GREEK ORTHODOX METROPOLIS
OF TORONTO (CANADA)

PRAYER BOOK
ПРОСЕУХНТАРΙ

ΕΥΛΟΓΙΑ
ΜΗΤΡΟΠΟΛΙΤΗ ΣΩΤΗΡΙΟΥ

TORONTO
2006
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Αγαπητοί ἐν Κυρίω,

Ἡ προσευχή εἶναι ἡ ἀναπνοὴ τῆς ψυχῆς. Χωρὶς ἀναπνοὴ καὶ ὄξυγόνο, τίποτε δὲν μπορεῖ νὰ ζῆσει. Ἡ ψυχὴ χωρὶς προσευχὴ βρίσκεται σὲ πνευματικὸ θάνατο.

Ἡ προσευχὴ εἶναι συζήτηση μὲ τὸν ἵδιο τὸν Θεό. Νά στέκεσαι ἡ νὰ γονατίζεις μπροστά στὸ προσευχητάρι τοῦ σπιτιοῦ σου ἢ στὸν Οἶκο τοῦ Κυρίου, συντροφία μὲ τὸν ἵδιο τὸν Θεό! Ὅπως ὁ Ἀδάμ καὶ ἡ Ἔφε στὸν κήπο τῆς Ἐδέμ, πρὸ τῆς παρακοῆς νὰ αἰσθάνεσαι τὸ χαίδεμα τοῦ Θεοῦ! Νά χαίρεσαι τὸ χαμόγελό Του. Νά μοιράζεσαι τὴν εὐτυχία Του καὶ τὴν δόξα Του. Αὐτὸ εἶναι ἡ προσευχή. Ὑπάρχει τίποτε καλύτερο, ἀνώτερο, τιμιώτερο, εὐτυχέστερο ἀπ’ αὐτό; Π’ αὐτό ὁ Ἀπόστολος Παῦλος μᾶς λέει «ἀδιαλείπτως προσεύχεσθε».

Προσφέροντάς σας αὐτό τὸ μικρὸ προσευχητάρι, μαζὶ μὲ τὸν Ἀπόστολο Παῦλο, σὰς παρακαλῶ, ἀγαπημένοι μου Χριστιανοί, προσεύχεσθε. Καθημερινά προσεύχεσθε. Χρησιμοποιήστε τὸ προσευχητάρι αὐτό ποὺ ἔχει παραδοσιακὲς προσευχὲς καὶ θά δείτε πόσο θά ώφεληθὲτε πνευματικά.

Παρακαλῶ τὸν Τρισάγιο Θεό νὰ σᾶς ἐυλογεῖ καὶ νὰ σᾶς ἀγιάζει. Τὴν Παναγία μας νὰ σᾶς προστατεύει Ὅλους τοὺς Ἀγίους, καὶ ἰδιαίτερα τὸν Προστάτη σας Ἄγιο, νὰ σᾶς συντροφεύσουν. Τὸν φύλακα Ἀγγέλου σας νὰ σᾶς φυλάσσει. Νά αὐξάνεσθε πνευματικὰ καθημερινά καὶ νὰ ζεῖτε στὴν ἀγκαλιά τοῦ Θεοῦ μας.

Μέ πατρικὴ ἀγάπη καὶ θερμὲς εὐχές

Ὁ ΜΗΤΡΟΠΟΛΙΤΗΣ
Ο ΤΟΡΟΝΤΟ ΣΩΤΗΡΙΟΣ
Beloved in the Lord,

Prayer is the breath of the soul. Without breathing and oxygen, nothing can live. The soul without prayer is in a state of spiritual death.

Prayer is conversation and dialogue with God Himself. This happens whenever you stand or kneel before your home Prayer corner, where your icons and vigil light are set up, or in the House of the Lord, in the company of God Himself. Like Adam and Eve in the Garden of Eden before the fall, you will feel the carress of God whenever you pray. You will rejoice in His smile, and share in His happiness and glory. This is true prayer. Can there be anything better, more exalted, more honourable, and more pleasing than this? This is why St. Paul advises us to “pray without ceasing.”

Offering you this small Prayer Book, together with St. Paul, I ask all of you, my beloved Christians, to pray. Make it a daily spiritual exercise. Use this Prayer Book, which contains the traditional prayers of our Holy Church, and you will see how much you will benefit and be spiritually enriched.

May our Thrice-Holy God bless you and sanctify you. May our Most Holy Lady, the Blessed Theotokos and Ever-Virgin Mary shelter you and protect you. May all the Holy Saints, especially your patron Saint, intercede for you, and accompany you in prayer. May you also be protected by your Guardian Angel. As you cultivate your prayer life, may you continue to grow spiritually each day, and abide in the embrace of our loving God

With fatherly love and blessings

METROPOLITAN ARCHBISHOP SOTIRIOS
Α’ ΣΥΝΤΟΜΕΣ ΠΡΟΣΕΥΧΕΣ
ΠΡΩΙΝΗ ΠΡΟΣΕΥΧΗ

Εἰς τὸ ὄνομα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος. Ἄμην.

Δόξα Σοι, ὁ Θεός ἡμῶν, δόξα Σοι.

Βασιλεὺς Οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρών καὶ τὰ πάντα πληρῶν, ὁ θησαυρός τῶν ἁγαθῶν καὶ ζωῆς χορηγός, ἐλθὲ καὶ σκήνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλίδος καὶ σώσον, Ἀγαθέ, τὰς ψυχὰς ἡμῶν.

Μὴν Ἀγιος ὁ Θεός, Ἀγιος Ἰσχυρός, Ἀγιος Ἀθάνατος, ἐλέησον ἡμᾶς (τρεῖς φορές).

Δόξα Πατρί καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι, καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

Ἀναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἁνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἐνεκεν τοῦ ὄνομάτος σου. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.
MORNING PRAYER

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Glory to You, our God, glory to You.

Heavenly King, Comforter, the Spirit of Truth, who dwell in all places and fill all things, treasury of good things and giver of life, come and abide in us and cleanse us of every impurity, and save our souls, O Good One.

Amen. Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3 times)

Glory to the Father and the Son and the Holy Spirit, now and forever, and to the ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your name’s sake. Lord, have mercy. Lord, have mercy. Lord, have mercy.
όξα Πατρί καί Υἱῶ καί ᾿Αγίω Πνεῦματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἄμην.

ότερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθῆτω τὸ ὅνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γεννηθῆτω τὸ θέλημα σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δῶς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίμενοι τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ὅτι σοῦ ἐστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρός, καὶ τοῦ Υἱοῦ, καὶ τοῦ ᾿Αγίου Πνεῦματος, νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

Ἦριε, ἐλέησον (12 φορές).

Ἐκ τοῦ ὑπνου ἐξανιστάμενος, εὐχαριστῶ Σοι, ᾿Αγία Τριάς· ὅτι διὰ τὴν πολλὴν Σου ἀγαθότητα, καὶ μακροθυμίαν, οὐκ ὠργίσθης ἐμοὶ τῷ ῥαθύμῳ καὶ ἁμαρτωλῷ, οὔδὲ συναπώλεσάς με ταῖς ἀνομίαις μου, ἀλλὰ ἐφιλανθρωπεύσω συνήθως καὶ πρὸς ἀπόγνωσιν κείμενον ἡγερᾶς με, εἰς τὸ ὀρθρίσαι καὶ δοξολογῆσαι τὸ κράτος Σου. Καὶ νῦν φώτισόν μου τὰ ὄμματα τῆς διανοίας, ἄνοιξόν μου τὸ στόμα, τοῦ μελετῶν τὰ λόγιά Σου, καὶ συνιέναι τὰς ἐντολὰς Σου, καὶ ποιεῖν τὸ θέλημά Σου, καὶ ψάλλειν Σοι ἐν ἐξομολογήσει καρδίας, καὶ ἀνυμνεῖν τὸ πανάγιον ὄνομά Σου, τοῦ Πατρός καὶ τοῦ Υἱοῦ καὶ τοῦ ᾿Αγίου Πνεῦματος, νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.
Glory to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

Our Father who art in heaven, hallowed be Thy Name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

For Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Lord, have mercy (x12)

As I rise from sleep I thank You, O Holy Trinity, for through Your great goodness and patience You were not angered with me, an idler and sinner, nor have You destroyed me in my sins, but have shown Your usual love for humanity, and when I was prostrate in despair, You have raised me to keep the morning watch and glorify Your power. And now enlighten my mind’s eyes and open my mouth to study Your words and understand Your commandments and do Your will and sing to You in heartfelt adoration and praise Your Most Holy Name of Father, Son and Holy Spirit, now and forever, and to the ages of ages. Amen.
ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ

Πιστεύω εἰς ἑνα Θεόν, Πατέρα, πάντοκράτορα, ποιητὴν οὕρανοῦ καὶ γῆς, ὀρατῶν τε πάντων καὶ ἀοράτων.

