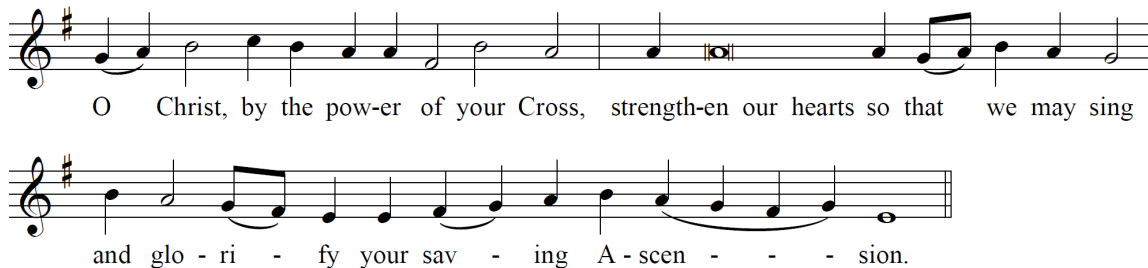
Ode 1 and the Canons of the Resurrection & of the Theotokos are omitted.

Ode 3

Canon of the Triodion

Tone 5

Irmos



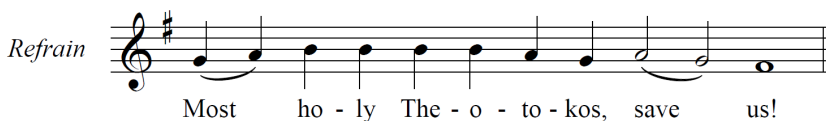
Refrain



Traversing the path of this life, I have been sorely wounded by the thievery of passions;
lift me up, O Christ, I beseech you. *Refrain*

My soul has been stripped by thieves; they have left me half-dead along the path,
wounded by the blows of my sins; now deign to heal me, O Lord. *Refrain*

By my passions, O Christ our Savior, I have been stripped of your commandments;
sensual pleasures have struck me down; pour out the oil of your love upon me.



Pray constantly, O pure Virgin, to the One born of your womb, that he may save from
straying, those who praise you, O holy Theotokos.

Canon of Our Holy Father John of the Ladder

The Irmos is not sung

Refrain: Venerable Father John, pray to God for us.

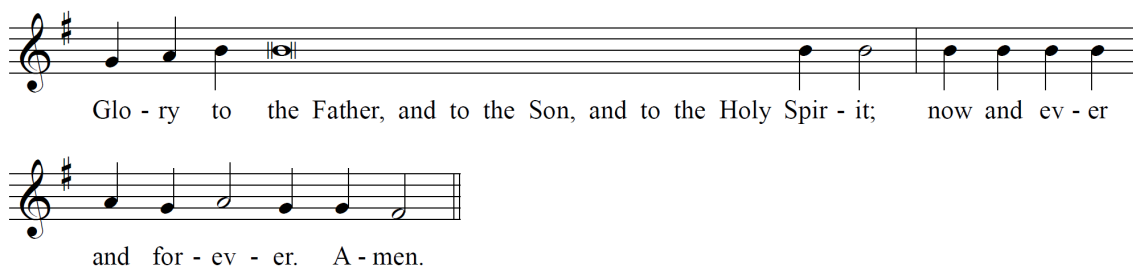
By the fire of your asceticism, O holy Father, you devour the thorns of passions, and you
arouse the fervor of monks.

Refrain: Venerable Father John, pray to God for us.

Distilling holiness by the aroma of your virtues, O holy Father, you have become a sweet-
smelling fragrance for the Lord.

Refrain: Venerable Father John, pray to God for us.

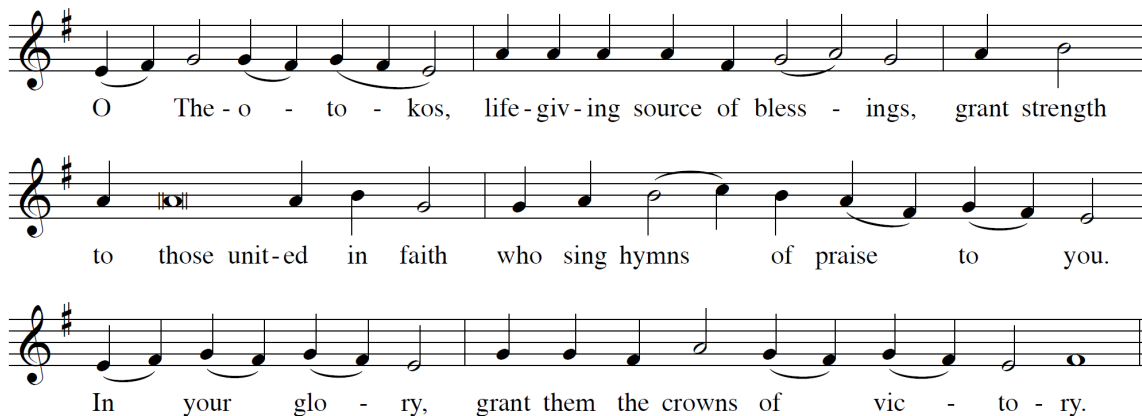
Training yourself in the laws of asceticism, you have drowned the passions in the streams
of your tears, as formerly the armies of Pharaoh were swallowed up.



