

Matins Propers

Fifteenth Sunday after Pentecost

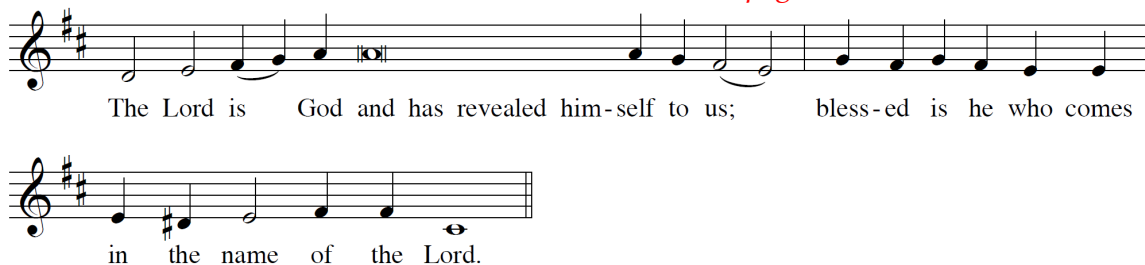
*in the Sixth Tone with the Fourth Resurrection Gospel
with the Katavasiai from the Canon of the Exaltation of the Cross,
which are sung from August 24th through September 21st*

Hexapsalmos

*The reader chants only **Psalm 87** on page 4 followed by "Glory..." on page 6.*

Matins continues with the Litany of Peace on page 7.

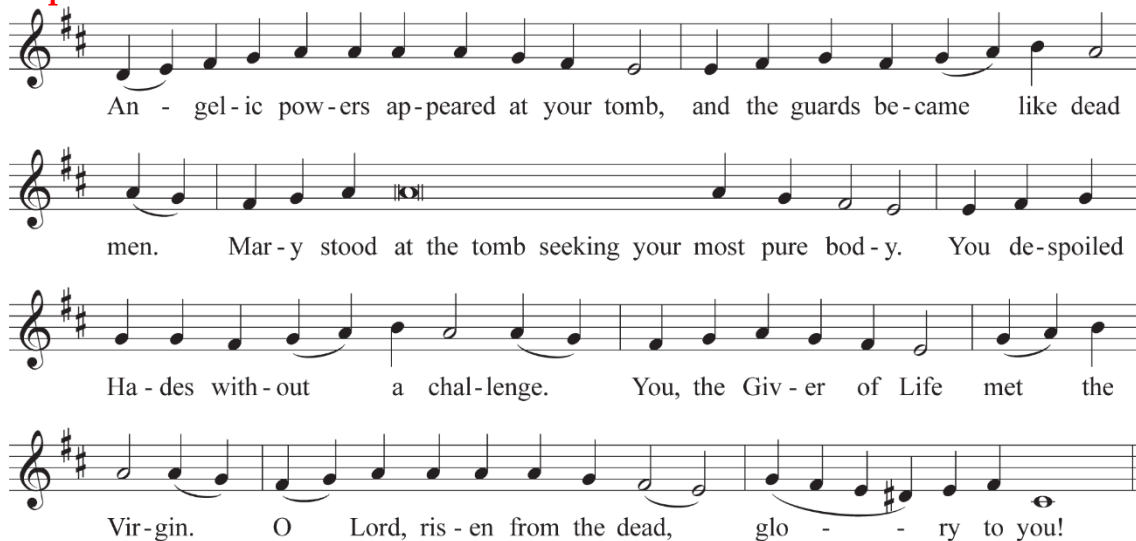
The Lord is God – Tone 6 (page 9)



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 6



An - gel-ic pow-ers ap-peared at your tomb, and the guards be-came like dead
men. Mar-y stood at the tomb seeking your most pure bod-y. You de-spoiled
Ha-des with-out a chal-lenge. You, the Giv-er of Life met the
Vir-gin. O Lord, ris-en from the dead, glo - - ry to you!

The repetition of this troparion is omitted.

Before September 7th, continue below.

From September 7th through 13th, continue on page 3 of this insert.

From September 14th through 21st, continue on page 5 of this insert.

Cantor (Tone 6):

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 in G major (one sharp) and 4/4 time. It consists of two staves. The first staff contains the melody for the first line of text, and the second staff contains the melody for the second line of text. The melody is a simple, stepwise line with some rests and ties.

Festive Theotokion – Tone 6

Christ, who called you "Moth-er" and the "Bless-ed One," ac - cept-ed the Pas-sion
of his own free will. In his de-sire to find the fall-en Ad - am, he caused
light to shine forth from his cross in or-der to search him out. Then he said
to the an - gels: Re-joice with me, for I have found the last piece of sil-ver.
Glo-ry to you, O God, who ac-com-plished all things in such wis - dom.