Καὶ εἰς ἑνα Κύριον Ἰησοῦν Χριστόν, τὸν Υἱόν τοῦ Θεοῦ τὸν μονογενῆ, τὸν ἐκ τοῦ Πατρὸς γεννηθέντα πρὸ πάντων τῶν αἰώνων φώς ἐκ φωτός, Θεὸν ἀληθινὸν ἐκ Θεοῦ ἀληθινοῦ, γεννηθέντα, οὐ ποιηθέντα, ὁμοούσιον τῷ Πατρί, δι’ ο全力以 τὰ πάντα ἐγένετο.

Τὸν δὲ ἡμᾶς τοὺς ἀνθρώπους καὶ διὰ τὴν ἡμετέραν σωτηρίαν κατελθόντα ἐκ τῶν οὐρανῶν καὶ σαρκωθέντα ἐκ Πνεύματος Ἁγίου καὶ Μαρίας τῆς Παρθένου καὶ ἐνανθρωπῆσαντα.

Σταυρωθέντα τε ὑπὲρ ἡμῶν ἐπὶ Ποντίου Πιλάτου, καὶ παθόντα, καὶ ταφέντα.

Καὶ ἀναστάντα τῇ τρίτῃ ἡμέρᾳ κατὰ τὰς Γραφάς.

Καὶ ἀνελθόντα εἰς τοὺς Οὐρανοὺς καὶ καθεζόμενον ἐκ δεξιῶν τοῦ Πατρός.

Καὶ πάλιν ἐρχόμενον μετὰ δόξης κρίναι ζῶντας καὶ νεκροὺς, οὗ τῆς βασιλείας οὐκ ἔσται τέλος.

Καὶ εἰς τὸ Πνεῦμα τὸ Ἁγίου, τὸ Κύριον, τὸ Ζωοποίον, τὸ ἐκ τοῦ Πατρός ἐκπορευόμενον, τὸ σῦν Πατρὶ καὶ Υἱῷ συμπροσκυνούμενον καὶ συνδοξαζόμενον, τὸ λαλήσαν διά τῶν Προφητῶν.

Εἰς Μίαν, Ἁγίαν, Καθολικὴν καὶ Ἀποστολικὴν Ἐκκλησίαν.

Ὅμολογῶ ἐν Βάπτισμα εἰς ἀφεσιν ἀμαρτίων.

Προσδοκῶ ἀνάστασιν νεκρῶν.

Καὶ ζωὴν τοῦ μέλλοντος αἰῶνος Ἁμήν.
I believe in one God, Father Almighty, creator of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten from the Father before all ages. Light from Light, true God from true God, begotten not created, of one essence with the Father; through Whom all things were made.

For us and for our salvation He came down from heaven, and was incarnate by the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and suffered and was buried.

On the third day, He rose according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead; and His kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father, who together with the Father and the Son is worshipped and glorified; who spoke through the Prophets.

In one, Holy, Catholic and Apostolic Church.

I acknowledge one Baptism for the forgiveness of sins.

I expect the resurrection of the dead.

And the life of the age to come. Amen.
Δόξα ἐν υψίστοις Θεῷ, καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία.

Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην Σου δόξαν.

Κύριε Βασιλεὺς, ἐπουράνιε Θεέ, Πάτερ παντοκράτωρ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱός τοῦ Πατρός, ὁ αἱρὼν τὴν ἀμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἱρὼν τὰς ἀμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέσησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρός, καὶ ἐλέησον ἡμᾶς.

Τί Σὺ εἶ μόνος Ἅγιος, Σὺ εἶ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρός. Ἀμήν.

Καθ’ ἐκάστην ἡμέραν εὐλογήσω σε, καὶ αἰνέσω τὸ ὀνόμα Σου εἰς τὸν αἰώνα καὶ εἰς τὸν αἰώνα τούτου αἰῶνος.

Υἱοί, καταφυγὴ ἐγενήθησιν ἡμῖν ἐν γενεᾶ καὶ γενεᾶ. Ἐγὼ εἶπα. Κύριε, ἐλέησόν με, ἵσσαί τὴν ψυχήν μου, ὅτι ἠμαρτών σοι.

Ὑἱοί, πρὸς σὲ κατέφυγον, δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου.
DOXOLOGY

Glory to God in the highest, and on earth peace, goodwill among men.

We praise you, we bless you, we worship you, we glorify you, we thank you for your great glory.

Lord, heavenly King, God the Almighty Father. O Lord, only-begotten Son, Jesus Christ and the Holy Spirit.

Lord God, lamb of God, Son of the Father, who takes away the sin of the world, have mercy on us, who takes away the sins of the world.

Receive our prayer, you who sit on the right hand of the Father and have mercy upon us.

For you alone are holy, you alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless you, and praise your name forever and ever.

Lord, you are a refuge for me from generation to generation. I said, Lord, have mercy upon me; heal my soul, for I have sinned against you.

Lord, I have run to you for refuge; teach me to do your will for you are my God.
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For with you is the source of life, and in your light we shall see light.

Continue your merciful kindness toward those who know you.

Grant, Lord, this day to keep us without sin.

Blessed are you, Lord, the God of our fathers, and praised and glorified is your name unto to the ages. Amen.

May your mercy, Lord, be upon us, as we have hoped in you.

Blessed are you, Lord, teach me your statutes.

Blessed are you, Master, make me understand your statutes.

Blessed are you, Holy One, enlighten me with your statutes.

Lord, your mercy is forever; do not scorn the work of your hands.

To you praise is due, to you song is due, to you glory is due, to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Higher in honor than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gave birth to God the Logos. Most truly
Θεόν Λόγον τεκούσαν, τήν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Χριστέ, τὸ φῶς τὸ ἀληθινόν, τὸ φωτίζων καὶ ἁγιάζων πάντα ἀνθρώπον ἐρχόμενον εἰς τὸν κόσμον, σημειωθήτω ἐφ’ ἡμᾶς τὸ φῶς τοῦ προσώπου σου, ἵνα ἐν αὐτῷ ὄψόμεθα φῶς τὸ ἀπρόσιτον· καὶ κατεύθυνον τὰ διαβήματα ἡμῶν πρὸς ἐργασίαν τῶν ἐντολῶν σου· πρεσβείαις τῆς παναχράντου σου Μητρός, καὶ πάντων σου τῶν ἁγίων. Ἅμην.

Αἱ ἑύχων τῶν Ἁγίων Πατέρων ἡμῶν, Κύριε Ἰησοῦ Χριστὲ ὁ Θεός ἡμῶν, ἔλησον καὶ σῶσον ἡμᾶς. Ἅμην.
Theotokos, you do we magnify.

O Christ, the true light, who enlightens and sanctifies everyone who comes into the world, may the light of Your countenance be signed upon us, that in it we may see Your unapproachable light; and direct our steps to the doing of your commandments; at the intercessions of your all-most pure Mother and of all your Saints. Amen.

Through the prayers of our Holy Fathers, Lord Jesus Christ our God, be merciful to us and save us. Amen.
ΠΡΟΣΕΥΧΗ ΠΡΟ ΤΟΥ ΦΑΓΗΤΟΥ

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γεννήθητω τὸ θέλημά σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν, καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Ὁ τι σοῦ ἔστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρός, καὶ τοῦ Υἱοῦ, καὶ τοῦ Ἀγίου Πνεύματος, νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰῶνων. Ἀμήν.