Calm the restlessness of my thoughts, O holy Theotokos, and direct the surges of my heart to your Son.

Katavasia 3 of the Theotokos

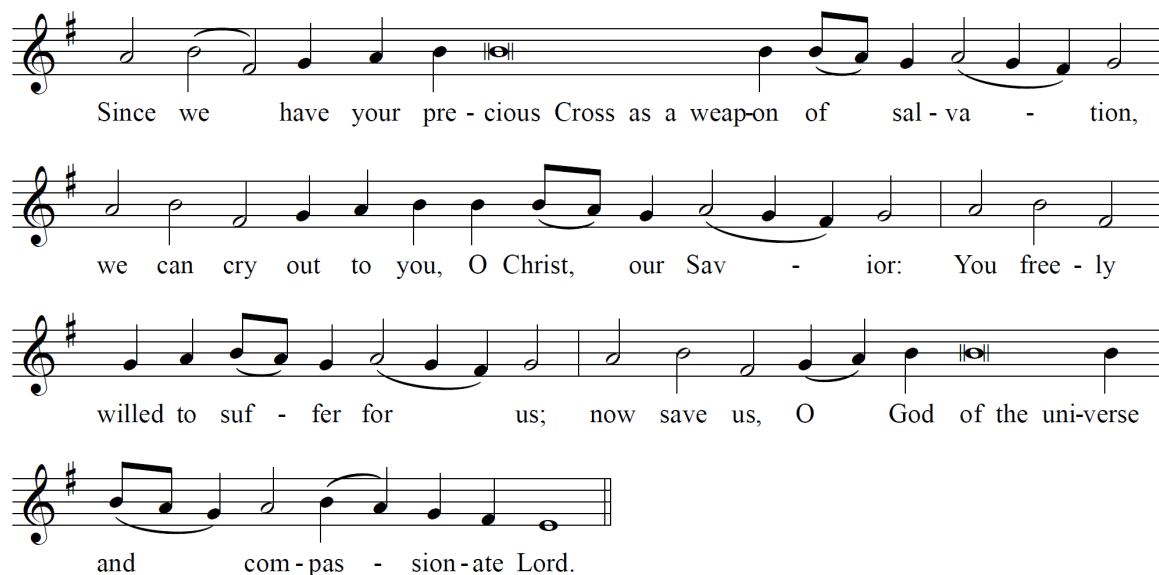
Tone 4



O The - o - to - kos, life-giv-ing source of bless - ings, grant strength
to those unit-ed in faith who sing hymns of praise to you.
In your glo - ry, grant them the crowns of vic - to - ry.

Matins continues with the Small Litany on p. 33

Sessional Hymn - Tone 5 troparion

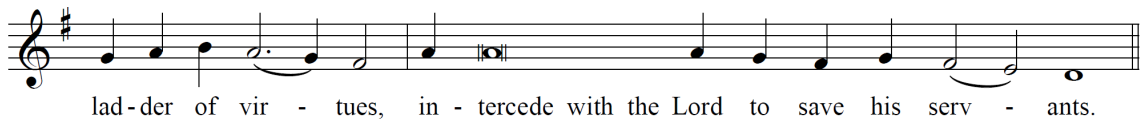
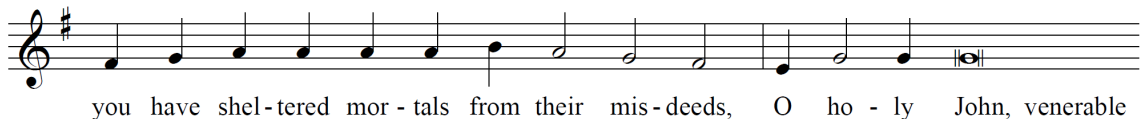
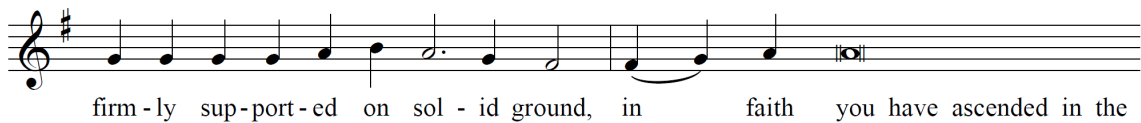
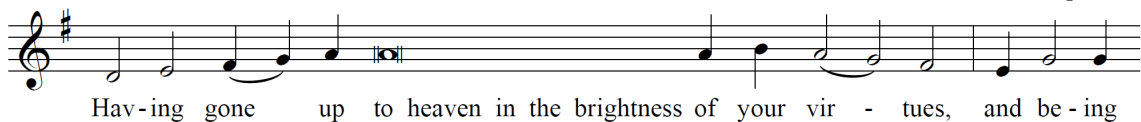


Since we have your pre - cious Cross as a weap-on of sal - va - tion,
we can cry out to you, O Christ, our Sav - ior: You free - ly
willed to suf - fer for us; now save us, O God of the uni-verse
and com - pas - sion-ate Lord.