The musical notation is in G major (one sharp) and 4/4 time. It consists of five staves. The first staff contains the melody for the first line of text, and the second staff contains the melody for the second line of text. The melody is a simple, stepwise line with some rests and ties. The third staff contains the melody for the third line of text, and the fourth staff contains the melody for the fourth line of text. The fifth staff contains the melody for the fifth line of text.

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

From September 7th – 13th, 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 7th, continue below.

From September 8th – 13th, continue on page 4.

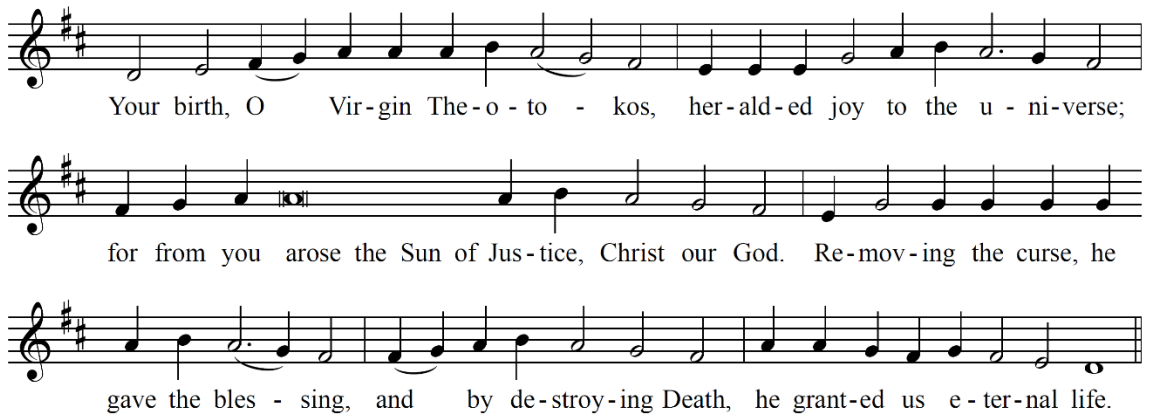
Troparion of the Prefeast of the Nativity of the Theotokos – Tone 4

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 8th through 12th, continue below:

Troparion for the Nativity of the Theotokos – Tone 4

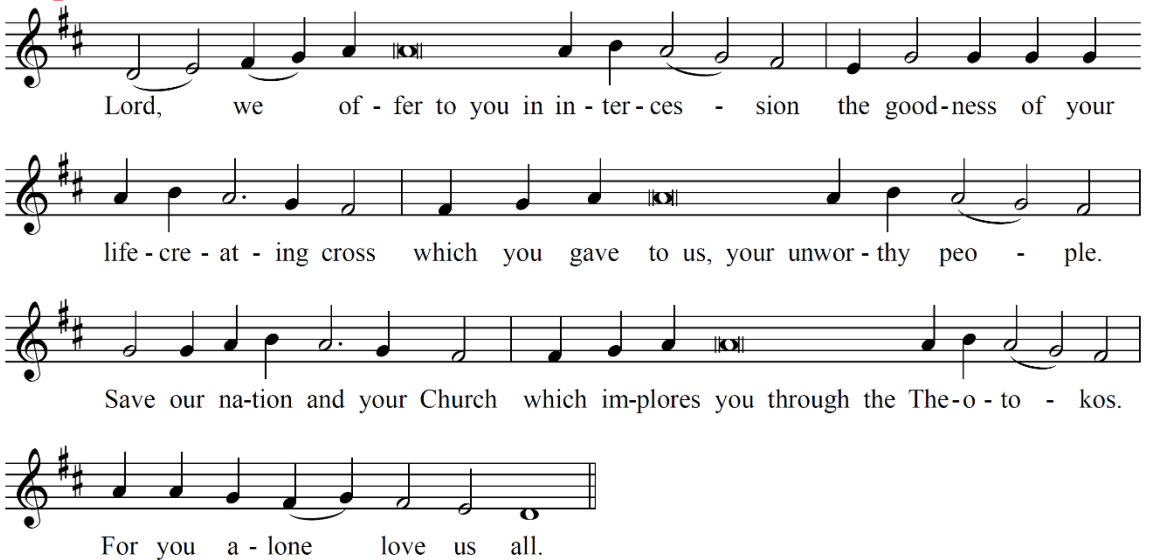


Your birth, O Vir-gin The-o-to - kos, her-ald-ed joy to the u - ni-verse;
for from you arose the Sun of Jus-tice, Christ our God. Re-mov-ing the curse, he
gave the bles - sing, and by de-stry-ing Death, he grant-ed us e - ter-nal life.

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

On September 13th, 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 14th through 21st, 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.

The musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The first staff contains the melody for the first line of text, and the second staff contains the melody for the second line. The melody is simple and melismatic, with many notes per syllable.

Troparion 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.

The musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The first staff contains the melody for the first line of text, and the second staff contains the melody for the second line. The melody is simple and melismatic, with many notes per syllable.

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.

The 1st stasis of the 3rd Kathisma: **Psalm 17**

I will love you, O Lord, my strength, my rock, my fortress, my savior. The Lord is my rock and my refuge; my shield, my mighty help, my stronghold. The Lord is worthy of all praise, when I call I am saved from my foes. The waves of death rose about me; the torrents of destruction assailed me; the snares of the grave entangled me; the traps of death confronted me. In my anguish I called to the Lord; I cried to God for help. From his temple he heard my voice; my cry came to his ears. Then the earth reeled and rocked; the mountains were shaken to their base: they reeled at his terrible anger. Smoke came forth from his nostril and scorching fire from his mouth: coals were set ablaze by its heat. He lowered the heavens and came down, a black cloud under his feet. He came enthroned on

the cherubim; he flew on the wings of the wind. He made the darkness his covering, the dark waters of the clouds, his tent. A brightness shone out before him with hailstones and flashes of fire. The Lord thundered in the heavens; The Most High let his voice be heard. He shot his arrows, scattered the foe, flashed his lightnings and put them to flight. The bed of the ocean was revealed; the foundations of the world were laid bare at the thunder of your threat, O Lord, at the blast of the breath of your anger. From on high he reached down and seized me; he drew me forth from the mighty waters. He snatched me from my powerful foe, from my enemies whose strength I could not match. They assailed me in the day of my misfortune, but the Lord was my support. He brought me forth into freedom, he saved me because he loved me. He rewarded me because I was just, repaid me, for my hands were clean, for I have kept the way of the Lord, and have not fallen away from my God. For his judgments are all before me: I have never neglected his commands. I have always been upright before him; I have kept myself from guilt. He repaid me because I was just and my hands were clean in his eyes. You are loving with those who love you: you show yourself perfect with the perfect. With the sincere you show yourself sincere, but the cunning you outdo in cunning. For you save a humble people but humble the eyes that are proud. You, O Lord, are my lamp, my God who lightens my darkness. With you I can break through any barrier, with my God I can scale any wall. As for God, his ways are perfect; the word of the Lord, purest gold. He indeed is the shield of all who make him their refuge. For who is God but the Lord? Who is a rock but our God? The God who girds me with strength and makes my way blameless. My feet you make swift as the deer's; you have set me upon the high places. You have trained my hands for battle and my hands to bend the heavy bow. You gave me your saving shield; you upheld me, trained me with care. You gave me freedom for my steps; my feet have never slipped. I pursued and overtook my foes, never turning back till they were slain. I smote them so they could not rise; they fell beneath my feet. You girded me with strength for battle; you made my enemies fall beneath me; you made my foes take flight; those who hated me I destroyed. They cried, but there was no one to save them; they cried to the Lord, but in vain. I crushed them fine as dust before the wind; trod them down like dirt in the streets. You saved me from the feuds of the people and put me at the head of the nations. People unknown to me served me: when they heard of me, they obeyed me. Foreign nations came to me cringing; foreign nations faded away. They came trembling out of their strongholds. Long life to the Lord, my rock! Praise be the God who saves me, the God who grants me

vindication and subdues people under me. You saved me from my furious foes. You set me above my assailants. You saved me from violent men, so I shall praise you, Lord, among the nations: I shall sing a psalm to your name. He has given great victories to his king and has shown his love for David, his anointed, and his descendants forever.

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

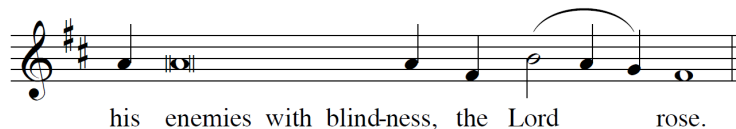
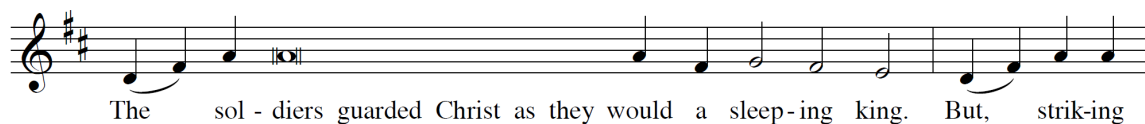
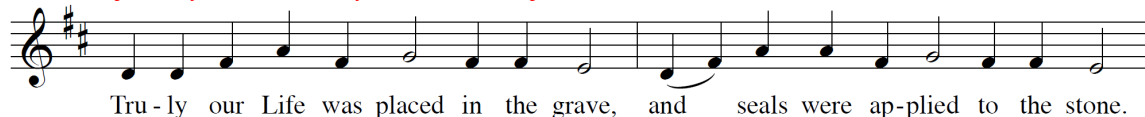
People: Now and ever and forever. Amen.