Δόξα Πατρί καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι, καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰῶνων. Ἀμήν.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Δέσποτα Ἁγίες, εὐλόγησον.

Χριστὲ ὁ Θεός, εὐλόγησον τὴν βρῶσιν καὶ τὴν πόσιν τῶν δούλων Σου, ὅτι Ἀγίος εἶ, πάντοτε νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰῶνων. Ἀμήν.

ΠΡΟΣΕΥΧΗ-ΕΥΧΑΡΙΣΤΙΑ ΜΕΤΑ ΤΟ ΦΑΓΗΤΟ

Εὐχαριστοῦμέν Σοι, Χριστὲ ὁ Θεός ἡμῶν, ὅτι ἐνέπλησας ἡμᾶς τῶν ἐπιγείων Σου ἀγαθῶν· μὴ στερήσῃς ἡμᾶς καὶ τῆς ἐπουρανίου Σου
PRAYER BEFORE MEAL-TIME

O ur Father, who art in heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

F or Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

G lory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

L ord, have mercy. Lord, have mercy. Lord, have mercy. Master, give the blessing.

C hrist our God, bless the food and drink of your servants, for you are Holy always, now and forever and to the ages of ages. Amen.

PRAYER—THANKSGIVING AFTER LUNCH

W e thank you, Christ our God, for you have satisfied us with earthly gifts. Do not deprive us of your heavenly kingdom, but as you, O Savior,
Βασιλείας ἀλλ’ ὡς ἐν μέσῳ τῶν μαθητῶν Σου παρεγένου, Σωτήρ, τὴν εἰρήνην διδοὺς αὐτοῖς, ἐλθέ καὶ μεθ’ ἡμῶν καὶ σῶσον ἡμᾶς.

Δόξα Πατρί καὶ Υἱῷ καὶ Άγίῳ Πνεύματι, καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἁμήν. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Δέσποτα Ἀγιε, εὐλόγησον.

Χριστὸς ὁ Θεός, εὐλόγησον τὰ περισσεύματα τῶν κλασμάτων τῆς τραπέζης ταύτης, καὶ πλήθυνον αὐτὰ ἐν τῷ οἴκῳ τούτῳ, ἐν τῆ ἱερᾶ Μητροπόλει ἡμῶν καὶ ἐν τῷ κόσμῳ Σου ἀπαντὶ. Σὺ γὰρ εἰ ὁ Εὐλογῶν καὶ Ἀγιάζων τὰ σύμπαντα, καὶ Σοὶ τὴν δόξαν ἀναπέμπομεν, σὺν τῷ Ἀνάρχῳ Σου Πατρὶ καὶ τῷ Παναγίῳ καὶ Ἀγαθῷ καὶ Ζωοποιῷ Σου Πνεύματι, νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἁμήν.

ΠΡΟΣΕΥΧΗ ΠΡΟ ΤΟΥ ΔΕΙΠΝΟΥ

Φῶς ἀγοντα πένητες καὶ ἐμπλησθήσονται, καὶ αἰνέσουσι Κύριον οἱ ἐκζητοῦντες Αὐτὸν, ζήσονται αἱ καρδίαι αὐτῶν εἰς αἰώνα αἰώνος.

Δόξα Πατρί καὶ Υἱῷ καὶ Άγίῳ Πνεύματι, καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἁμήν.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Δέσποτα Ἀγιε, εὐλόγησον.

Χριστὸς ὁ Θεός, εὐλόγησον τὴν βρῶσιν καὶ τὴν πόσιν τῶν δούλων Σου, ὅτι Ἀγίος εἶ, πάντοτε νῦν καὶ ἀεί καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἁμήν.
came among your disciples and gave them peace, come among us also and save us.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. Master, give the blessing.

Christ our God, bless the remainder of this food, and multiply it in this home, in our Holy Metropolis and in the entire world. For You are He who blesses and sanctifies the universe, and to You we give glory, together with your beginningless Father and Your All-Holy, Good and Life-giving Spirit, now and forever and to the ages of ages. Amen.

**PRAYER BEFORE DINNER**

The poor shall eat and be satisfied, and they who seek the Lord shall praise him; their hearts shall live to the ages of ages.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Master, give the blessing.

Christ our God, bless the food and drink of your servants, for you are holy always, now and forever and to the ages of ages. Amen.
Εὐφρανας ἡμᾶς, Κύριε, ἐν τοῖς ποιήμασί Σου, καὶ ἐν τοῖς ἐργοῖς τῶν χειρῶν Σου ἡγαλλιασόμεθα. Ἐσημειώθη ἐφ’ ἡμᾶς τὸ φῶς τοῦ προσώπου Σου, Κύριε: ἔδωκας εὐφροσύνην εἰς τὰς καρδίας ἡμῶν. Ἀπὸ καρποῦ, σίτου, οἴνου καὶ ἠλαίου αὐτῶν ἐνεπλήσθημεν. Ἐν εἰρήνη ἐπὶ τὸ αὐτὸ κοιμηθησόμεθα καὶ ὑπνώσομεν ὅτι Σὺ, Κύριε, κατά μόνας ἐπὶ ἐλπίδι κατώκησας ἡμᾶς.

Δόξα Πατρί καὶ Υἱῷ καὶ Ἅγιῳ Πνεύματι, καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἁμήν.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Δέσποτα Ἀγίε εὐλόγησον.

Χριστὲ ὁ Θεός, εὐλόγησον τὰ περισσεύματα τῶν κλασμάτων τῆς τραπέζης ταύτης, καὶ πλήθυνον αὐτά ἐν τῷ οίκῳ τούτῳ, ἐν τῇ Ἰερᾶ Μητροπόλει ἡμῶν καὶ ἐν τῷ κόσμῳ Σου ἄπαντι. Σὺ γὰρ εἶ ὁ Εὐλογῶν καὶ Ἀγιάζων τὰ σύμπαντα, καὶ Σοί τὴν δόξαν ἀναπέμπομεν, σὺν τῷ Ἀνάρχῳ Σου Πατρί καὶ τῷ Παναγίῳ καὶ Ἁγαθῷ καὶ Ζωοποιῷ Σου Πνεύματι, νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἁμήν.

Δι’ εὐχῶν τῶν Ἁγίων Πατέρων ἡμῶν, Κύριε Ἰησοῦ Χριστὲ ὁ Θεός ἡμῶν, ἐλέησον καὶ σώσον ἡμᾶς. ἡμᾶς. Ἁμήν.
PRAYER—THANKSGIVING
AFTER DINNER

Lord, you have gladdened our hearts in your creation, and we have rejoiced in the work of your hands. The light of your countenance has shined upon us, Lord. You have gladdened our hearts. We have been satisfied with the good things of the earth. We shall sleep in peace and repose in you, for you alone, Lord, have sustained us in hope.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Master, give the blessing.

Christ our God, bless the remainder of this food, and multiply it in this home, in our Holy Metropolis and in the entire world. For You are He who blesses and sanctifies the universe, and to You we give glory, together with your beginning-less Father and Your All-Holy, Good and Life-giving Spirit, now and forever and to the ages of ages. Amen.

Through the prayers of our Holy Fathers, Lord Jesus Christ our God, be merciful to us and save us. Amen.
ΒΡΑΔΙΝΗ ΠΡΟΣΕΥΧΗ

Εἰς τὸ ὄνομα τοῦ Πατρός καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος. Ἄμην.

Λόξα Σοι, ὁ Θεός ἡμῶν δόξα Σοι.

Βασιλεὺς Οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρὼν καὶ τὰ πάντα πληρῶν, ὁ θησαυρὸς τῶν ἁγαθῶν καὶ ζωῆς χορηγὸς, ἐλθὲ καὶ σκήνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλίδος καὶ σώσον, Ἀγαθέ, τὰς ψυχὰς ἡμῶν.

Ἄμην. Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιοι Ἀθάνατος, ἐλέησον ἡμᾶς. (τρεῖς φορές)

Λόξα Πατρί καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι, καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἀμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἐνεκεν τοῦ ὄνομάτος σου. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Λόξα Πατρί καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι, καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.
EVENING PRAYER

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glory to You, our God, glory to You.