Cantor (*Tone 4 troparion*):



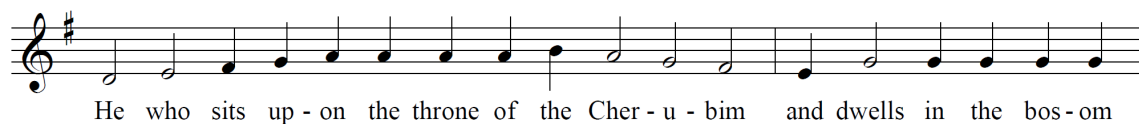
Tone 4 troparion

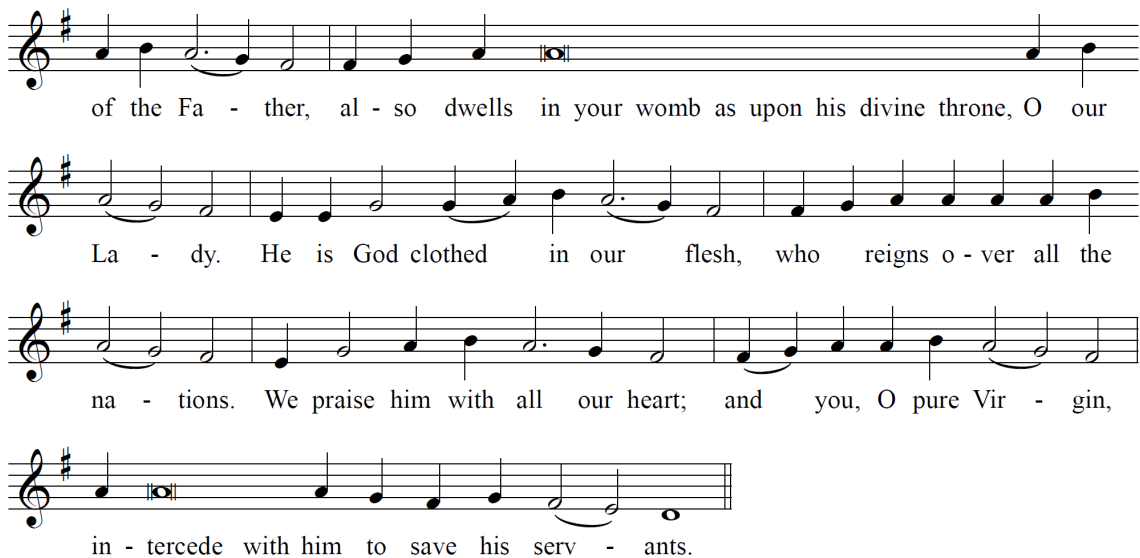


Cantor (*Tone 4 Troparion*):



Tone 4 troparion





of the Fa - ther, al - so dwells in your womb as upon his divine throne, O our
La - dy. He is God clothed in our flesh, who reigns o - ver all the
na - tions. We praise him with all our heart; and you, O pure Vir - gin,
in - tercede with him to save his serv - ants.

Ode 4 - 6 are omitted & Matins continues with the Kontakion & Ikos of the Saint:

Kontakion & Ikos (page 34)

Tone 4



John, our teach - er and fa - ther, the Lord has raised you to the heights of
self-con-trol, to be a true guid-ing star en-light-en-ing the ends of the earth.

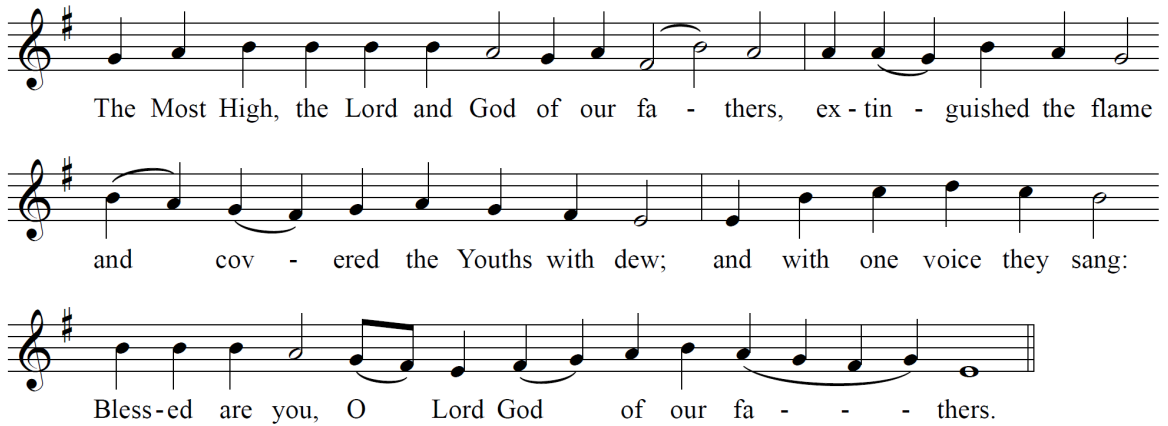
Ikos: O John, our leader and father, you have become the dwelling place of God; you shine with your virtues as the most pure gold; you are adorned with faith, hope, and love; expounding the divine precepts, you practiced asceticism and were liberated from the flesh; you acquired wisdom, courage, chastity, and humility, by which you were raised up; illuminated by constant prayer, you attained the tabernacles on high.