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

Matins continues with the small litany on page 10.

Sessional Hymn (page 11)

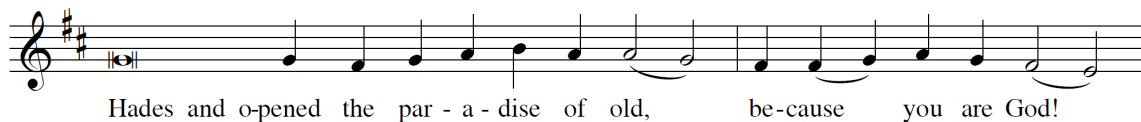
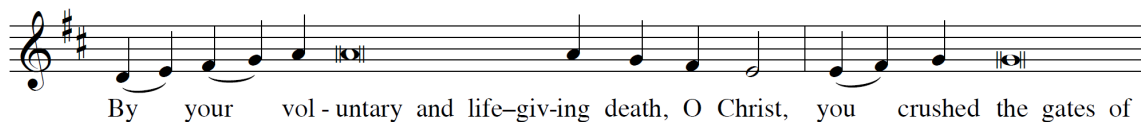
the 1st Hymn of the 2nd set of Sessional Hymns (Tone 6 Kontakion):



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

Ἕψαλλος (page 21)

Tone 6



Hav - ing ris - en from the dead, you re - deemed our life
from cor - rup - tion.

Stepenna (page 21)

The First Antiphon of the Stepenna (Gradual Hymns) in Tone 6:

To the heav - ens have I lifted up my eyes, O Word of God. Have mer - cy
on me that I may live in you. O Word, have mer - cy on us
for we are filled with con - tempt; and make us good and cho - sen ves - sels.
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 Ho - ly Spir - it is the
cause of sal - va - tion for all; for when he breathes on them, he
rais - es them from the cares of this world. He en - dows them

with wings from on high to carry them to heaven.

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

Prokeimenon (page 21)

Psalm 79: 3, 2

O Lord, rouse up your might! O Lord, come to our help!

O Lord, come to our help.

Deacon: O Shepherd of Israel, hear us;
you who lead Joseph like a flock.

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

Let everything that lives... (page 21)

Tone 6

Let ev - 'ry - thing that lives and that breathes give praise to the

Lord, give praise to the Lord.

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

The Fourth Resurrection Gospel is read (Luke 24:1-12).

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 6

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

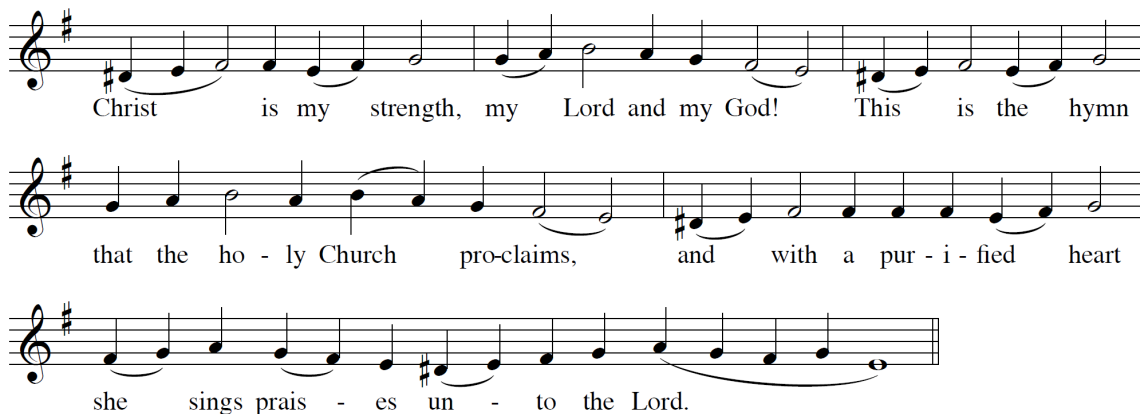
Odes 1-3 & the Canons of the Cross-Resurrection, of the Theotokos, & of the Saint are omitted.

The Canon of the Resurrection continues with Ode 4.

Ode 4

Irmos

Tone 6



Christ is my strength, my Lord and my God! This is the hymn
that the ho - ly Church pro-claims, and with a pur - i - fied heart
she sings prais - es un - to the Lord.

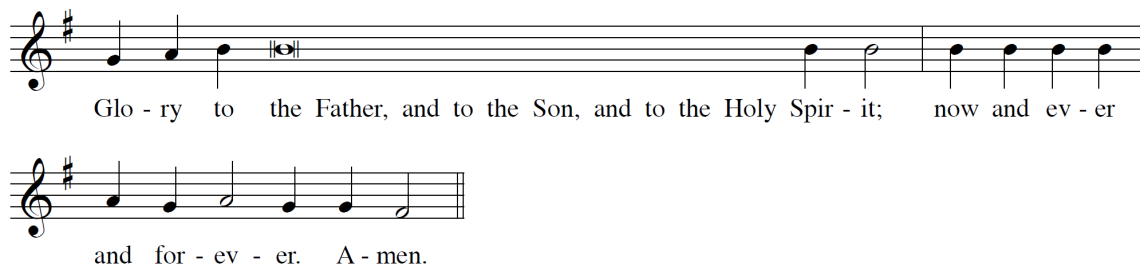
Refrain



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

The wood of the true life flourished, O Christ, when your cross was planted in the ground. Sprinkled with blood and water from your pure side, it made life spring up for us.
Refrain

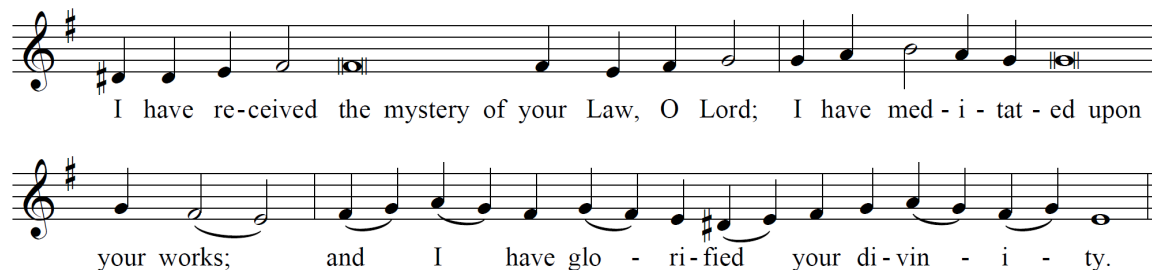
Never again shall the Serpent deceive me by offering me the chance to become like God, for Christ, my divine Creator, has opened the path of life for me once again.



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.

Truly ineffable and impossible to encompass! Such are the mysteries of your divine birthgiving for those in heaven and on earth, O Mother of God and ever-Virgin Mary.

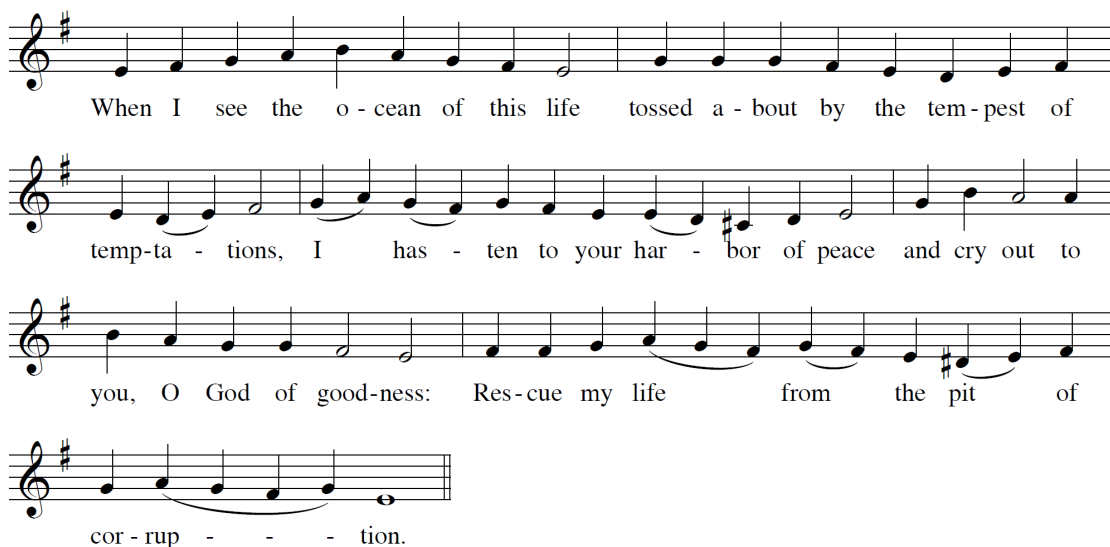
Katavasia 4 of the Exaltation of the Cross



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.

Ode 6 Irmos



When I see the o - cean of this life tossed a - bout by the tem - pest of
temp - ta - tions, I has - ten to your har - bor of peace and cry out to
you, O God of good-ness: Res - cue my life from the pit of
cor - rup - - - tion.

Refrain



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

When you were nailed to the cross, O Lord, you wiped out the ancient curse; and when the lance pierced your side, you tore up the debt against Adam and set the whole world free.
Refrain

Deceived by the Serpent, Adam was hurled into the pit of Hades; but you, O God of compassion, have gone in search of him, and carrying him upon your shoulders, you have raised him with you.

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 most pure Lady, who for the human race gave birth to their Lord and Leader, appease the unceasing stirrings of my violent passions and grant a calmness to my heart.

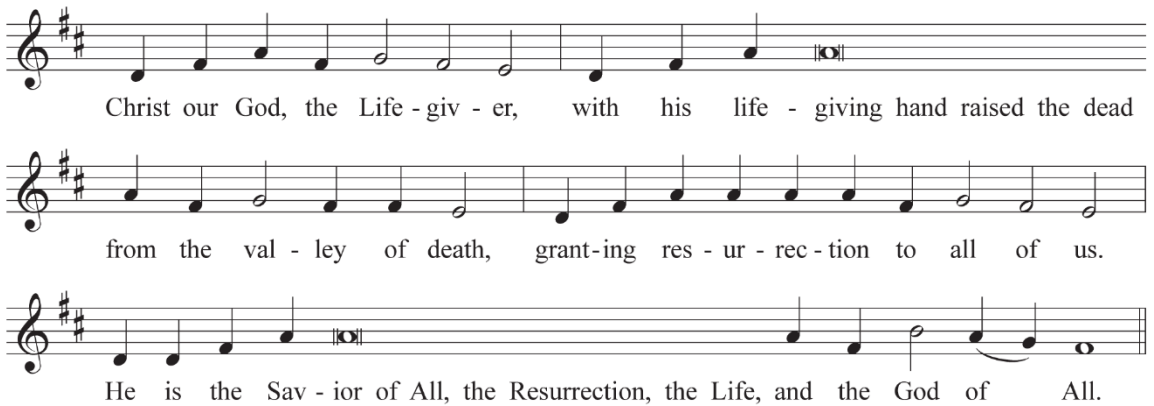
Katavasia 6 of the Exaltation of the Cross

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 6

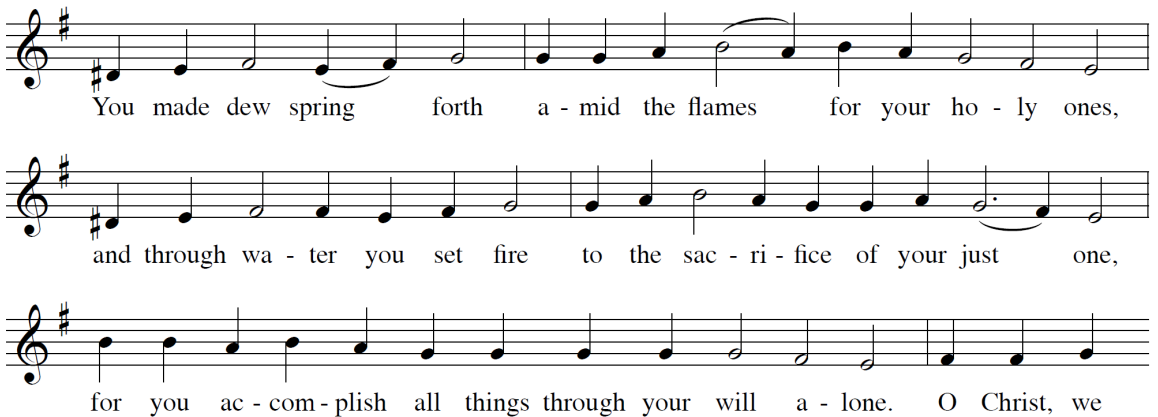


Christ our God, the Life - giv - er, with his life - giving hand raised the dead
from the val - ley of death, grant - ing res - ur - rec - tion to all of us.
He is the Sav - ior of All, the Resurrection, the Life, and the God of All.

Ikos: O Source of life, we the faithful, praise and bow before your cross and your tomb; for you have chained Hades, O immortal Lord, and as the almighty God, you have raised the dead with you. You shattered the gates of Hades and destroyed the dominion of Death. We mortals now praise you with love, for you have risen and demolished the power of the deadly enemy. You have raised all those who believe in you, and you delivered the world from the arrows of the Serpent. O all-powerful One, you have freed us from the deceits of the Enemy. Therefore, in faith we praise your Resurrection by which you save us, O God of the universe.

Ode 7 is omitted and the Canon continues with Ode 8.

Ode 8 Irmos



You made dew spring forth a - mid the flames for your ho - ly ones,
and through wa - ter you set fire to the sac - ri - fice of your just one,
for you ac - com - plish all things through your will a - lone. O Christ, we

ex - alt you through all a - - - ges.