Heavenly King, Comforter, the Spirit of Truth, who dwell in all places and fill all things, treasury of good things and giver of life, come and abide in us and cleanse us of every impurity, and save our souls, O Good One.

Amen. Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3 times)

Glory to the Father and the Son and the Holy Spirit, now and forever, and to the ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your name’s sake. Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages. Amen.
Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἀγιασθήτως](179170)

τὸ ὄνομά σου ἐλθέτω ἡ βασιλεία σου,

γεννηθῆτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς.

Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δῶς ἡμῖν

σήμερον καὶ ἄφες ἡμῖν τὰ ὅφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίμεν τοῖς ὅφειλέταις ἡμῶν καὶ μὴ εἰσενέγκης ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Ὅτι σοῦ ἔστιν ἡ βασιλεία, καὶ ἡ δύναμις, καὶ ἡ δόξα, τοῦ Πατρός, καὶ τοῦ Υἱοῦ, καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

Ἦριε, ἐλέησον (12 φορές)

Δόξα Πατρί καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι,

καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

Δ εὑτε προσκυνήσωμεν καὶ προσπέσωμεν τῷ

Βασιλείᾳ ἡμῶν Θεῷ.

Δ εὑτε προσκυνήσωμεν καὶ προσπέσωμεν

Χριστῷ τῷ Βασιλείᾳ ἡμῶν Θεῷ.

Δ εὑτε προσκυνήσωμεν καὶ προσπέσωμεν

αὐτῷ Χριστῷ τῷ Βασιλείᾳ καὶ Θεῷ ἡμῶν.

50ος Ψαλμός

Ἐλέησόν με ὁ Θεός κατά το μέγα ἐλεός σου,

καὶ κατά το πλήθος τῶν οἰκτιρμῶν σου

ἐξάλειψον τὸ ἀνόμημά μου.

Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου,

καὶ ἀπὸ τῆς ἀμαρτίας μου καθάρισόν με.
O ur Father who art in heaven, hallowed be Thy Name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

F or Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

L ord, have mercy (12 times)

G lory to the Father, and the Son, and the Holy Spirit, now and forever and to the ages of ages. Amen.

C ome, let us worship and fall down before the King, our God.

C ome, let us worship and fall down before Christ the King, our God.

C ome, let us worship and fall down before Christ Himself, the King and our God.

Psalm 50

H ave mercy on me, O God, according to your great mercy, and according to the multitude of your compassions, blot out my offense.

W ash me thoroughly from my iniquity and cleanse me from my sin.
Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιον μοῦ ἐστὶ διὰ παντὸς.

Οἱ μόνῳ ἡμαρτον, καὶ τὸ πονηρὸν ἐνώπιον σου ἐποίησα, ὡς ἄν δικαιώθης ἐν τοῖς λόγοις σου, καὶ νικήσῃς ἐν τῷ κρίνεσθαι σε.

Ἰδοὺ γὰρ ἐν ἀνομίας συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου.

Ἰδοὺ γὰρ ἀλῆθειαν ἡγάπησας· τὰ ἢδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.

Ῥαντιεὶς με ὑσσώπῳ, καὶ καθαρισθήσομαι· πλυνεῖς με, καὶ ὑπὲρ χίόνα λευκανθήσομαι.

῾Ακούτιεις μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὁστέα τεταπεινωμένα.

Ῥόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτίων μου, καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον.

Καρδίαν καθαρὰν κτίσον ἐν ἔμοι ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου.

Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου, καὶ τὸ Πνεῦμά σου τὸ Ἁγίον μὴ ἀντανέλης ἀπ’ ἐμοῦ.

Ἄποδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεῦματι ἡγεμονικῷ στήριξόν με.

Οἶδα ἀνόμους τὰς ὄδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσιν.
For I am aware of my iniquity, and my sin is continually before me.

Against you only have I sinned and done evil before you, that you might be justified in your words, and emerge victorious when you are judged.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

For behold, you have loved the truth; you revealed to me the hidden and secret parts of your wisdom.

You shall sprinkle me with hyssop and I shall be cleansed; you shall wash me and I will be whiter than snow.

You shall make me hear joy and gladness; the afflicted bones shall rejoice.

Turn away your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a right spirit within me.

Do not cast me away from your presence, and do not take away your Holy Spirit from me.

Restore to me the joy of your salvation, and strengthen me with a guiding spirit.

I will teach transgressors your ways, and the ungodly shall return to you.
Ρῶσαί με ἐξ αἰμάτων ὁ Θεὸς, ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιάσεται ἢ γλώσσα μου τὴν δικαιοσύνην σου.

Ὑρίε τὰ χείλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγέλει τὴν αἰνεσίν σου.

Ὅτι, εἰ ἥθελησας θυσίαν, ἔδωκα ἃν· ὅλοκαυτώματα οὐκ εὐδοκήσεις.

Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον· καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει.

Ὑγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῆτω τὰ τείχη ἱερουσαλήμ.

ὁτὲ εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφοράν καὶ ὅλοκαυτώματα.

ὅτε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

ΔΟΞΟΛΟΓΙΑ

ὅξα ἐν υψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη ἐν ἀνθρώποις εὐδοκίᾳ.

Ὡμοιμένι σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν.

Ὑρίε, Βασιλεῦ, ἔπουράνιε Θεὲ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενὲς, Ἰησοῦ Χριστὲ, καὶ Ἅγιον Πνεῦμα.

Ὑρίε ὁ Θεὸς, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἰὼν τὴν ἀμαρτίαν τοῦ κόσμου,
Deliver me from bloodguiltiness, O God, the God of my salvation; and my tongue will joyfully sing your justice.

Lord, you shall open my lips, and my mouth shall declare your praise.

Or if you desired sacrifice, I would have offered it; you will not be pleased with whole-burnt offerings.

Sacrifice to God is a contrite spirit; a contrite and humbled heart God will not despise.

Do good, Lord, in your good pleasure to Zion, that the walls of Jerusalem may be built.

Then you will be pleased with a sacrifice of justice, offering and whole-burnt sacrifices.

Then shall they offer calves upon your altar.

Doxology

Glory to God in the highest, and on earth peace, goodwill among men.

We praise you, we bless you, we worship you, we glorify you, we thank you for your great glory.

Lord, heavenly King, God the Almighty Father. O Lord, only-begotten Son, Jesus Christ and the Holy Spirit.

Lord God, lamb of God, Son of the Father, who takes away the sin of the world, have mercy
ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρός, καὶ ἐλέησον ἡμᾶς.

Ὅτι σὺ εἰ μόνος Ἄγιος, σὺ εἰ μόνος Κύριος, Ἡσυχὸς Χριστὸς, εἰς δόξαν Θεοῦ Πατρός. Ἄμην.

Καθ’ ἐκάστην ἑσπέραν εὐλογήσω σε, καὶ αἰνέσω τοῦ ὅνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

Ὕριε, καταφυγῇ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἰπα: Κύριε, ἐλέησόν με, ἵσας τὴν φυχήν μου, ὅτι ἡμαρτόν σοι.

Ὑρίε, πρὸς σὲ κατέφυγον· δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἰ ὁ Θεός μου.

Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτὶ σου ὑψόμεθα φῶς.

Ἀράτεινόν το ἔλεος σου τοῖς γινώσκουσί σε.

Καταξίωσον, Κύριε, ἐν τῇ νυκτὶ ταύτῃ ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

Εὐλογητός εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνεῖς καὶ δεδοξασμένον τὸ ὅνομά σου εἰς τοὺς αἰῶνας. Ἄμην.

Ενοίκου, Κύριε, τὸ ἔλεος σου ἐφ’ ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητός εἶ, Κύριε· δίδαξόν με τὰ δικαιώματά σου.
upon us, You who takes away the sins of the world.

Receive our prayer, you who sit on the right hand of the Father and have mercy upon us.

For you alone are holy, you alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

every night I will bless you, and praise your name forever and ever.

Lord, you are refuge for me from generation to generation. I said, Lord, have mercy upon me; heal my soul, for I have sinned against you.