Canon of the Triodion

Tone 5


Ode 7

Irmos



The Most High, the Lord and God of our fa - thers, ex - tin - guished the flame
and cov - ered the Youths with dew; and with one voice they sang:
Bless - ed are you, O Lord God of our fa - - - thers.

Refrain




Glo - ry to you, our God, glo - ry to you.

Thieves have fallen upon me for my misfortune, and their blows have left me half-dead; therefore, I pray to you: Have mercy on me, O Lord. *Refrain*

My restless thoughts have despoiled me, and the assault of my passions have left me half-dead, buffeted by my many sins; save me, O God my Savior. *Refrain*

Seeing my wounds and my grief, my bruises that have no hope of healing, a Levite passed by me in disgust; but you, O Savior, attend to me and heal me.

Refrain



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

You were born of a Virgin to save me, O Christ; you have poured out the oil of your mercy and your compassion; therefore I glorify you, O Lord.

Canon of Our Holy Father John of the Ladder

The Irmos is not sung

Refrain: Venerable Father John, pray to God for us.

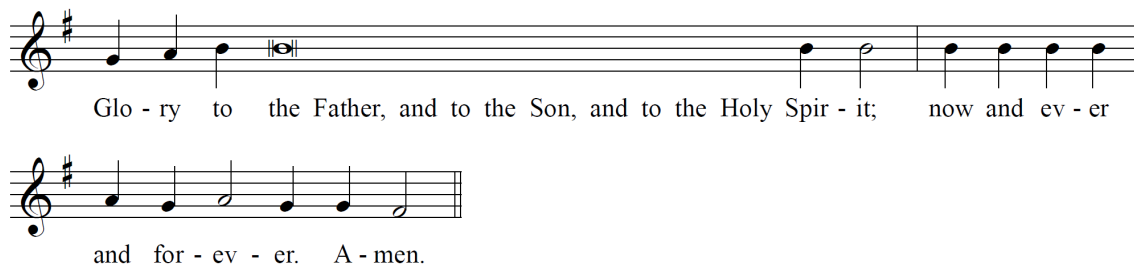
In the green pastures of your heavenly kingdom, you tended your flock, O holy father, driving away the beasts with the staff of your teaching; and you sang: Blessed are You, O God of our fathers.

Refrain: Venerable Father John, pray to God for us.

With a robe worthy of the bridegroom, you entered the wedding feast of Christ our king, and you were invited to sing: Blessed are You, O God of our fathers.

Refrain: Venerable Father John, pray to God for us.

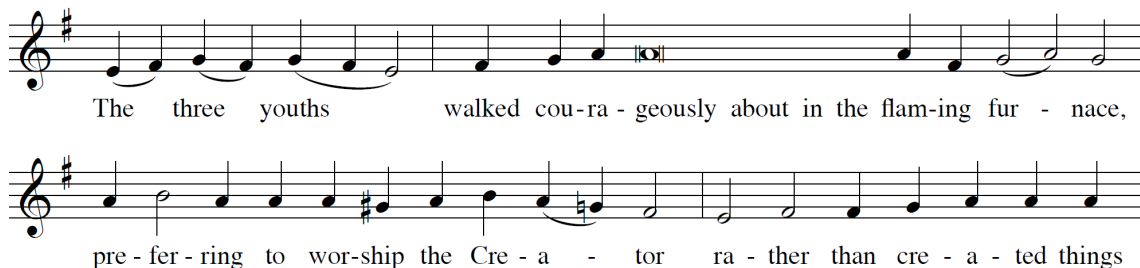
You were not a torrent or a whirlwind of sin, but a stream sweeping away our sins, purifying the stains of those who sing in faith: Blessed are You, O God of our fathers.

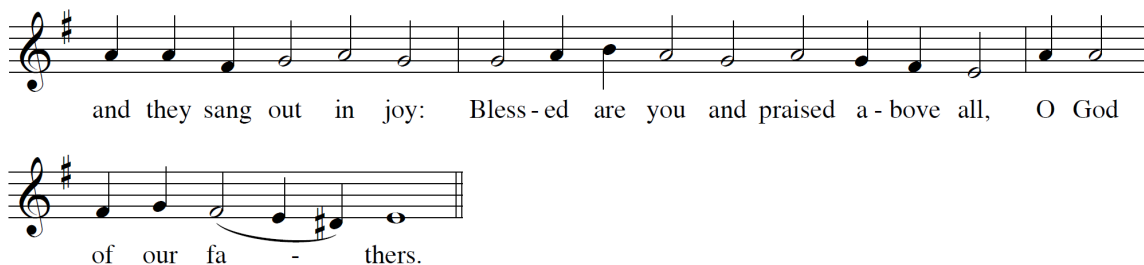


The Lord of the universe came forth from your womb, and he took flesh from you, O Virgin; and now calling you the Theotokos, we cry out to your Son: Blessed are You, O God of our fathers.

Katavasia 7 of the Theotokos

Tone 4





Ode 8 is omitted

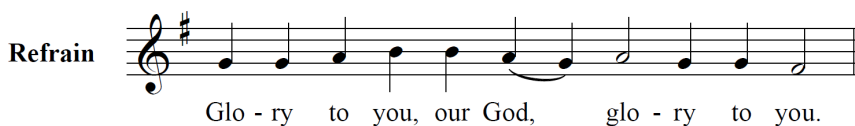
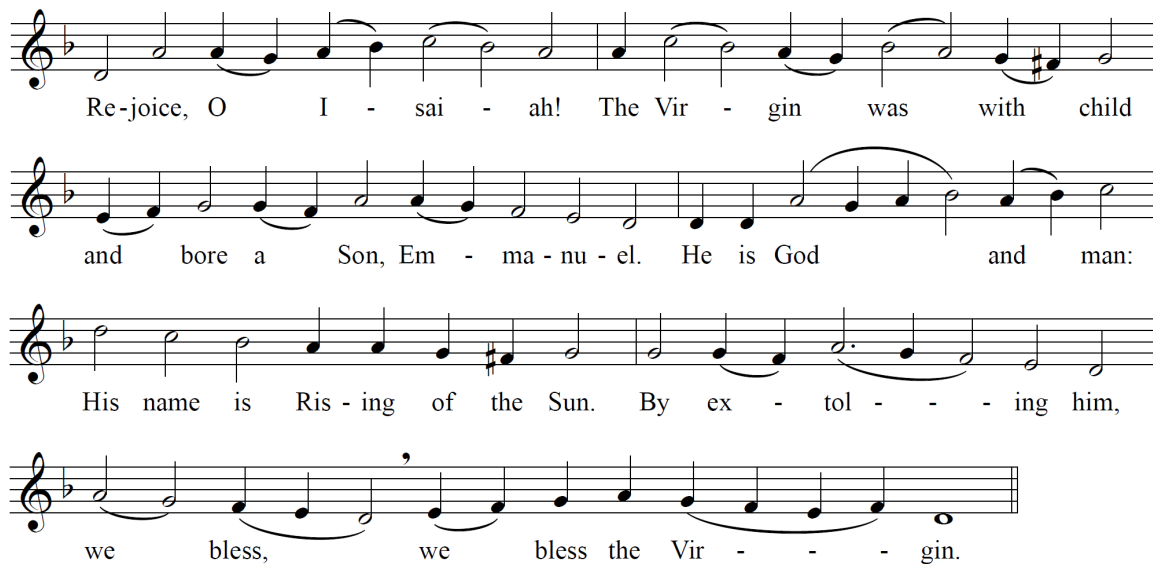
& Matins continues with "Let us greatly extol..." & the Cantic of the Theotokos on p. 34.

Canon of the Tridion

Tone 5

Ode 9

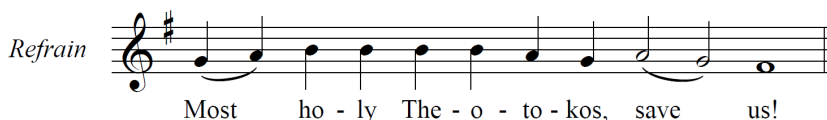
Irmos



I have not observed your commandments, O Lord, but I have followed my own will, giving in to my passions and sensual pleasures; I have been stripped of grace; naked, and covered with sores, I beseech you to save me, O God and Savior. *Refrain*

Neither the priest nor the Levite could wash my wounds, but only you, O God of goodness; in your compassion, you have come to me; you poured out the oil of your love upon me, and, as a wise physician, O Christ our Savior, you have attended to me and healed me. *Refrain*

In your compassion, O Christ, full of tenderness, you have saved me when I was suffering, flailed by the lashes of the brigands; and, as the Good Samaritan who gave two silver coins, you gave your body and your blood to save me.



Wondrous was your childbearing! You conceived without seed, O Theotokos, and in virginity, you gave birth to your Son; for God himself is born, and we who glorify him, call you blessed, O Virgin.

