

# Matins Propers

## Thirty-Fourth Sunday after Pentecost

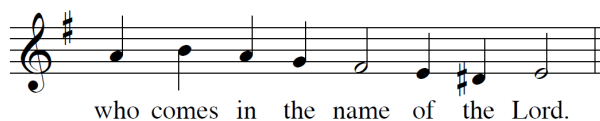
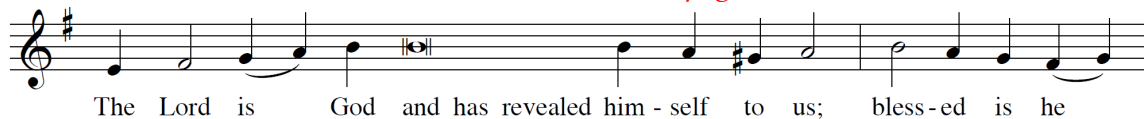
*in the First Tone with the First Resurrection Gospel  
& with the Katavasia of Theophany,  
which are sung before January 15<sup>th</sup>*

### Hexapsalmos

*The people stand while the reader chants only Psalm 3 on p. 2 followed by "Glory..." on p. 6  
Matins then continues with the Litany of Peace on page 7.*

### The Lord is God (page 9)

*Tone 1*



### Troparia (page 9)

#### Troparion of the Resurrection – Tone 1



Glo - ry to your sal - va - tion! You a - lone love us all.

*The repetition of this troparion is omitted.*

*Before January 6<sup>th</sup>, the following verse & Troparion of the Prefeast of Theophany are sung.  
After January 5<sup>th</sup>, the verse and Troparion of Theophany are sung (page 3 of this insert).*

**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.

*The Troparion of the Saint is omitted.*

**Troparion of the Prefeast of Theophany – Tone 4**

Zeb - u - lun, make read - y; Naphta - li, pre - pare your - self. O Riv - er Jor - dan,  
stand and leap for joy to re - ceive the Master coming to be bap - tized.  
O Ad - am, rejoice with the first moth - er, Eve, and do not hide yourselves as  
once you did in Par - a - dise. For, see - ing you naked, Christ has appeared to  
put on the first robe. He has appeared to re - new all cre - a - tion.

*Matins continues with the Kathismata (see the bottom of page 3 of this insert)*

*After January 5<sup>th</sup>, the following verse and Troparion of Theophany are sung.*

**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 Troparion of the Saint is omitted.*

**Troparion of Theophany – Tone 1**

At your bap - tism in the Jor - dan, O Lord, wor - ship of the  
Trin - i - ty was re - vealed; for the Fa - ther's voice bore wit - ness to you, calling  
you his be - lov - ed Son, and the Spir - it in the form of a dove  
con - firmed the truth of these words. O Christ God, you ap - peared and enlightened the  
world. Glo - ry to you!

**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 2<sup>nd</sup> Kathisma:*      **Psalm 9**

I shall praise you, Lord, with all my heart; I shall declare all your wondrous deeds. I shall rejoice in you and be glad, and sing psalms to your name, O Most High. See how my enemies turn back, how they stumble and perish before you. You upheld the justice of my cause; you sat enthroned, judging with justice. You have checked the nations, destroyed the wicked; you have wiped out their name forever and ever. The foe is destroyed, eternally ruined. You uprooted their cities; their memory has perished. But the Lord sits enthroned forever. He has set up his throne for judgment; he will judge the world with justice, he will judge the peoples with his truth. For the oppressed let the Lord be a stronghold, a stronghold in times of distress. Those who know your name will trust you; you will never forsake those who seek you. Sing psalms to the Lord who dwells in Zion. Declare his wondrous deeds among the peoples, for the Avenger of blood has remembered them, has not forgotten the cry of the poor. Have pity on me, Lord, see my sufferings, you who save me from the gates of death; that I may recount all your praise at the gates of the city of Zion and rejoice in your saving help. The nations have fallen in the pit which they made; their feet caught in the snare they laid. The Lord has revealed himself, and given judgment. The wicked are snared in the work of their own hands. Let the wicked go down among the dead, all the nations forgetful of God; for the needy shall not always be forgotten nor the hopes of the poor be in vain. Arise, Lord, let men not prevail! Let the nations be judged before you. Lord, strike them with terror, let the nations know they are but men. Lord, why do you stand afar off and hide yourself in times of distress? The poor man is devoured by the pride of the wicked: he is caught in the schemes that others have made. For the wicked man boasts of his heart's desires; the covetous blasphemes and spurns the Lord. In his pride the wicked says: "He will not punish. There is no God." Such are his thoughts. His path is ever untroubled; your judgment is far from his mind. His enemies he regards with contempt. He thinks: "Never shall I falter: misfortune shall never be my lot." His mouth is full of cursing, guile, oppression; mischief and deceit are under his tongue. He lies in wait among the reeds; the innocent he murders in secret. His eyes are on the watch for the helpless man. He lurks in hiding like a lion in his lair; he lurks in hiding to seize the poor; he seizes the poor man and drags him away. He crouches, preparing to spring,