Lord, I have run to you for refuge; teach me to do your will for you are my God.

For with you is the source of life, and in your light we shall see light.

Continue your merciful kindness toward those who know you.

Grant, Lord, this night to keep us without sin.

Blessed are you, Lord, the God of our fathers, and praised and glorified is your name to the ages. Amen.

May your mercy, Lord, be upon us, as we have hoped in you.

Blessed are you, Lord, teach me your statutes.
Εὐλογητός εἶ, Δέσποτα· συνέτισον με τὰ δικαιώματά σου.
Εὐλογητός εἶ, Ἀγιε· φώτισόν με τοὺς δικαιώμασί σου.

Κύριε, τὸ ἔλεος σου εἰς τὸν αἰῶνα, τὰ ἔργα τῶν χειρῶν σου μὴ παρίδης.

οἱ πρέπει αἶνος, οἱ πρέπει ὕμνος, οἱ δόξα πρέπει, τῷ Πατρὶ καὶ τῷ Υἱῷ, καὶ τῷ Ἀγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. ἀμήν.

SYMBOLON Ἡς πιστεύω

Πιστεύω εἰς ἕνα Θεόν, Πατέρα, Παντοκράτορα, ποιήθην οὐρανοῦ καὶ γῆς, ὁρατῶν τε πάντων καὶ ἀοράτων.

Καὶ εἰς ἕνα Κύριον Ἰησοῦν Χριστόν, τὸν Υἱὸν τοῦ Θεοῦ τὸν μονογενῆ, τὸν ἐκ τοῦ Πατρὸς γεννηθέντα πρὸ πάντων τῶν αἰώνων· φῶς ἐκ φωτός, Θεὸν ἀληθινὸν ἐκ Θεοῦ ἀληθινοῦ γεννηθέντα, οὐ ποιηθέντα, ὁμοούσιον τῷ Πατρί, δι᾽ οὗ τὰ πάντα ἐγένετο.

Τὸν δὲ ἡμᾶς τοὺς ἀνθρώπους καὶ διὰ τὴν ἡμετέραν σωτηρίαν κατελθόντα ἐκ τῶν οὐρανῶν καὶ σαρκωθέντα ἐκ Πνεύματος Ἁγίου καὶ Μαρίας τῆς Παρθένου καὶ ἑνανθρωπήσαντα.

Σταυρωθέντα τε ὑπὲρ ἡμῶν ἐπὶ Ποντίου Πιλάτου, καὶ παθόντα, καὶ ταφέντα.

Καὶ ἄναστάντα τῇ τρίτῃ ἡμέρᾳ κατὰ τὰς Γραφάς.

Καὶ ἀνέλθόντα εἰς τοὺς Οὐρανοὺς καὶ καθεζόμενον ἐκ δεξιῶν τοῦ Πατρός.

Καὶ πάλιν ἐρχόμενον μετὰ δόξης κρίναι ζώντας καὶ νεκροὺς, οὗ τῆς βασιλείας οὐκ ἔσται τέλος.

Καὶ εἰς τὸ Πνεῦμα τὸ Ἁγίον, τὸ Κύριον, τὸ
Blessed are you, Master, make me understand your statutes.

Blessed are you, Holy One, enlighten me with your statutes.

Lord, your mercy is for ever; do not scorn the work of your hands.

To you praise is due, to you song is due, to you glory is due, to the Father, and the Son, and the Holy Spirit, now and forever, and to the ages of ages. Amen.

**THE CREED**

I believe in one God, Father Almighty, creator of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten from the Father before all ages. Light from Light, true God from true God, begotten not created, of one essence with the Father; through Whom all things were made.

For us and for our salvation He came down from heaven, and was incarnate by the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and suffered and was buried.

On the third He rose according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead; and his kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father, who together with the Father and the Son is worshipped and glorified;
Ζωοποιών, τό ἐκ τοῦ Πατρὸς ἐκπορευόμενον, τὸ σὺν Πατρὶ καὶ Υἱῷ συμπροσκυνούμενον καὶ συνδόξαζόμενον, τὸ λαλήσαν διά τῶν Προφητῶν. Εἰς Μίαν, Ἁγίαν, Καθολικὴν καὶ Ἀποστολικὴν Ἐκκλησίαν.

Ὅμολογῶ ἐν Βάπτισμα εἰς ἄφεσιν ἁμαρτιῶν.
Προσδοκῶ ἀνάστασιν νεκρῶν.
Καὶ ζωὴν τοῦ μέλλοντος αἰῶνος. Ἁμὴν.

Ἄξιὸν ἐστιν ὡς ἀληθῶς, μακαρίζειν σὲ τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἁμῶν. Τὴν τιμιωτέραν τῶν Χερουβίμ καὶ ἐνδοξεῖαν ἁσυγκρίτως τῶν Σεραφείμ, τὴν ἄδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ἄντως Θεοτόκον, σὲ μεγαλύνομεν.

Αὐτῷ σπιλε, ἀμόλυντε, ἀφθορε, ἅχραντε, ἁγνῇ Παρθένῳ, Θεόνυμῳ Δέσποινα, ἡ Θεὸν Λόγον τοῖς ἁνθρώποις τῇ παραδόξῳ συμβιβασμῷ προφητεύεται καὶ τὴν ἀπωσθέεσαν φύσιν τοῦ γένους ἁμῶν τοῖς οὐρανοῖς συνάψασα· ἡ τῶν ἀπελπισμένων μόνη ἔλπις καὶ τῶν πολεμουμένων βοήθεια, ἡ ἐτοίμη ἀντίληψις τῶν εἰς σὲ προστρεχόντων, καὶ πάντων τῶν Χριστιανῶν τὸ καταφύγιον, μὴ βδελύξῃ με τὸν ἁμαρτωλόν, τὸν ἐναγέ, τὸν οἰσχρός λογίσμοις καὶ λόγοις καὶ πράξεσιν ὅλον ἔμαυτὸν ἀχρείσαντα, καὶ τῇ τῶν ἡδονῶν τοῦ βίου, βαθύμια γνώμη, δούλον γενόμενον· ἄλλ’ ὡς τοῦ φιλανθρώπου Θεοῦ Μήτηρ, φιλανθρώπως σπλαχνίζετη ἐπ’ ἔμοι τῷ ἁμαρτωλῷ καὶ ἁσώτῳ, καὶ δέξαι μου τὴν ἐκ ρυπαρῶν χειλέων προσφερομένην σοι δέχον· καὶ τὸν σὸν Υἱόν, καὶ ἡμῶν Δεσπότην καὶ Κύριον, τῇ μητρικῇ σου παροισίᾳ χρωμένη, δυσώπησον, ἵνα ἀνοίξῃ κάμοι τὰ φιλάνθρωπα σπλάγχνα τῆς αὐτοῦ ἀγαθότητος· καὶ, παριδών μου τὰ ἀναρίθμητα πταίσματα, ἑπιστρέψῃ με πρὸς μετάνοιαν καὶ τῶν αὐτοῦ ἐντολῶν ἑργάτην δόκιμον ἀναδείξῃ.
who spoke through the Prophets.
   In one, Holy, Catholic and Apostolic Church.
   I acknowledge one Baptism for the forgiveness of sins.
   I expect the resurrection of the dead.
   And the life of the age to come. Amen.

It is truly right to bless you, Theotokos, ever blessed, most pure, and mother of our God. Higher in honor than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gave birth to God the Logos. Most truly Theotokos, you do we magnify.