Canon of Our Holy Father John of the Ladder

The Irmos is not sung

Refrain: Venerable Father John, pray to God for us.

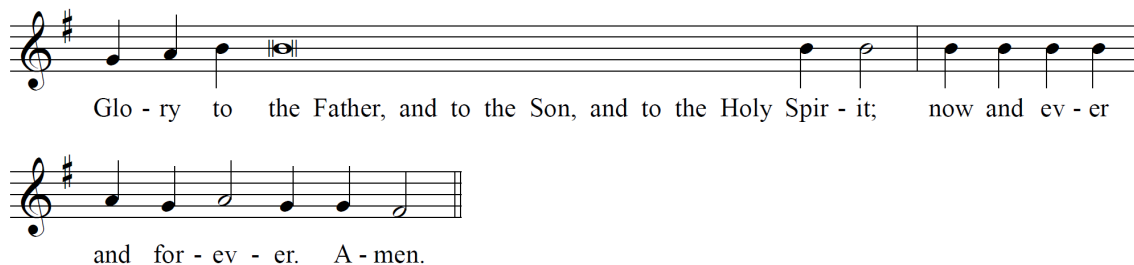
O physician for sinners, O blessed Father, God has appointed you to dispel evil spirits; therefore, we call you blessed.

Refrain: Venerable Father John, pray to God for us.

You have departed from this world of corruption to enter the land, O holy father, that the gentle receive as an inheritance; and you rejoice with them in unending happiness.

Refrain: Venerable Father John, pray to God for us.

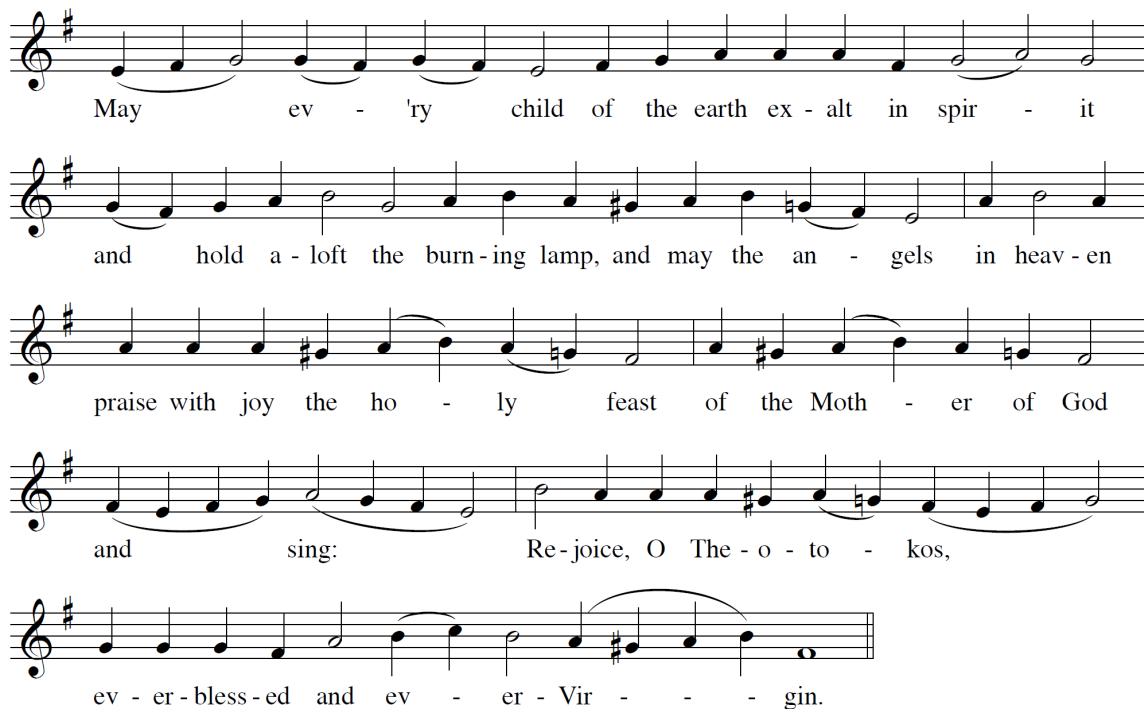
Today is a festive day, for it calls all the monks together to rejoice in spirit at the table and the meal of eternal life.



In you, O Virgin, has dwelled the One who crushed the power of the Seducer of our first parents; He has been born of you to bring us salvation.

Katavasia 9 of the Theotokos

Tone 4



May ev - 'ry child of the earth ex - alt in spir - it

and hold a - loft the burn - ing lamp, and may the an - gels in heav - en

praise with joy the ho - ly feast of the Moth - er of God

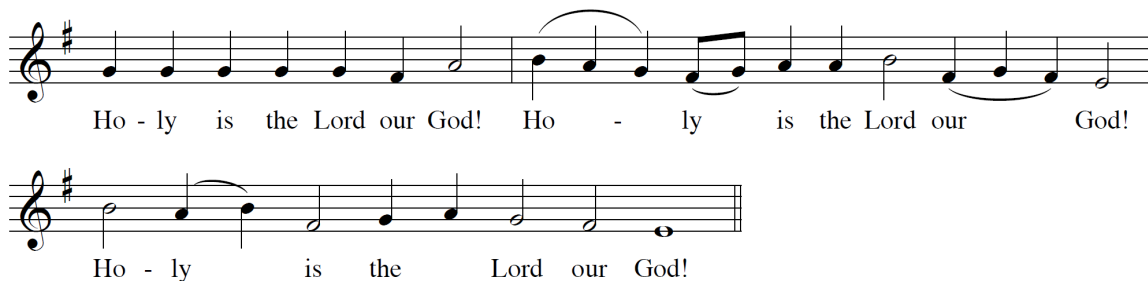
and sing: Re - joice, O The - o - to - kos,

ev - er - bless - ed and ev - er - Vir - - - gin.

Matins continues with the Small Litany on page 36.

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

Tone 8



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

The sensual pleasures of this world only bring disgust, and by fasting, your flesh has wasted away; but you renewed the strength of your soul, and you gained eternal glory in heaven. O venerable Father John, do not cease to intercede for us.

Glory... Now and ever...

We truly recognize you as the Theotokos, for we have been saved through you; ineffably, you conceived the God who saved us from death by his Cross, drawing to himself the assembly of the saints, with whom we praise your glory, O Virgin Theotokos.

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,

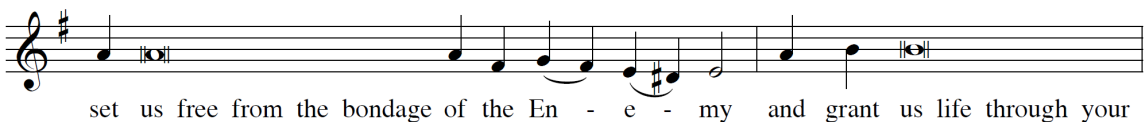
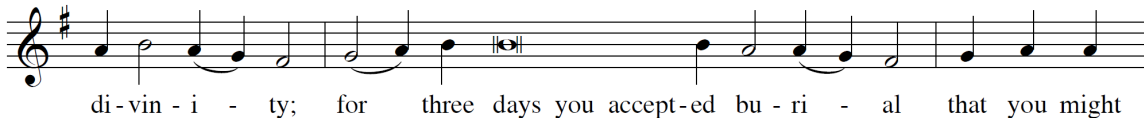
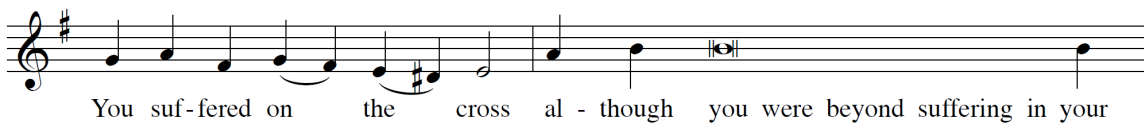
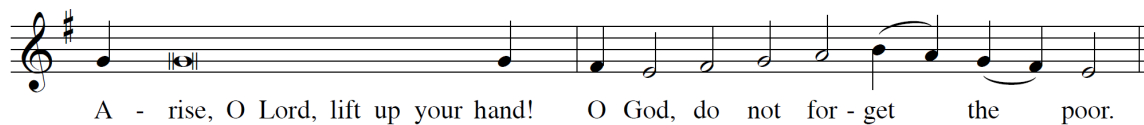
praise him, all his host. To you is due a hymn, O God.

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

Stichera (page 40)

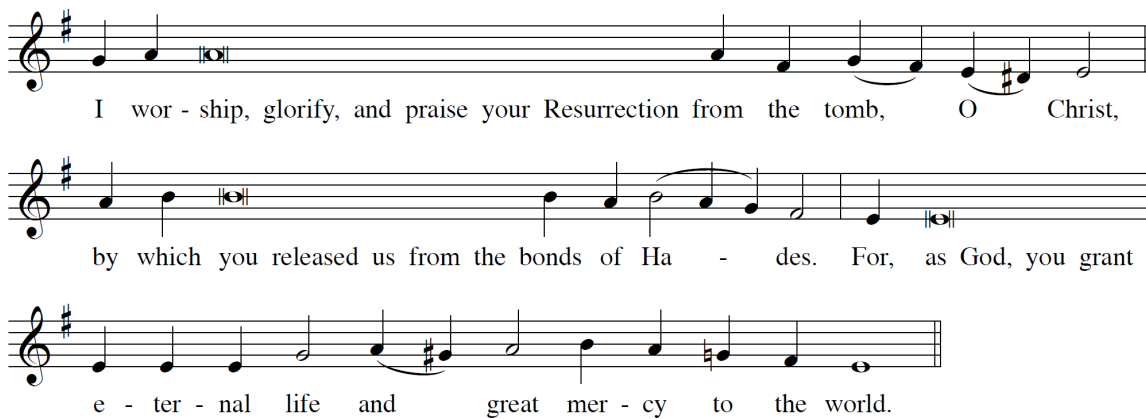
the 5th & 6th of the 8 Stichera of the Resurrection from the Octoechoes:

Cantor (Tone 8):



Cantor (Tone 8):

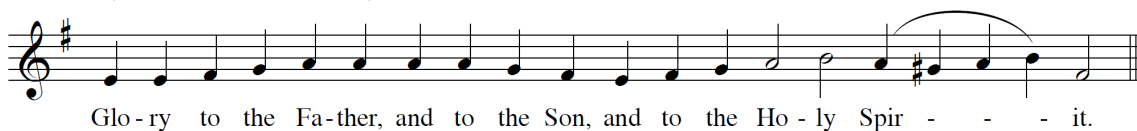




I wor - ship, glorify, and praise your Resurrection from the tomb, O Christ,
by which you released us from the bonds of Ha - des. For, as God, you grant
e - ter - nal life and great mer - cy to the world.

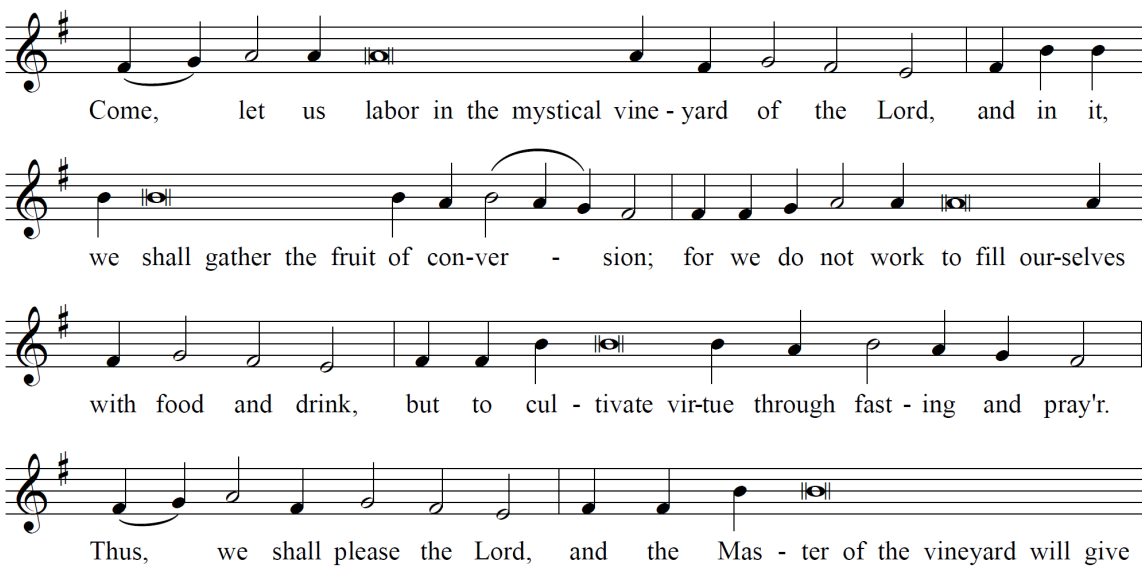
*All the rest of the Stichera from the Octoechoes are omitted.
Continue with the following from the Triodion.*

Cantor (*Tone 1 Samohlasen*):

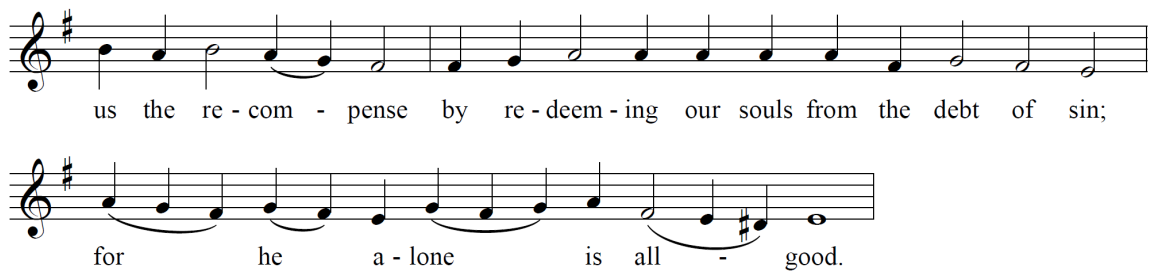


Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - - - it.

Doxastikon - *Tone 1 samohlasen*



Come, let us labor in the mystical vine - yard of the Lord, and in it,
we shall gather the fruit of con-ver - sion; for we do not work to fill our-selves
with food and drink, but to cul - tivate vir-tue through fast - ing and pray'r.
Thus, we shall please the Lord, and the Mas - ter of the vineyard will give



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