Refrain

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

The people who formerly killed the prophets have now been seized with envy and have crucified the Word of God, whom we exalt through all ages. *Refrain*

Without leaving the vaults of heaven, you descended into Hades, O Christ, and raised with you humanity who had been lying in the corruption of the grave, and who exalts you through all ages.

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

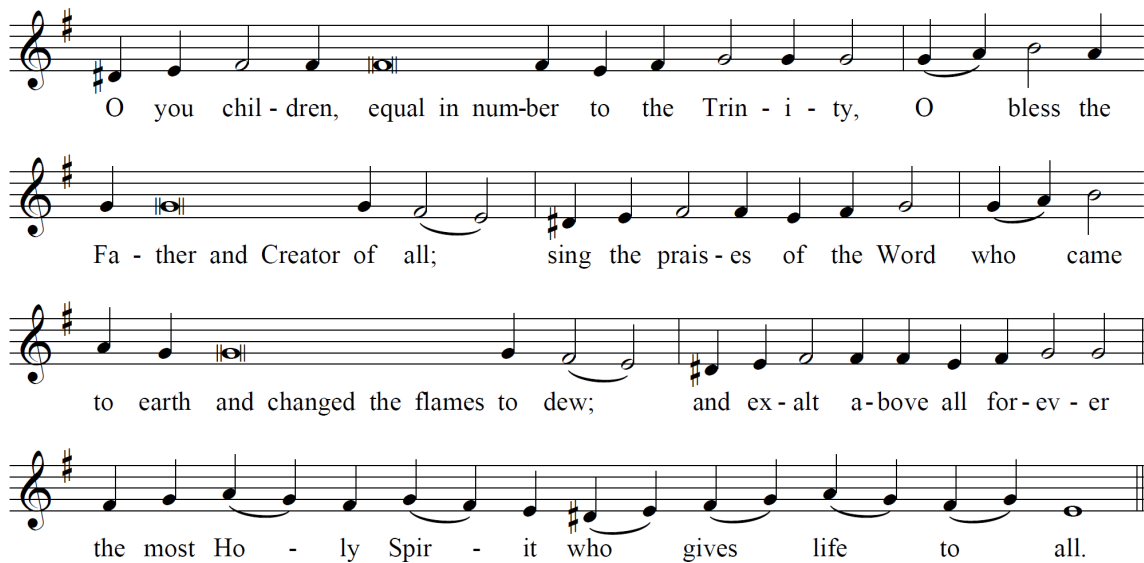
and for - ev - er. A - men.

You conceived the Word, the Light of light, and are filled with glory for having given birth in a manner beyond expression, for the Holy Spirit made his dwelling in you. O Virgin, we exalt you through all ages.

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 Exaltation of the Cross

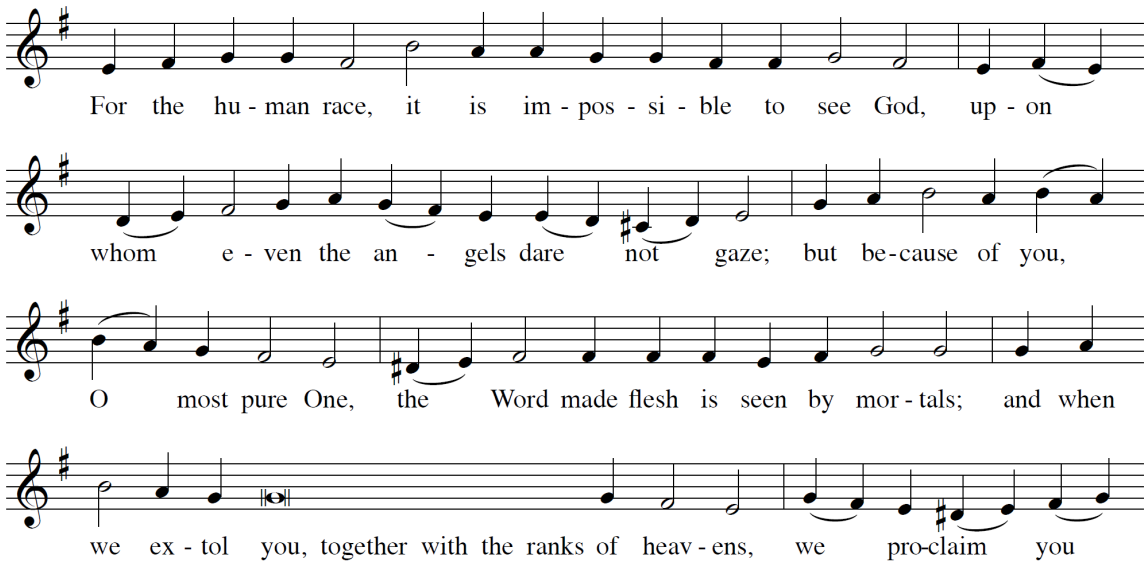


O you chil - dren, equal in num - ber to the Trin - i - ty, O bless the
Fa - ther and Creator of all; sing the prais - es of the Word who came
to earth and changed the flames to dew; and ex - alt a - bove all for - ev - er
the most Ho - ly Spir - it who gives life to all.

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

Ode 9

Irmos



For the hu - man race, it is im - pos - si - ble to see God, up - on
whom e - ven the an - gels dare not gaze; but be - cause of you,
O most pure One, the Word made flesh is seen by mor - tals; and when
we ex - tol you, together with the ranks of heav - ens, we pro - claim you



bless - - - ed.

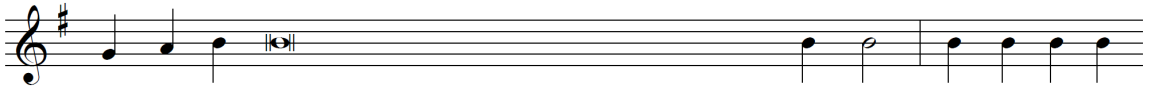
Refrain



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

You remained a stranger to passions, O Word of God, even though you lived our human condition in the flesh; but you delivered humanity from its passions, having overcome our passions by your own passion, O our Savior. For you alone are beyond all suffering and are almighty. *Refrain*

Descending into the abyss of death, you preserved your body from the corruption of the tomb; and your soul was not left in Hades, O Giver of life, but you were raised up as from sleep, O Lord, raising us with you.



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



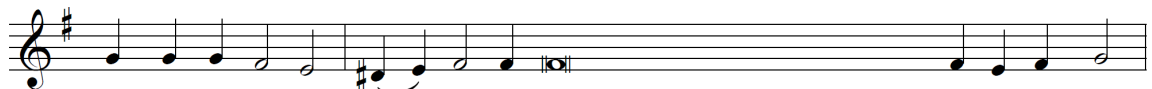
and for - ev - er. A - men.

Let us mortals purify our lips that we may glorify God the Father and his coeternal Son, and venerate the ineffable and glorious power of the most Holy Spirit. For you alone are all-powerful, O indivisible Trinity.

Katavasia 9 of the Exaltation of the Cross



You are a mystical paradise, O The - o - to - kos; Christ has blos - somed forth from



you with - out till - ing. He plant - ed the life - bearing Tree of the Cross up - on the earth.

As we now ex - alt the cross and bow be-fore it, we pro-claim
your great - - - ness.

Matins continues with the Small Litany on page 36.

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

Tone 6

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)*

Resplendent with virtues, let us behold the men standing in brilliant clothes inside the grave, giving life to the saddened myrrh-bearing women. Let us learn of the resurrection of the Lord of heaven and hasten with Peter to the tomb of Life. Let us stand before his wondrous Resurrection and contemplate the marvels of Christ.

Glory... now and ever...

O Lord, when you told the myrrh-bearing women to rejoice, you ended the sadness of our first parents, and you brought the joy of the Resurrection into the world. Therefore, O Giver of life, by the prayers of the one who gave you birth, send the light of your love to shine in our hearts, that we may cry to you: O Lover of us all and our God, glory to your Resurrection!

Matins continues with the Psalms of Praise.

Psalms of Praise (page 38)

Tone 6

Psalm 148

Let ev - 'rything 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 3rd & 4th of the 8 Sunday stichera:

Cantor (Tone 6):

A-rise, O Lord, lift up your hand! O God, do not for - get the poor.
Let us praise Christ, ris-en from the dead, to - gether with the Father and the Spir - it,
and let us cry out to him: You are our life and re-sur - rec - tion;

have mer - - - cy on us.

Cantor (*Tone 6*):

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

You rose from the grave on the third day, O Christ, ac-cord-ing to the Scrip - tures.

You raised up our first fa - ther a-long with you; The hu - man race, therefore,

glo - ri - fies you and sings the prais - es of your re - sur - rec - tion.

Cantor (*Tone 4*):

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

Fourth Gospel Stanza

Tone 4

The women came at early dawn to your tomb, O Christ, but they did not find your

ven - er - a - ble bod - y. As they were perplexed, an angel in shining clothes said

to them: Why do you seek the Living a-mong the dead? He is ris-en
as he fore - told. Have you forgotten what he said? Be-ing as-sured by the words
of the an - gel, the wo-men preached to the disciples a-bout the things they
saw. But their good news was re-ceived with rid - i - cule, for the dis - ci - ples
were still without un-der-stand - ing. Pe-ter, how-ev - er, has-tened to your tomb,
and then glo - ri - fied your won - ders, O Lord.

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