Spotless, undefiled, incorrupt, immaculate, pure Virgin, Bride of God and Lady, who by your marvellous conceiving united God the Word with mankind and joined our rejected human nature to the heavenly realm; the only hope of the hopeless, help of the attacked, ready assistance of those who flee to you, and refuge of all Christians; do not turn in loathing from me, an accursed sinner, who have made myself utterly worthless through shameful thoughts and words and deeds, and through the sloth of the pleasures of life have become a slave to my own will. But, as Mother of the God who loves mankind, have compassion on me, a sinner and prodigal, in your love for mankind, and accept the prayer I offer you from polluted lips. And using your Mother’s boldness, implore your Son, our Master and Lord, that He open to me also the compassionate heart of his goodness, and disregarding my countless offences turn me back to repentance, and make me a tried worker of his commandments. And, as you are full of
Καὶ δὸς ἡμῖν, Δέσποτα, πρὸς ύπνον ἀπιούσιν, ἀνάπαυσιν σώματος καὶ ψυχῆς καὶ διαφύλαξον ἡμᾶς ἀπὸ τοῦ ζωφεροῦ ύπνου τῆς ἁμαρτίας καὶ ἀπὸ πάσης σκοτεινῆς καὶ νυκτερινῆς ἡδυπαθείας. Παῦσον τὰς ὄρμας τῶν παθῶν, σβέσον τὰ πεπωρωμένα βέλη τοῦ πονηροῦ, τὰ καθ’ ἡμῶν δολίως κινούμενα· τὰς τῆς σαρκὸς ἡμῶν ἐπαναστάσεις κατάστειλον καὶ πᾶν γεώδες καὶ ὑλικὸν ἡμῶν φρόνημα κοίμισον. Καὶ δώρησαι ἡμῖν, ὁ Θεός, γρήγορον νοῦν, σώφρονα λογισμὸν, καρδίαν νήφουσαν, ύπνον ἐλαφρόν, καὶ πάσης σατανικῆς φαντασίας ἀπηλλαγμένον. Διανάστησον δὲ ἡμᾶς ἐν τῷ καιρῷ τῆς προσευχῆς, ἐστηριγμένους ἐν ταῖς ἐντολαῖς σου, καὶ τὴν μνήμην τῶν σῶν κριμάτων ἐν ἑαυτοῖς ἀπαράθραυστον ἔχοντας. Παννύχιον ἡμῖν τὴν σὴν δοξολογίαν χάρισαι εἰς τὸ ὑμνεῖν καὶ εὐλογεῖν καὶ δοξάζειν τὸ πάντιμον, καὶ μεγαλοπρεπεῖς Ὀνομά σου, τοῦ Πατρὸς, καὶ τοῦ Υἱοῦ, καὶ τοῦ Ἁγίου Πνεύματος, νῦν, καὶ ἀεὶ,
mercy, compassion and loving-kindness, be ever near me: in this present life a fervent helper and protector, shielding me from the enemy's assaults and guiding me to salvation, and at the moment of my departure watching over my wretched soul and driving far from her the dark forms of evil demons; but on the dread day of judgement, delivering me from eternal punishment and making me an heir to the ineffable glory of your Son and our God. All this may I obtain, my Lady, most holy Mother of God, through your mediation and assistance; through the grace and love for mankind of your only-begotten Son, our Lord and God and Saviour, Jesus Christ. To whom are due all glory, honour and worship, with His beginningless Father and His All-holy, Good and Life-giving Spirit, now and forever, and to the ages of ages. Amen.

And grant us, Master, as we go to our sleep, rest of body and soul; and guard us from the gloomy sleep of sin and from every dark pleasure of the night. Calm the assaults of the passions, quench the fiery arrows of the evil one that are cunningly aimed at us; put down the rebellions of our flesh and still our every earthly and material thought. And grant us, O God, a watchful mind, chaste thought, a wakeful heart, sleep that is light and free from every satanic fantasy. Rouse us at the time for prayer strengthened in your commandments, and holding firmly within us the memory of your judgements. Grant that we may sing Your glory all night long, and so hymn, bless and glorify Your all-honoured and majestic name, of the Father, and the Son and the Holy Spirit, now and forever, and to the ages of ages. Amen.
καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ὑπερένδοξε, ἀειπάρθενε, εὐλογημένη Θεοτόκε,
προσάγαγε τὴν ἡμετέραν προσευχὴν τῷ Υἱῷ
σου καὶ Θεῷ ἡμῶν, καὶ αἴτησαι ἵνα σώσῃ διὰ σοῦ
tὰς ψυχὰς ἡμῶν.

Ἑλπίς μου ὁ Πατήρ, καταφυγή μου ὁ Υἱός,
σκέπη μου τὸ Πνεῦμα τὸ Ἁγιόν. Τριὰς Ἁγία,
δόξα σοι.

Ἡ ἁπάν τῶν ἐλπιδῶν μου, εἰς σὲ ἀνατίθημι,
Μήτερ τοῦ Θεοῦ· φύλαξόν με ὑπὸ τὴν
σκέπην σου.

Ἄγιος ἀγγέλος, ὁ ἐφεστὼς τῆς ἁθλίας μου ψυχῆς
καὶ ταλαιπώρου μου ζωῆς, μὴ ἐγκαταλίπῃς
με τὸν ἁμαρτωλόν, μηδὲ ἀποστῆς ἀπ’ ἐμοῦ διὰ
tὴν ἁκρασίαν μου· μὴ δῶῃς χώραν σὺν πονηρῷ
dαίμονι κατακυριεύσαι μου τῇ καταδυναστείᾳ τοῦ
θνητοῦ τούτου σώματος· κράτησον τῆς ἁθλίας
καὶ παρειμένης χειρός μου, καὶ ὀδήγησόν με
eἰς ὀδὸν σωτηρίας. Ναί, ἄγιος ἀγγέλος τοῦ Θεοῦ,
ὁ φύλαξ καὶ σκεπαστὴς τῆς ἁθλίας μου ψυχῆς
καὶ τοῦ σώματος, πάντα μοι συγχωρήσων, όσα
σοι ἔθλιψα πάσας τὰς ἁμέρας τῆς ζωῆς μου, καὶ
eἰ τῷ ἡμαρτὼν τὴν σήμερον ἡμέραν· σκέπασόν
με ἐν τῇ παρούσῃ νυκτὶ καὶ διαφύλαξόν με ἀπὸ
πάσης ἐπιρροές τοῦ ἀντικειμένου, ἵνα μὴ ἔν τινὶ
ἀμαρτήματι παροργίσω τὸν Θεόν· καὶ πρέσβειε
ὑπὲρ ἐμοῦ πρὸς τὸν Κύριον τοῦ ἔπιστρέψῃ με
ἐν τῷ φόβῳ αὐτοῦ καὶ ἔξεσϑε ἀναδείξῃ με δούλον
tῆς αὐτοῦ ἀγαθότητος. Ἀμήν.

Ἄρχων τῶν Ἁγίων Πατέρων ἡμῶν, Κύριε
Ἡσυχὸς Χριστέ ὁ Θεός ἡμῶν, ἐλέησον καὶ
σώσον ἡμᾶς. Ἀμήν.
Most glorious, ever-virgin, blessed Mother of God, offer our prayer to your Son and our God, and ask that, through you, He may save our souls.

The Father is my hope, the Son my refuge, the Holy Spirit my protection. Holy Trinity, glory to You.

All my hope I place in you, Mother of God, guard me under your protection.

Holy Angel, overseer of my wretched soul and miserable life, do not abandon me a sinner, do not desert me because of my inconstancy; leave no place for the evil demon to obtain dominion over me by gaining control of this mortal body; strengthen my wretched and feeble hand, and guide me into the way of salvation. Yes, Holy Angel of God, guardian and protector of my wretched soul and body, pardon me all the things by which I have distressed you all the days of my life, and whatever sins I have committed today; shelter me in the coming night and protect me from every abuse of the adversary, that I may not anger my God by any sin; and intercede for me to the Lord, to strengthen me in his fear, and show me to be a worthy servant of his goodness. Amen.

Through the Prayers of our Holy Fathers, Lord Jesus Christ our God, be merciful to us and save us. Amen.
Β’
ΕΠΙΛΟΓΕΣ
ΥΜΝΩΝ-ΨΑΛΜΩΝ-ΕΥΧΩΝ
(Ἀπό τις Ἀκολουθίες-Προσευχές τῆς Ἐκκλησίας μας)

ΤΡΙΑΔΙΚΑ ΤΡΟΠΑΡΙΑ

Ἐξεγερθέντες τοῦ ὑπνοῦ, προσπίπτομέν σοι, Ἄγαθέ, καὶ τῶν Ἀγγέλων τὸν ὕμνον βοῶμέν σοι, Δυνάτε ᾽Αγιός, ᾽Αγιός, ᾽Αγιός εἰ ὁ Θεός· διά τῆς Θεοτόκου ἔλεξεν ἡμᾶς.

Ἄξα Πατρί καὶ Ὕψος καὶ ᾽Αγίῳ Πνεύματι.

Ὡς κλίνης καὶ τοῦ ὑπνοῦ ἐξεγείρας με, Κύριε, τὸν νοῦν μου φώτισον, καὶ τὴν καρδίαν καὶ τὰ χεῖλη μου ἄνοιξον, εἰς τὸ ὑμνεῖν σε, Ἀγία Τριάς· ᾽Αγιός, ᾽Αγιός, ᾽Αγιός εἰ ὁ Θεός· διά τῆς Θεοτόκου ἔλεξεν ἡμᾶς.

Καί νῦν καὶ ἄει καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμη.

Ἄθρόν ὁ Κριτής ἐπελεύσεται, καὶ ἕκαστον αἰ πράξεις γυμνωθήσονται· ἄλλα φόβω κράξωμεν ἐν τῷ μέσῳ τῆς νυκτὸς· ᾽Αγιός, ᾽Αγιός, ᾽Αγιός εἰ ὁ Θεός· διά τῆς Θεοτόκου ἔλεξεν ἡμᾶς.
On rising from sleep, we fall down before you, O Good One, and we cry to you with the Angels’ hymn, O Mighty One: Holy, Holy, Holy are you, O God: through the prayers of the Mother of God, have mercy on us.

Glory to the Father and the Son and the Holy Spirit.

You awaken me, Lord, from my bed and from sleep, enlighten my mind and open my heart and my lips, to sing your praise, O Holy Trinity: Holy, Holy, Holy are you, O God: through the prayers of the Mother of God have mercy on us.

Both now and forever, and to the ages of ages. Amen.

The Judge will come suddenly, and the deeds of each will be laid bare; but with fear let us cry to you in the middle of the night: Holy, Holy, Holy are you, O God: through the prayers of the Mother of God have mercy on us.
ΤΡΙΑΔΙΚΑ ΜΕΓΑΛΥΝΑΡΙΑ

Δ Εἰς τοὺς ἄλθεούς της ὑμνεύω τριάδαν, Ἀναρχόν Πατέρα καὶ παντουργόν,
Συνάναρχον Λόγον, πρὸ αἰώνων ἐκ τοῦ Πατρός,
ἀρχεύστως τεχθέντα, καὶ τὸ Ἅγιον Πνεύμα, τὸ ἐκ
tοῦ Πατρός ἀχρόνως ἐκπορευόμενον.

Δ Εἰς τὸν Θεὸν ὁ Θεὸν ἐκ τοῦ Θεον Λόγον ὁν ἐκ τοῦ Θεον Λόγον.

Ὑ μνήσωμεν πάντες θεοπρεπῶς, ἀσμαςιν ἐνθέοις,
tὸν Πατέρα καὶ τὸν Υἱόν, καὶ ἔκ νεκρῶν ἱδούσα τὸν σὸν Υἱόν,

Ἐ κ νεκρῶν ἱδούσα τὸν σὸν Υἱόν, ἄχραντε

Ἀπὸ τὸν ὅρθο

Ψαλμός 102

Ἐ υλόγεις, ἡ ψυχή μου, τὸν Κύριον, καὶ πάντα τὰ

23
MEGALYNARIA

It is truly right to praise the divine Trinity, the Father without beginning and Maker of all, the co-eternal Word, born without change from the Father before the ages, and the Holy Spirit, proceeding timelessly from the Father.

It is truly right to glorify you, God the Word, at whom the Cherubim quail and tremble and whom the Powers of heaven glorify. Christ, the giver of life, who rose from the grave on the third day, with fear let us glorify.

As befits God, let us all praise, with songs inspired, the Father and the Son and the divine Spirit, three-personned might, one Kingship and Dominion.

Immaculate Virgin, all creation seeing your Son risen from the dead, as befits God, has been filled with unspeakable joy, as it glorifies him and honours you.

SELECTIONS FROM MATINS

Psalm 102

Bless the Lord, O my soul, and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget none of his benefits. He forgives all your iniquities; he heals all your diseases; he redeems your life from corruption and crowns you with mercy and compassion; he satisfies your desire with good things; your youth will be renewed like an eagle’s. The Lord performs deeds of mercy and judgement for all who are oppressed. He made known his ways to Moses, his wishes to the
ἐδὸκαν τοὺς ἴδιος τούτων ὑπόῳ ἡμῶν ἐκκλησίαν, ἐκκλησίαν ὑπὸ τοῦ Κύριου, ἐκκλησίαν ὑπὸ τοῦ Ὑιοῦ τοῦ Θεοῦ. Εὐλογήσοντες τὸν Κύριον πάντες οἱ ἀγγέλοι αὐτοῦ, δυνατοί ἱσχύωσιν, ποιοῦντες τὸν λόγον αὐτοῦ, τοῦ ἀκούσας τῆς φωνῆς τῶν λόγων αὐτοῦ. Εὐλογήσοντες τὸν Κύριον, πάσαι αἱ Δυνάμεις αὐτοῦ, λειτουργοὶ αὐτοῦ, οἱ ποιοῦντες τὸ θέλημα αὐτοῦ. Εὐλογήσοντες τὸν Κύριον, πάντα τὰ ἔργα αὐτοῦ, ἐν παντὶ τῶπῳ τῆς δεσποτείας αὐτοῦ εὐλόγει ἡ ψυχή μου, τὸν Κύριον.

Εδὸκαν Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

Στίχ. α’. Ἐξομολογεῖσθε τῷ Κυρίῳ, καὶ ἐπικαλεῖσθε τὸ ὄνομα τὸ ἀγίον αὐτοῦ.
children of Israel. The Lord is compassionate and merciful, long-suffering and full of mercy. He will not always be wrathful, nor will he be enraged for ever. He has not dealt with us according to our iniquities, nor rewarded us according to our sins. For, like the height of heaven above the earth, the Lord has made his mercy prevail over those that fear him. As far as the east is from the west, so far has he taken our sins from us. As a father takes pity on his children, the Lord has taken pity on those who fear him. For he knows of what we are made; has remembered that we are but dust. As for man, his days are but as grass, he will blossom like a flower of the field; for when a wind has passed over it, it will be no more and will know its place no longer. But the mercy of the Lord is for ever and ever upon those who fear him; and his justice upon their children's children, upon those who keep his covenant and remember his commandments to do them. The Lord has prepared his throne in heaven and his kingdom rules over all. Bless the Lord, all you his Angels, powerful in strength, who perform his word, and listen to the voice of his words. Bless the Lord, all you his Powers, his Ministers who do his will. Bless the Lord, all you his works. In every place of his dominion, bless the Lord, O my soul!

God is the Lord, and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

Verse 1: Give thanks to the Lord, call upon His Holy Name.
Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὅνοματι Κυρίου.

Στίχ. β’. Πάντα τὰ έκτη ἐκύκλωσάν με, καὶ τῷ ὅνοματι Κυρίου ἡμυνάμην αὐτούς.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὅνοματι Κυρίου.

Στίχ. γ’. Παρὰ Κυρίου ἐγένετο αὕτη, καὶ ἔστι θαυμαστὴ ἐν φθαλμοῖς ἡμῶν.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὅνοματι Κυρίου.

οδὴ ἱερὰ θεοτόκου

Μεγαλύνει ἡ ψυχή μου τὸν Κύριον, καὶ ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτῆρί μου.

ἡ Τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ὀτὶ ἐπέβλεψαν ἐπὶ τὴν ταπείνωσιν τῆς δούλης αὐτοῦ, ἰδοὺ γὰρ ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἰ γενεαί.

Ἠν Τιμιωτέραν τῶν Χερουβείμ....

Ὀτὶ ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἂγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ ἔλεος αὐτοῦ εἰς
God is the Lord, and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

Verse 2: All the nations surrounded me, but in the name of the Lord I drove them back.

God is the Lord, and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

Verse 3: This is the Lord’s doing, and it is marvelous in our eyes.

God is the Lord, and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

†THE MAGNIFICAT†

My soul magnifies the Lord, and my spirit rejoices in God my Saviour.

Higher in honor than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gave birth to God the Logos. Most truly Theotokos, you do we magnify.

For he has regarded the lowliness of his handmaiden, for behold from henceforth all generations will call me blessed.

Higher in honor than the Cherubim...

For he that is mighty has done great things for me, and holy is his name, and his mercy is on
γενεάν, καὶ γενεὰν τοῖς φοβουμένοις αὐτὸν.

† ἦν Τιμιωτέραν τῶν Χερουβείμ...

Εποίησε Κράτος ἐν βραχίονι αὐτοῦ, διεσκόρπισεν ὑπερηφάνους διανοία καρδίας αὐτῶν.

† ἦν Τιμιωτέραν τῶν Χερουβείμ...

Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ύψωσε ταπεινοῦς, πεινώντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενοῦς.

† ἦν Τιμιωτέραν τῶν Χερουβείμ...

Δυτελάβετο Ἰσραήλ παιδὸς αὐτοῦ, μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς Πατέρας ἡμῶν, τῷ Ἀβραὰμ, καὶ τῷ σπέρματι αὐτοῦ ἕως αἰῶνος.

† ἦν Τιμιωτέραν τῶν Χερουβείμ ...

Δξιὸν ἐστίν ὡς ἀληθῶς, μακράζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἄδιαφθόρως, Θεόν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.
them that fear him from generation to generation.

**Higher in honor than the Cherubim.....**

He has shown strength with his arm, he has scattered the proud in the imagination of their hearts.

**Higher in honor than the Cherubim.....**

He has put down the mighty from their thrones and exalted the humble. He has filled the hungry with good things and the rich he has sent away empty.

**Higher in honor than the Cherubim...**

He has helped Israel his servant in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his posterity forever.

**Higher in honor than the Cherubim...**

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Higher in honor than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gave birth to God the Logos. Most truly Theotokos, you do we magnify.
ΠΡΟΣΕΥΧΕΣ ΕΙΣ ΤΟΥ ΜΕΓΑΛΟΥ ΨΡΟΛΟΓΙΟΥ

Ὁ ἐν παντὶ καιρῷ καὶ πάση ὥρᾳ ἐν οὐρανῷ καὶ ἐπὶ γῆς προσκυνούμενος καὶ δοξαζόμενος Χριστὸς ὁ Θεός, ὁ μακρόθυμος, ὁ πολυέλεος, ὁ πολυσπαλαγχνός, ὁ τοὺς δικαίους ἀγαπῶν καὶ τοὺς ἁμαρτωλοὺς ἐλεῶν, ὁ πάντας καλῶν πρὸς σωτηρίαν διὰ τῆς ἐπαγγελίας τῶν μελλόντων ἁγαθῶν· Αὐτός, Κύριε, πρόσδεξαι καὶ ἡμᾶς ἐν τῇ ὥρᾳ ταύτῃ τὰς ἐντεύξεις καὶ ἵθυνον τῇ ἐκ χώρη ἡμῶν πρὸς τὰς ἐντολάς σου. Τάς ψυχὰς ἡμῶν ἀγίασον· τὰ σῶματα ἄγνισον· τοὺς λογίσμους διόρθωσον· τὰς ἐννοίας κάθαρον καὶ ὑσύαι ἡμᾶς ἀπὸ πάσης θλίψεως, κακῶν καὶ ὀδύνης. Τείχίσον ἡμᾶς ἁγίοις σου Ἀγγέλοις, ἵνα, τῇ παρεμβολῇ αὐτῶν φρονοῦμενοι καὶ ὄντες συνάντησομεν εἰς τὴν ἐνότητα τῆς πίστεως καὶ εἰς τὴν ἐπίγνωσιν τῆς ἁπροσίτου σου δόξης· ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰῶνων. ἀμήν.

Χριστέ, τὸ φῶς τὸ ἀληθινόν, τὸ φωτίζων καὶ ἀγάζων πάντα ἀνθρώπον, ἐρχόμενον εἰς τὸν κόσμον, σημειωθήτω ἐφ’ ἡμᾶς τὸ φῶς τοῦ προσώπου σου, ἵνα ἐν αὐτῷ ὄψωμεθα φῶς τὸ ἀπρόσιτον καὶ κατεύθυνον τὰ διαβήματα ἡμῶν πρὸς ἐργασίαν τῶν ἐντολῶν σου, προσβείας τῆς παναχάντου σου Μητρός, καὶ πάντων σου τῶν Ἁγίων. ἀμήν.

Δέσποτα Θεέ, Πάτερ παντοκράτωρ, Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστὲ, καὶ Ἁγιον
At every time and at every hour, in heaven and on earth worshipped and glorified, Christ God, long-suffering, great in mercy, great in compassion, loving the just and merciful to sinners, calling all to salvation by the promise of the good things to come; do you, Lord, yourself accept our entreaties at this hour, and direct our lives to your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our ideas and deliver us from every distress, evil, and pain. Wall us about with your holy Angels, that protected and guided by their host we may reach the unity of the faith and the knowledge of your unapproachable glory; for you are blessed to the ages of ages. Amen.

O Christ, the true light, who enlightens and sanctifies everyone who comes into the world, may the light of Your countenance be signed upon us, that in it we may see Your unapproachable light; and direct our steps to the doing of your commandments; at the intercessions of your all-most pure Mother and of all your Saints. Amen.

God and Master, Father Almighty, Lord, only begotten Son, Jesus Christ and Holy Spirit,
Πνεῦμα, μία Θεότης, μία Δύναμις, ἐλέησόν με τὸν ἀμαρτωλόν, καὶ, σὺς ἐπίστασαι κρύμασι, σώσόν με τὸν ἄναξίον δούλόν σου· ὅτι εὐλογητός εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

Θεὲ καὶ Κύριε τῶν Δυνάμεων, καὶ πάσης κτίσεως Δημιουργέ, ὁ διὰ σπλάγχνα ἀνεικάστου ἐλέους σου, τὸν μονογενῆ σου Υἱόν, τὸν Κύριον ἡμῶν Ἰησοῦν Χριστόν, καταπέμψας ἐπὶ σωτηρία τοῦ γένους ἡμῶν, καὶ διὰ τοῦ τιμίου αὐτοῦ Σταυροῦ, τὸ χειρόγραφον τῶν ἀμαρτιῶν ἡμῶν διαρρήξας, καὶ θριαμβεύσας ἐν αὐτῷ τὰς ἀρχὰς καὶ ἔξουσίας τοῦ σκότους, Αὐτός, Δέσποτα φιλάνθρωπε, πρόσδεξαι καὶ ἡμῶν τῶν ἀμαρτωλῶν τὰς ἐυχαριστήριας ταύτας καὶ ἱκετηρίους ἐντεύξεις· καὶ ῥῦσαι ἡμᾶς ἀπὸ παντὸς ὀλέθριου καὶ σκοτεινοῦ παραπτώματος, καὶ πάντων τῶν κακῶσαι ἡμᾶς ζητοῦντων, ὅρατῶν καὶ ἀοράτων ἔχθρῶν. Καθῆλωσον ἐκ τοῦ φόβου σοῦ τὰς σάρκας ἡμῶν, καὶ μὴ ἐκκλίνῃς τὰς καρδίας ἡμῶν εἰς λόγους, ἥ εἰς λογισμοὺς πονηρίας, ἀλλὰ τῷ πόθῳ σου τρόσον ἡμῶν τὰς ψυχὰς, ἵνα, πρὸς σὲ διαπαντὸς ἀτενίζοντες, καὶ τῷ παρὰ σοῦ φωτὶ ὀδηγούμενοι, σὲ τὸ ἀπρόσιτον καὶ ἄιδιον κατοπτέοντες φῶς, ἀκατάπαυστόν σοι τὴν ἐξομολόγησιν καὶ εὐχαριστίαν ἀναπέμπομεν, τῷ ἀνάρχῳ Πατρί, σὺν τῷ μονογενὲι σου Υἱῷ, καὶ τῷ παναγίῳ, καὶ ἀγαθῷ καὶ ζωοποιