

# Sunday Matins Propers

## Sunday of the Ancestors ~ Sunday before Christmas

between December 18<sup>th</sup> and 24<sup>th</sup>

in the Sixth Tone with the Ninth Resurrection Gospel

### 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 6

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 the Troparion of the Resurrection is omitted.

**Cantor** (*Tone 2*):

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

**Troparion of the Ancestors – Tone 2**

Great are the ac-com - plish - ments of faith: the three ho - ly youths rejoiced in

the streams of fire as if in re-fresh - ing wa - ters; and Dan - iel the prophet

shep-herd - ed li - ons like sheep. Through their pray'rs, O

Christ our God, save our souls.

**Cantor** (*Tone 2*): Now and ev - er and for - ev - er. A - men.

**Theotokion of the Ancestors – Tone 2**

O The - o - tokos, the mysteries surrounding you are ex-ceed-ing-ly glo - rious,

and be-yond the pow - er of un - der - stand - ing. For you re - tained

the seal of pur - i - ty, and your vir - ginity re - mained in - vi - o - late;  
yet you are ac - knowledged, with - out doubt, to be the Mother who gave birth  
to the true God. We beg you, therefore, to en - treat him to save our souls.

### 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 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.

**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)

*Theotokion of the 1<sup>st</sup> set of Sessional Hymns (Tone 6 Kontakion):*

O The-o - to - kos, Gideon prefigured your con-cep - tion, and Da - vid interpreted  
your birth - giv - ing. As dew de-scend-ed up - on the fleece so the Word  
de-scend-ed in - to your womb. O ho - ly Earth, who with-out seed gave  
birth to Christ our God the sal-va-tion of the world, you are full of grace.

*Matins continues with either Polyeleos on page 12 (before Dec. 20<sup>th</sup>)  
or Ps. 118 on page 17, followed by Hosts of Angels on page 18 (after Dec. 19<sup>th</sup>).*

## Ἕψαλλος (page 21)

*Tone 6*

By your vol - untary and life-giv-ing death, O Christ, you crushed the gates of  
Hades and o-pened the par - a - dise of old, be-cause you are God!  
Hav - ing ris - en from the dead, you re-deemed our life  
from cor - rup - tion.

## Stepenna (page 21)

*The Stepenna (Gradual Hymns) are omitted.*

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

## Prokeimenon (page 22)

*Psalm 79: 3, 2*

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

O Lord, come to our help.

The musical notation is written on two staves in G major. The first staff contains the lyrics "O Lord, rouse up your might! O Lord, come to our help!". The second staff contains the lyrics "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 22)

*Tone 6*

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

Lord, give praise to the Lord.

The musical notation is written on two staves in G major. The first staff contains the lyrics "Let ev - 'ry - thing that lives and that breathes give praise to the". The second staff contains the lyrics "Lord, give praise to the Lord.".

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

*The Ninth Resurrection Gospel is read (John 20: 19-31).*

*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)

*The faithful come forward to venerate the Gospel Book on the tetrapod  
Odes 1-4 are omitted & the Canon of the Ancestors continues with Ode 5.  
(The Canons from the Oktoechoes are omitted)*

### Ode 5 Canon to the Resurrection and the Fathers

**Irmos:** Your Theophany, O Christ, the Unwaning Light, \* that mercifully came to pass for us, \* Isaiah, keeping watch, beheld out of the night, \* and he cried aloud: \* "The dead shall arise, and those in the tombs shall be raised up, \* and all that are born of earth shall rejoice."

#### Refrain



The angel, manifestly symbolizing that which radiates joy, is shown forth as a light-bearer in the tomb, proclaiming the Resurrection to the women; and, setting aside their lamentation, they rejoiced in the risen Christ, from Whom they received unending joy.

#### Refrain



O Good One, Who in your tender compassion assumed a form like ours, you were willingly nailed to the Cross for the sake of me, who, of old in paradise, rejected your holy commandment for the sake of food; and you have died as a man, granting me life.