and the helpless fall beneath such strength. He thinks in his heart: "God forgets, he hides his face; he does not see." Arise then, Lord, lift up your hand! O God, do not forget the poor! Why should the wicked spurn the Lord and think in his heart: "God will not punish"? But you have seen the trouble and sorrow, you note it, you take it in hand. The helpless trusts himself to you; for you are the helper of the orphan. Break the power of the wicked and the sinner! Punish their wickedness till nothing remains! The Lord is king forever and ever. The heathen shall perish from the land he rules. Lord, you hear the prayer of the poor; you strengthen their hearts; you turn your ear to protect the rights of the orphan and oppressed, so that mortal man may strike terror no more.

### **Psalm 10**

In the Lord I have taken my refuge. How can you say to my soul: "Fly like a bird to its mountain? See the wicked bracing their bow; they are fixing their arrows on the string to shoot upright men in the dark. Foundations once destroyed, what can the just do?" The Lord is in his holy temple, the Lord, whose throne is in heaven. His eyes look down on the world; his gaze tests mortal man. The Lord tests the just and the wicked; the lover of violence he hates. He sends fire and brimstone on the wicked; he sends a scorching wind as their lot. The Lord is just and loves justice; the upright shall see his face.

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

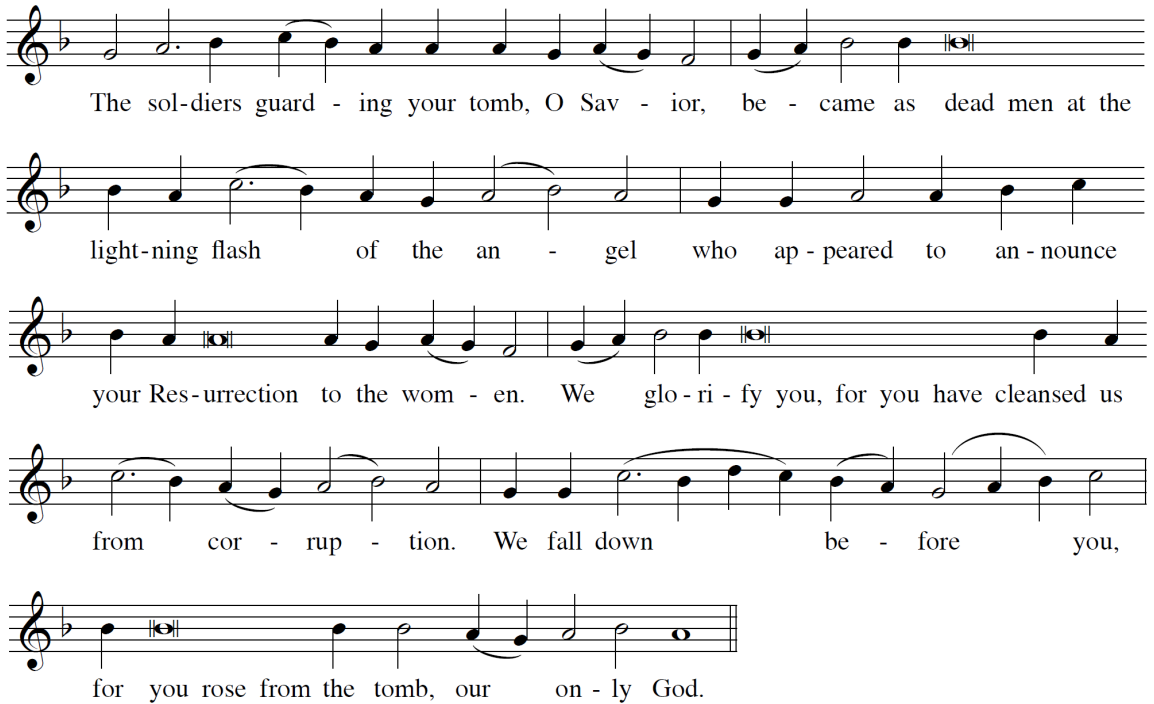
**People:** Now and ever and forever. Amen.

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

*Matins continues with the Small Litany on page 10.*

## Sessional Hymn (page 11)

*the 1<sup>st</sup> Hymn of the 1<sup>st</sup> set of Sessional Hymns (Samopodoben: Hrob tvoj):*



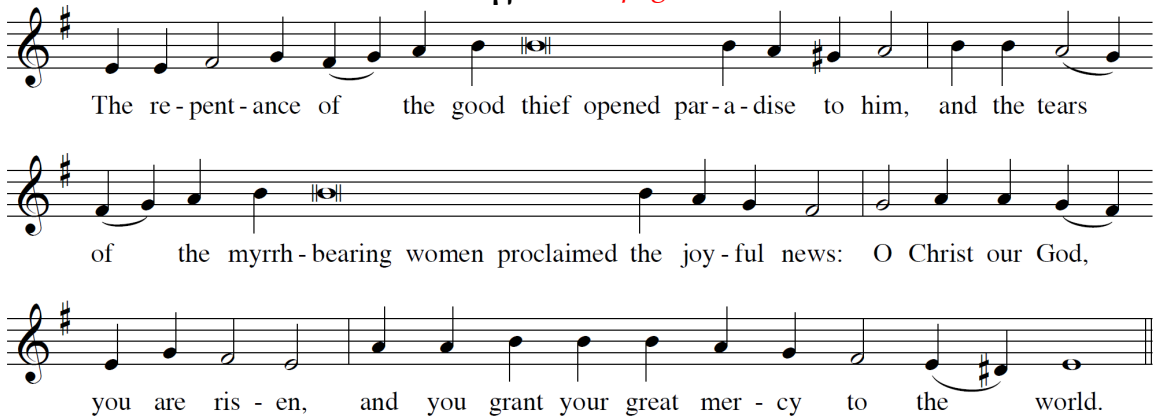
The sol-diers guard - ing your tomb, O Sav - ior, be - came as dead men at the  
light-ning flash of the an - gel who ap - peared to an - nounce  
your Res-urrection to the wom - en. We glo - ri - fy you, for you have cleansed us  
from cor - rup - tion. We fall down be - fore you,  
for you rose from the tomb, our on - ly God.

*Polyeleos is not sung.*

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

## Ύμνος (page 21)

*Tone 1*



The re-pent-ance of the good thief opened par-a-dise to him, and the tears  
of the myrrh-bearing women proclaimed the joy-ful news: O Christ our God,  
you are ris - en, and you grant your great mer - cy to the world.

## Stepenna (page 21)

### *The First Antiphon of the Stepenna in Tone 1:*



O Lord, in my sor-row I cry out to you. Hear my cry of pain.

The love for God will grow un-ceas-ing-ly for those who dwell in the des - ert,

for they are far from the van - i - ty of this world. 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. Tru - ly glo - ry and hon - or are due to the

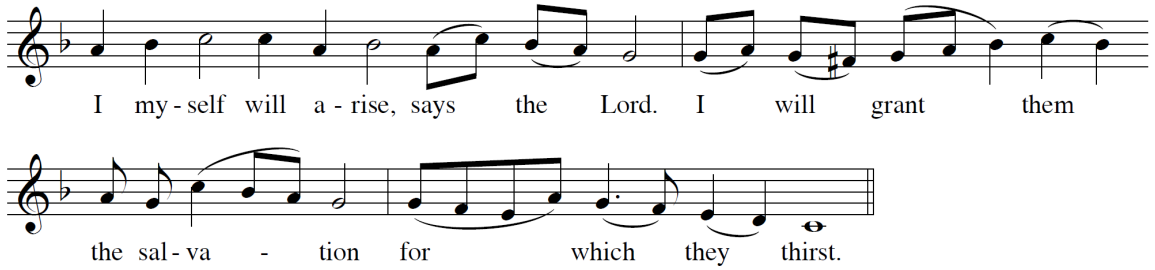
Ho - ly Spir - it, as to the Fa - ther and to the Son. There - fore we

praise the Ho - ly Trin - i - ty, one in might.

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

## Prokeimenon (page 22)

Psalm 12:5



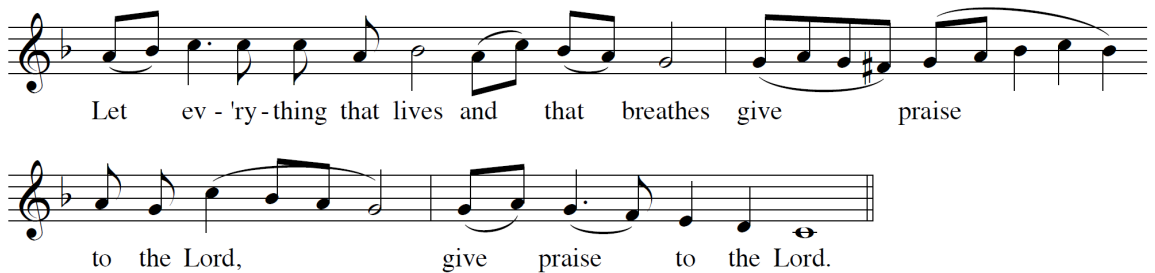
I my-self will a-rise, says the Lord. I will grant them  
the sal-va-tion for which they thirst.

**Deacon:** The words of the Lord  
are words without alloy.

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

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

Tone 1



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 First Resurrection Gospel is read (Matthew 28:16-20).*

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

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

## The Canon (page 32)

Tone 1

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

Ode 1  
Irmos



Your vic-to-ri-ous right hand, mag-ni-fi-cent in pow-er,



is cov-ered, is cov - ered with glo - ry,

O im - mor - tal One. Since it is all - pow - er - ful it has crushed

the en - - - e - mies, o - pen - ing a new path

for the Is - rael - ites in the depths of the sea.

for you alone are the Lov - er of us all.

**Refrain**

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

In the beginning you took clay and with your immaculate hands fashioned me in a divine manner; these hands you also stretched out on the Cross to recall from the earth my body of corruption which you had received from the Virgin. *Refrain*

Subjected to death because of me, he who gave me a soul by his divine breath has given his soul over to death. Having broken the eternal chains, he raised me up with him and granted me the glory of an incorruptible life.

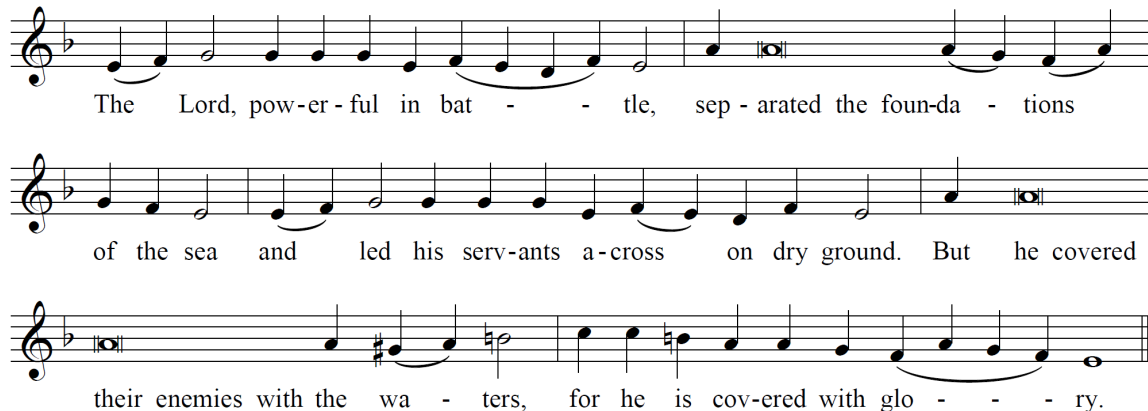
Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er

and for - ev - er. A - men.

Rejoice, O fountain of grace. Rejoice, O ladder and gate of heaven. Rejoice, O luminary and golden vase, uncut mountain, for you gave birth to Christ, the Source of life.

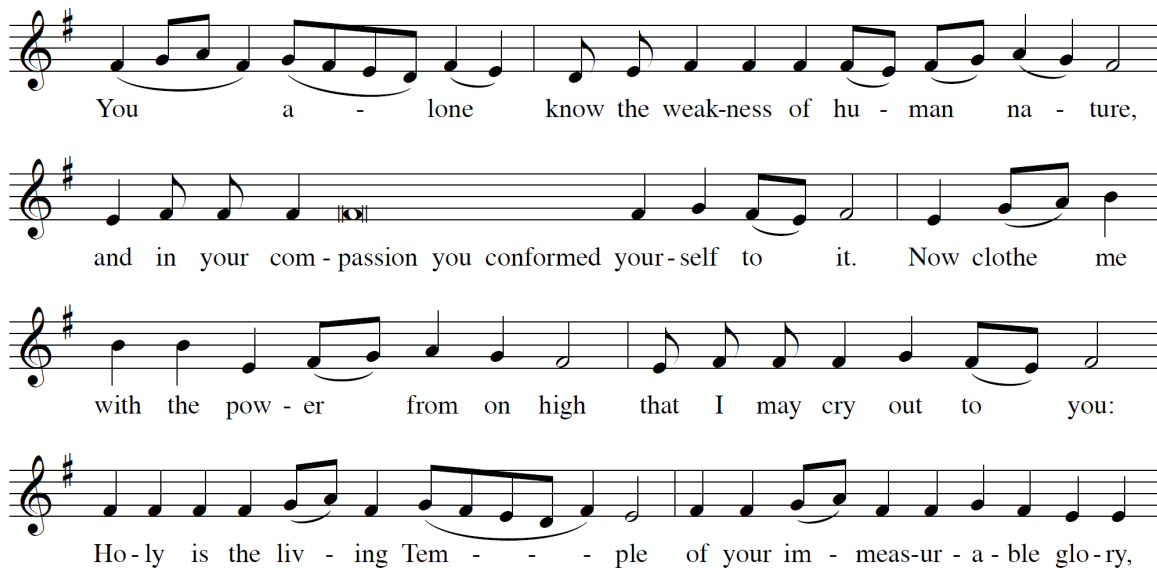
*The Canons of the Cross-Resurrection and of the Theotokos are omitted.*

### Katavasia 1 of Theophany

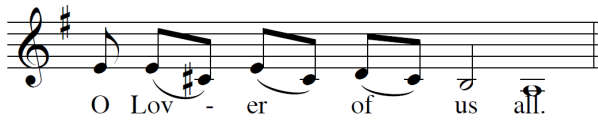


The Lord, pow-er-ful in bat - - tle, sep - arated the foun-da - tions  
of the sea and led his serv-ants a-cross on dry ground. But he covered  
their enemies with the wa - ters, for he is cov-ered with glo - - - ry.

### Ode 3 Irmos



You a - lone know the weak-ness of hu - man na - ture,  
and in your com - passion you conformed your-self to it. Now clothe me  
with the pow - er from on high that I may cry out to you:  
Ho - ly is the liv - ing Tem - - - ple of your im - meas-ur - a - ble glo-ry,



O Lov - er of us all.

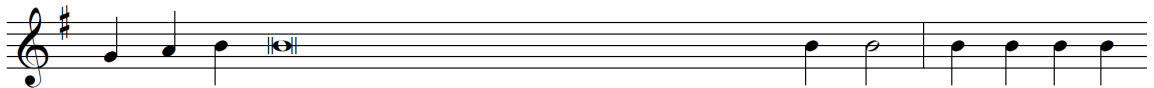
### Refrain



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

O God all-good, in my fall you had pity on me. You deigned to descend to me, and by your cross you raised me up again that I may cry out to you: Holy is the Lord of glory, incomprehensible in his goodness. *Refrain*

O Christ, you are the Life, and you have clothed yourself with my flesh of corruption, O compassionate God. You descended into the depths of death, O Master, and thus you destroyed Death. Raising the dead on the third day, you clothed them with an incorruptible robe.



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 Virgin, you conceived God in your womb by the Holy Spirit, and you remained unconsumed after receiving the devouring fire. Clearly you were announced to Moses the lawgiver by the burning bush which was not consumed.

### Katavasia 3 of Theophany



The Lord, who be-stows pow - er to kings, and raises up the strength



of his a-noint - ed, is born of a Vir - gin and now draws near

for bap-ti-sm. There-fore, let us, the faith-ful, cry out: No one is as holy  
as our God, and no one is as right - eous as you, O Lord.

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

*The Kontakion & Ikos of the Saint, the Sessional Hymns of the Saint, & Odes 4-6 are omitted.*

**Kontakion & Ikos (page 34)**

**Tone 1**

As God, you a - rose in glory from the grave and raised the world with you.  
Hu-man na-ture prais-es you as God and death has van - ished. Ad-am sings  
in ex - ul - ta-tion, O Lord; Eve, freed from bond-age, cries joy - ful - ly:  
O Christ, it is you who give res - ur - rec - tion to all.

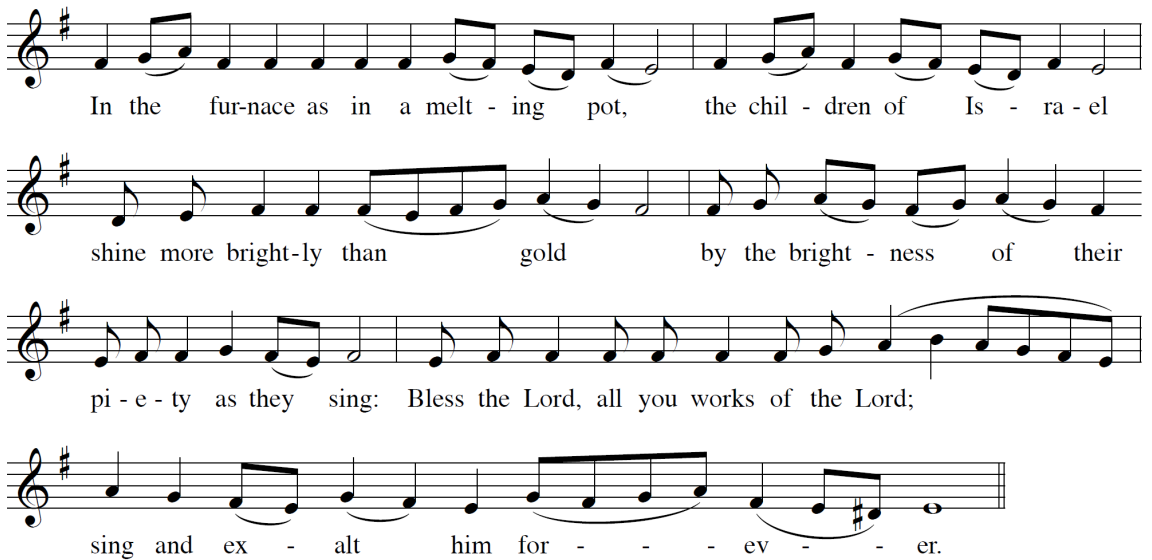
**Ikos:** Let us sing to the all-powerful God who shatters the gates of Hades and releases the holy and faithful ones from the tomb. He appeared to the Myrrh-bearers according to his good will and said to them: Rejoice! As the only Source of life, he reveals joy to his apostles. With faith the women hasten to announce the signs of victory to the disciples. Hades groans aloud and Death laments, but the world rejoices and all share in his joy;

O Christ, it is you who give res - ur - rec - tion to all.

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

## Ode 8

### Irmos



In the fur-nace as in a melt - ing pot, the chil - dren of Is - ra - el  
shine more bright-ly than gold shine by the bright - ness of their  
pi - e - ty as they sing: Bless the Lord, all you works of the Lord;  
sing and ex - alt him for - - - ev - - er.

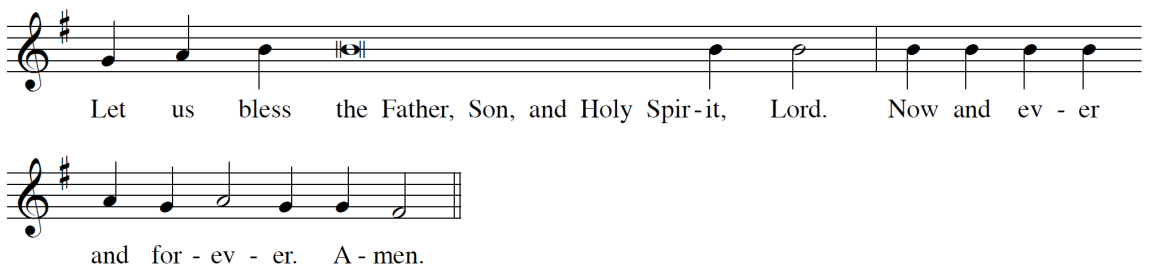
### Refrain



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

By your will you create and transform the universe. By your passion, O Word of God, you change the shadow of death into life eternal. And we, the works of your hands, all sing to you unceasingly, O Lord, and we exalt you forever. *Refrain*

O Christ, risen from the tomb on the third day, you have destroyed the wretchedness and ruin of the gates and strongholds of Hades. All your works sing to you unceasingly, O Lord, and we exalt you forever.



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

Let us sing to her who, by the flash of divine lightning, without seed and beyond the laws of nature, gave birth to the precious Pearl who is Christ; and let us say: Bless the Lord, all you works of the Lord; sing 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.

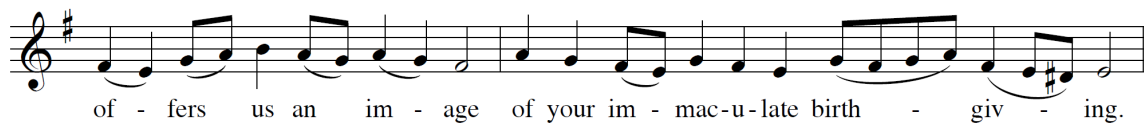
### Katavasia 8 of Theophany

As the Bab - y - lonian fur-nace poured forth dew, it pre-figured a won-drous  
mys-ter - y: how the Jor - dan received in its streams the im - ma - ter - ial fire  
and encircled the Cre - a - - - tor when he was bap-tized in the flesh.  
All you faith - ful, glo - ri - fy and praise him above all for - ev - er.

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

### Ode 9 Irmos

The bush, the burn ing bush which was not con - sumed



of - fers us an im - age of your im - mac-u-late birth - giv - ing.



Now we pray that you ex - tin - guish in us



the fur-nace of vi - o - lent temp - ta - tions so that we may ex - tol you,



O The - o - to - kos.

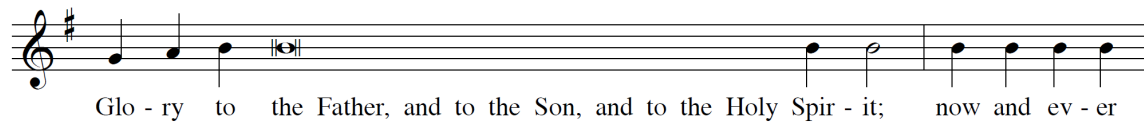
### Refrain



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

How has this people of evil deeds, disobedient and perverse in their designs, justified the detestable and impious one, and condemned to the cross the Just One, the Lord of glory! Let us extol him as it is fitting. *Refrain*

O Savior, Lamb without blemish, resurrected on the third day, you take away the sin of the world. We now glorify you with the Father and the divine Spirit, proclaiming your divinity. O Lord of Glory, we extol you.



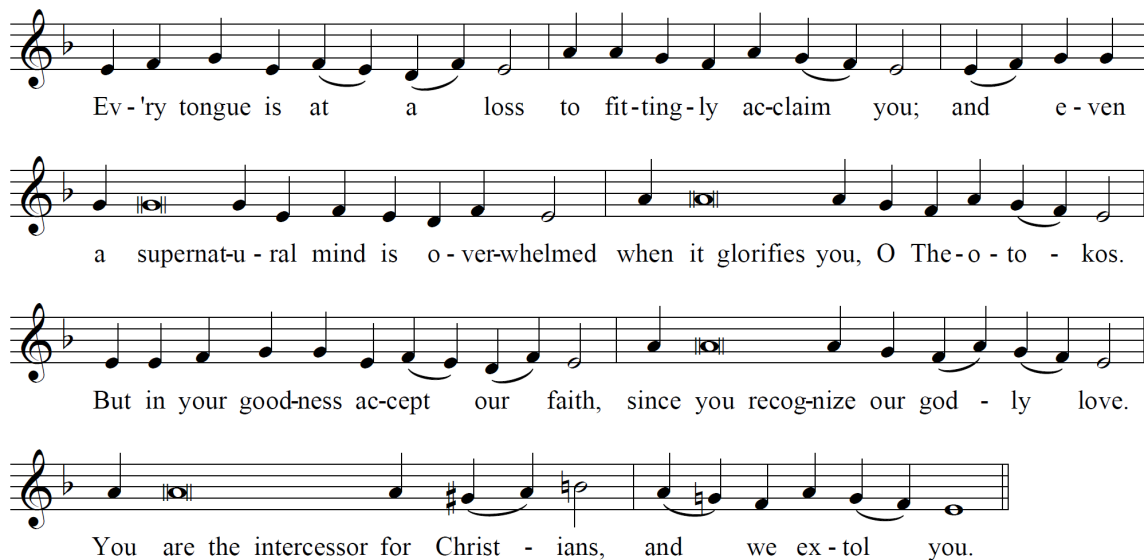
Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er



and for - ev - er. A - men.

O Lord, save your people which you established by your precious blood. Grant strength to our civil authorities, give peace to the Churches, O Lover of us all, through the supplication of the Theotokos.

## Katavasia 9 of Theophany



Ev-'ry tongue is at a loss to fit-ting-ly ac-claim you; and e-ven  
a supernat-u - ral mind is o-ver-whelmed when it glorifies you, O The-o - to - kos.  
But in your good-ness ac-cept our faith, since you recog-nize our god - ly love.  
You are the intercessor for Christ - ians, and we ex - tol you.

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

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

*Tone 1*



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)

O faithful, let us gather with the disciples on the mountain in Galilee to behold Christ as he says to them: I have received all power over all things on high and those below. Let us learn how he taught them to baptize all nations in the name of the Father and of the Son and of the Holy Spirit, and how he promised his disciples to be present with them to the end of the world.

Glory... now and ever...

*The Hymn of Light of the Saint is omitted.*



*On January 3<sup>rd</sup>, continue with the following Hymn of Light of the Prefeast:*

Leaving Bethlehem, the all-glorious wonder, let us hasten with fervor of soul to the Jordan, and there let us behold an awesome mystery; for my Christ, having stripped himself naked, stands forth divinely, clothing me in the raiment of the heavenly kingdom.

*Matins then continues with the Psalms of Praise (below).*

*On January 4<sup>th</sup> or 5<sup>th</sup>, continue with the following Hymn of Light of the Prefeast:*

Make ready, O Zabulon! Adorn yourself, O Nephthali! Receive, O Jordan, the Creator and God of all, who comes to you in the flesh, desiring to wash our sins away!

*Matins then continues with the Psalms of Praise (below).*

*After January 5<sup>th</sup>, continue with the following Hymn of Light of Theophany:*

The Savior, who is grace and truth, has been revealed in the waters of the Jordan; and he shed light upon those who sleep in darkness and shadow. The Light to whom no one can draw near is revealed today.

*Matins continues with the Psalms of Praise.*

## **Psalms of Praise** (page 38)

*Tone 1*

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 1st & 2<sup>nd</sup> of the Sunday stichera (all the rest are omitted):*

#### Cantor (Tone 1):



A-rise, O Lord, lift up your hand! O God, do not for-get the poor.

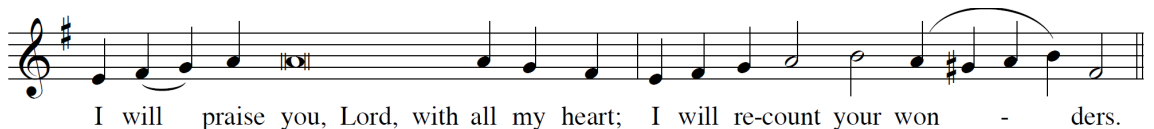


We praise your sav-ing pas-sion, O Christ, and we glo-ri-fy your

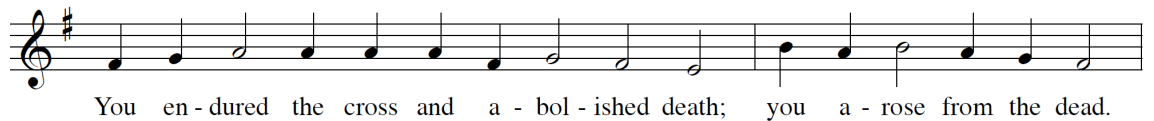


Res-ur-rec-tion.

#### Cantor (Tone 1):



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



You en-dured the cross and a-bol-ish-ed death; you a-rose from the dead.



Make our lives peace-ful, O Lord, for you a-lone are most

pow - er - ful.

**Cantor (Tone 2):**

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

**First Gospel Stanza**

**Tone 1**

The Lord ap - peared to his dis - ci - ples who had has - tened to the

mountain for his ascen - sion from here be - low, and they bowed be - fore him.

They learned of his uni - ver - sal pow - - - er and were sent to all

the peo - ples of the earth to an - nounce his resur - rec - tion from the dead

and his re - turn from earth to heav - en. He al - so promised to be with them

al - ways, and his word is truth; for he is Christ our God,

the Sav - ior of our souls.

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