## Troparia of the Ancestors:

**Refrain:** Holy Ancestors, pray to God for us!

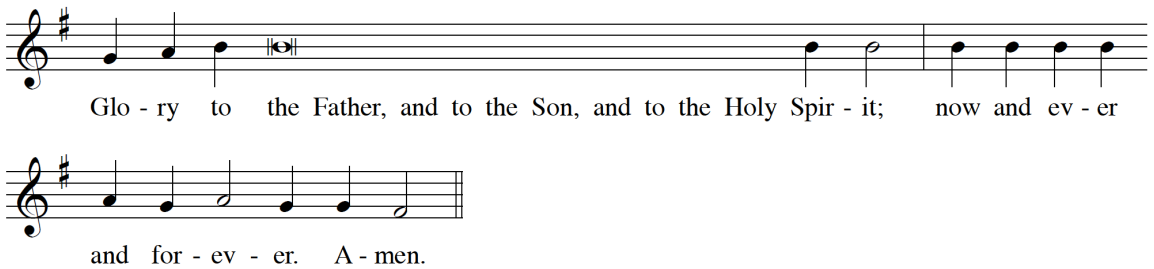
Let us honor today the divine Daniel, of the race of Abraham, the first-fruit of the fathers, as a leader of the Law and of grace; for, as a prophet of God, he foretold the advent of Christ from the Virgin, awaiting beforehand the divine nativity.

**Refrain:** Holy Ancestors, pray to God for us!

Clearly prefiguring, through the Angel's descent, the coming of the Lord unto us, the children of Abraham extinguished the furnace; and, rendering the flame moist with dew by their faith, they consumed the splendor of the golden image therein.

**Refrain:** Holy Ancestors, pray to God for us!

Through the Spirit, Daniel closed the mouths of the wild beasts in the pit; and, through grace, the children of Abraham quenched the strength of the fire. And, saved from corruption, they proclaim Christ Who is born of the Virgin, entreating Him as the Redeemer of our salvation.

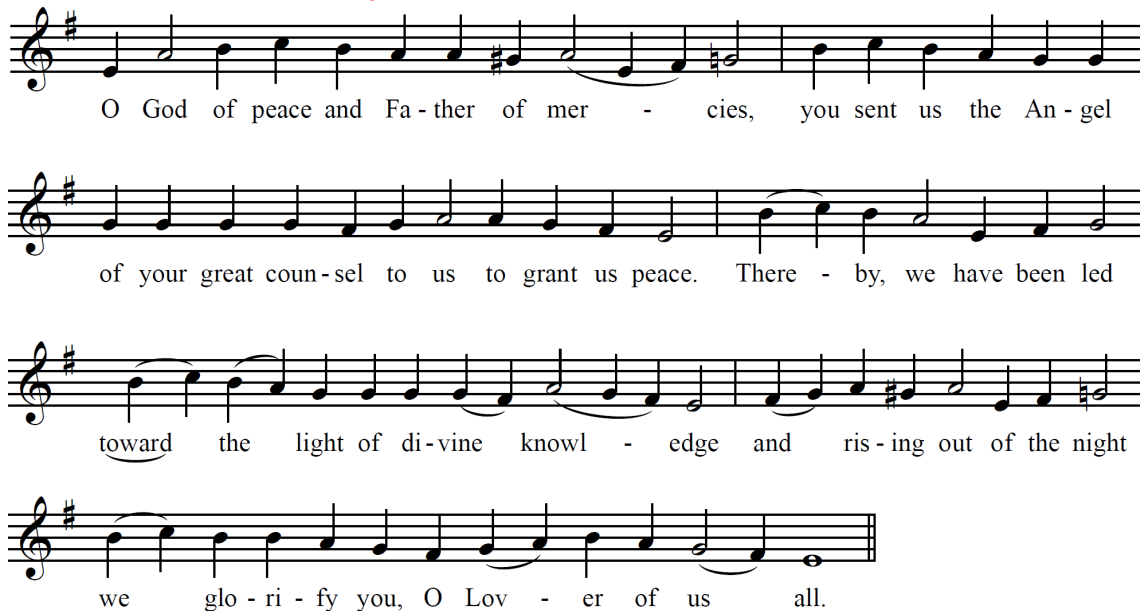


Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er

and for - ev - er. A - men.

**Theotokion:** Revealing through the divine Spirit Thy painless assumption of our nature, and keeping vigil in the Law of grace, O Lord, Isaiah cried out: From the race of Abraham and the tribe of Judah doth a Virgin come, giving birth in the flesh without seed.

## Katavasia 5 of the Nativity of the Lord



O God of peace and Fa - ther of mer - cies, you sent us the An - gel  
of your great coun - sel to us to grant us peace. There - by, we have been led  
toward the light of di - vine knowl - edge and ris - ing out of the night  
we glo - ri - fy you, O Lov - er of us all.

## Ode 6

### Canon to the Resurrection and the Fathers

**Irmos:** Beholding the sea of life surging with the tempest of temptations, \* I run to your calm haven, and cry to you: \* Raise up my life from corruption, \* O Most Merciful One.

#### Refrain



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

**By** your three-day burial, O Good One, you brought about the mortification of death and the destruction of Hades; and, having arisen, O good Jesus, in a godly manner you have poured forth life upon those who are in the world.

#### Refrain

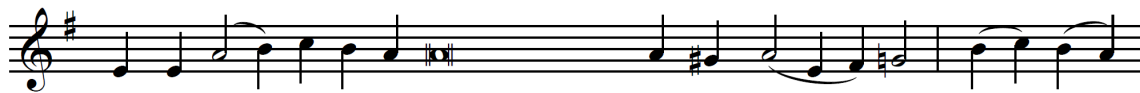


Glo - ry to your ho - ly Res - ur - rec - tion, O Lord.





## Katavasia 6 of the Nativity of the Lord



Tak - ing pit - y on Jo - nah, the sea mon - ster that took him kept him



safe, like an in - fant from the womb. The Word, which in - hab - ited the



Vir - gin and took flesh, came forth from her and kept her in - cor - rupt.



He un - der - went no change, and kept in - tact the one who bore him.

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

## Kontakion & Ikos *(page 34)*

*If it is December 18th or 19th, we chant this Kontakion of the Ancestors:*

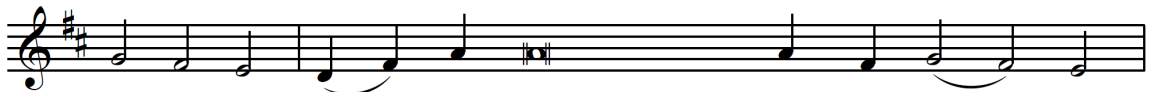
### Kontakion of the Ancestors - *Tone 6*



You did not wor - ship a man-made im-age, O thrice - bless'd youths. You



armed yourselves with uncreat-ed di - vin - i - ty. You were glo - ri - fied in the



trial by fire. With - stand - ing the flames, you stood and called out:



Has - ten, O compassionate God, and hurry to help us in your mer - cy.



For you can do what-ev - er you will.

**Ikos:** Stretch forth your hand whereby of old the warring Egyptians and the embattled Hebrews were tested. Forsake us not, so that death, which thirsts after us, will not swallow us up; and spare our souls, as you once spared your three children in Babylon, who glorified you unceasingly and were cast for your sake into a furnace, from whence they cried out to you: Hasten, O compassionate God, and hurry to help us in your mercy. For you can do whatever you will!

*The Canon continues with Ode 7 below.*

*If it is after December 19<sup>th</sup>, the following Kontakion and Ikos are chanted.*

*Tone 1 Kontakion*

**Be** glad, O Bethlehem! Make ready, O Ephratha! \* For, lo! she that bears the Lamb and great Shepherd in her womb \* hastens to give birth. \* Beholding this, the God-bearing fathers are glad, \* and with the shepherds \*\* they hymn the pregnant Virgin.

**Ikos:** Beholding the splendid radiance of your birthgiving, O Virgin, the God-loving Abraham, the ever-memorable Isaac, Jacob and all the divinely assembled choir of saints rejoice, and, with joyous proclamations, they lead creation forth to meet you; for you have been revealed to be the mediatrix of joy for all, having conceived in your womb Him Who once was seen in Babylon, Who preserved unconsumed the youths that had been cast unjustly into the furnace, and Who showed you forth in a manner transcending comprehension. Wherefore, the young maidens chant unto Him Whom you bear in your arms, hymning you as the pregnant Virgin.

*The Canon continues with Ode 7 below.*

## Ode 7

## Canon to the Resurrection and the Fathers

**Irmos:** O ineffable wonder! \* He Who delivered the holy Children from the fiery furnace \* bows His head and asks baptism of a servant, \* cleansing those who cry: \* O God our Redeemer, blessed are you!

### Refrain



O strange wonder! The Lord, Who sits upon a throne in the highest, by assuming flesh endured death; but He has risen through the might of the Godhead, raising with Himself the dead from all ages.

### Refrain



You shook the might of death and rose again, granting resurrection to those who truly glorify you, the Lord, and who chant to you with Orthodox faith: O God, our Redeemer, blessed are you!

### Troparia of the Ancestors:

**Refrain:** Holy Ancestors, pray to God for us!

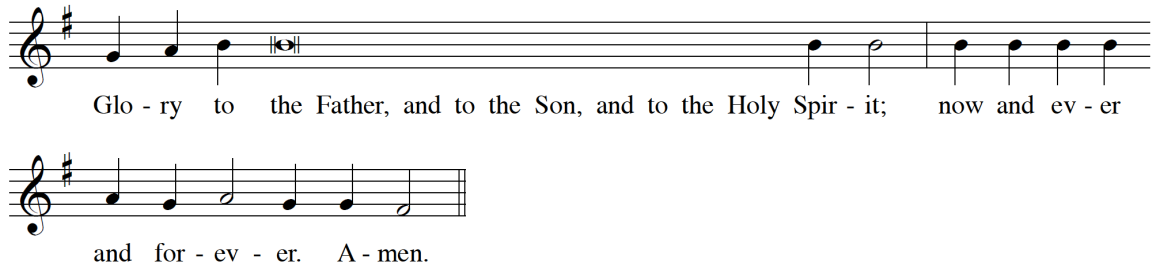
O father Abraham, founder of your race, having begotten Christ in the flesh, you are clearly revealed by the Spirit to be the father of the nations, unto the salvation of us who chant: O God, our Redeemer, blessed are you!

**Refrain:** Holy Ancestors, pray to God for us!

Your hymn of the inspired ones has put to shame those who utter soulless noises, for the youths, bodily trampling down unharmed the furnace which burned with fire, chant: O God, our Redeemer, blessed art Thou!

**Refrain:** Holy Ancestors, pray to God for us!

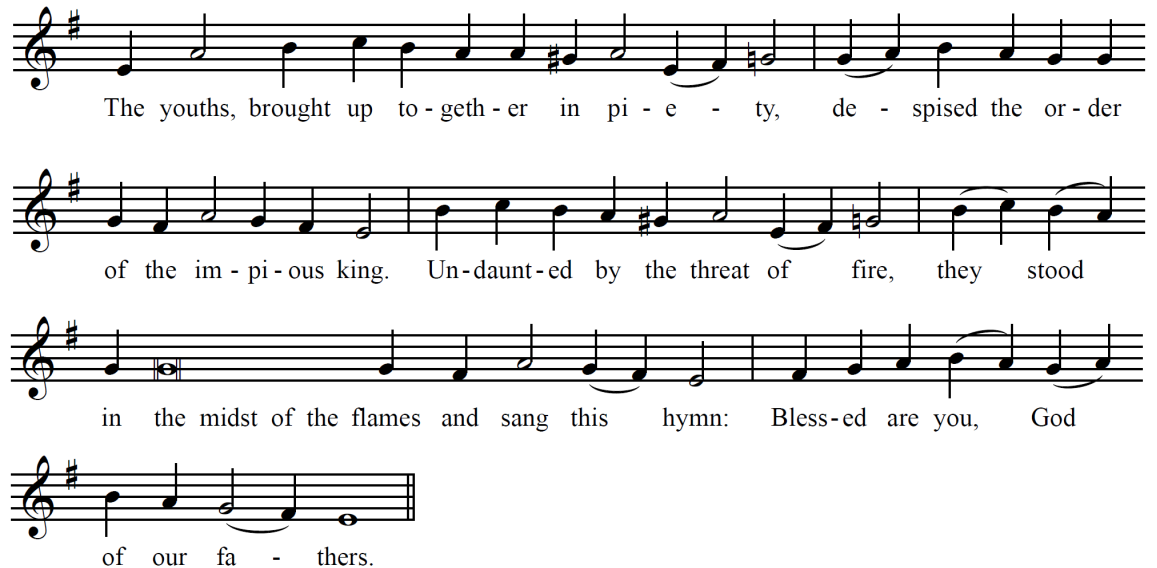
Of old, the prophet Daniel, gazing with spiritual vision, revealed the second coming of Christ, foretelling the dreadful things which shall come to pass therein, crying aloud: O God, our Redeemer, blessed are you!



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.

**Theotokion:** O strange wonder, known among the prophets and revealed of old to the fathers: a pure Virgin is come, wishing to give birth to the salvation of us who chant: O God, our Redeemer, blessed are you!

**Katavasia 7 of the Nativity of the Lord**



The youths, brought up to - geth - er in pi - e - ty, de - spised the or - der  
of the im - pi - ous king. Un - daunt - ed by the threat of fire, they stood  
in the midst of the flames and sang this hymn: Bless - ed are you, God  
of our fa - thers.

*Ode 8 is omitted, the people stand &*

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

## Ode 9

**Irmos:** Weep not for Me, O Mother, \* beholding in the tomb the Son Whom you conceived \* without seed in the womb; \* for I shall arise and shall be glorified, \* and as God I shall exalt with glory unceasing, \* those who with faith and love magnify you.

### Refrain



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

**Why** do you lament, O creation, beholding the Bestower of life as a mortal upon the Cross and in the tomb? For He shall rise again, renewing you with light; for by His resurrection on the third day He has cast down Hades and raised up with Himself the dead that praise Him.

**Refrain:** Glory to your holy Resurrection, O Lord

**Though** you went down in the grave as one dead, O Christ, Bestower of life, even so, you destroyed the might of Hades. And raising up with yourself the dead which it had swallowed up from all ages, and as God you gave resurrection to those who magnify you with faith and love.

**Refrain:** Holy Ancestors, pray to God for us!

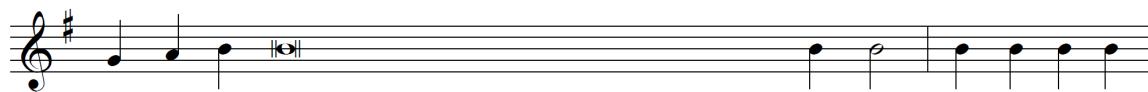
**Celebrating** the feast of the fathers who lived before the Law, let us honor Christ, Who, in a godly manner, is begotten from them in the flesh; for Abraham, Isaac and Jacob, who, through faith, proclaimers of the Spirit and grace, have been revealed to be the foundation of the prophets and the Law.

**Refrain:** Holy Ancestors, pray to God for us!


**God,** Who by the fire in the bush showed to Moses the godly mystery in a manner beyond understanding, having descended into the fire with the children, showed the flame of the furnace to be dew by the fire of the Essence of His divinity.

**Refrain:** Holy Ancestors, pray to God for us!

The most holy children, assembling with Abraham, and Daniel, the wondrous prophet of God, Isaac and Jacob, with Moses and Aaron, faithfully join chorus before the nativity of Christ, praying unceasingly that we be saved.




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



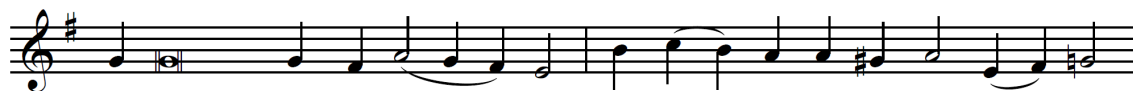
and for - ev - er. A - men.

All of creation rejoices in your birthgiving, O Virgin, for Bethlehem opened Eden unto us. And, lo! delighting in the Tree of Life, we all earnestly cry out in faith: You have fulfilled our prayers, O Lady!


### Katavasia 9 of the Nativity of the Lord




I see a strange and mar - vel - ous mys - te - ry: heav - en is a cave;



the cherubic throne, a vir - gin; the man - ger has be - come the place



in which Christ the in - com - pre - hen - si - ble God lies down. Let us



praise him and ex - tol him.

*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)

Though the doors were locked, O Lord, you entered and filled your apostles with the Holy Spirit, and breathing over them, you gave them your peace. You said to them: Whose sins you forgive, they are forgiven; whose sins you bind, they are bound. After eight days you showed Thomas your hands and your side. With them, therefore, we cry to you: You are my Lord and my God!

Glory...

The chosen Patriarchs, and the Fathers: Abraham, Isaac, and Jacob, who lived before the time of the Law, are like luminaries because the righteous Prophets radiated from them like brilliant light. They have illumined all creation with the rays of prophecy, and they are fittingly praying to God for us

Now & ever...

*If it is December 18<sup>th</sup> or 19<sup>th</sup>, the following:*

In these latter times, the pure Mother gave birth to the eternal Lamb. The many Fathers worthily rejoiced at her ineffable birthing, marveling at the descendant of Adam and the worthy David.

*Matins continues with the Psalms of Praise.*

*If it is after December 19<sup>th</sup>, the following:*

Rejoice, O Bethlehem; and prepare yourself, O Ephrathah! For the Mother of God comes to give birth in a wondrous manner to her divine Son, who lies in a manger in a cave. What an awesome mystery! Abraham, Isaac, and Jacob, together with all the Prophets and Patriarchs, already celebrate his divine birth, and the angels rejoice with those on earth.

*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 7<sup>th</sup> & 8<sup>th</sup> of the 8 Sunday stichera (all the rest are omitted):*

### Cantor *(Tone 6):*

A-rise, O Lord, lift up your hand! O God, do not for - get the poor.  
How were you robbed of the buried One when the tomb was sealed, af - ter having  
placed guards and seals on it? Be - hold, the King came out e - ven though the



doors were closed. There-fore, ei ther show us his bod - y, or worship him with us

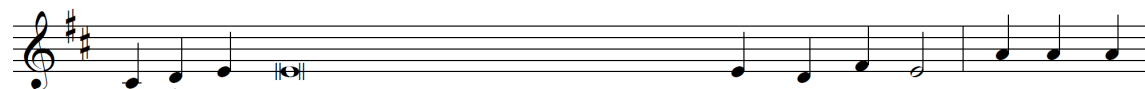


as God and sing: Glo-ry to your cross and Res-ur-rec-tion, O Lord!

**Cantor** (*Tone 6*):



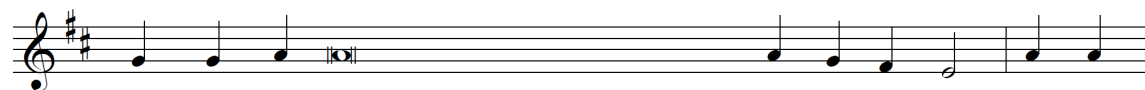
I will praise you, Lord, with all my heart; I will re-count your won - ders.



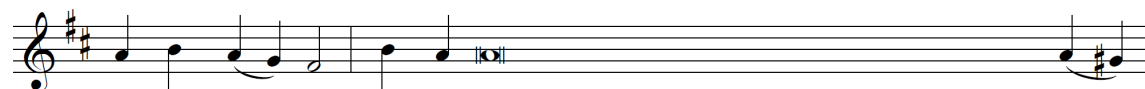
The myrrh-bearing women came to your life-giv-ing grave, O Lord, weep-ing and



car-ry-ing oint - ments. They sought your most pure bod - y to a-noint it.



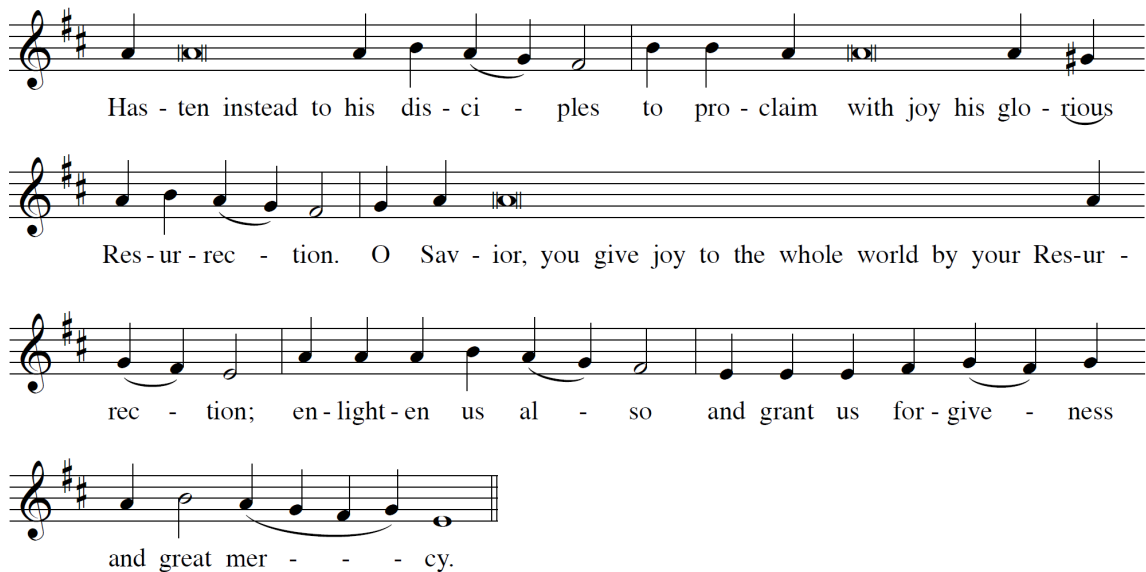
Then they saw an angel wrapped with light and sit-ting on a stone. He spoke



to them, say - ing: Why are you shedding tears for the One from whose side life



o-ver-flowed to the world? Why do you seek in the grave One who is death - less?



Has - ten instead to his dis - ci - ples to pro - claim with joy his glo - rious  
 Res - ur - rec - tion. O Sav - ior, you give joy to the whole world by your Res - ur -  
 rec - tion; en - light - en us al - so and grant us for - give - ness  
 and great mer - - - cy.

**Cantor** (*Tone 8*):



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

The sublime birth of Christ in the flesh \* manifests the teachings of the Law. \* Those who preached the Gospel of grace before the Law, \* showed by their faith that they are above the Law. \* Therefore, they announced beforehand to those in Hades \* that your birth delivers us from death \* because of your resurrection. \* O Lord, glory to you!

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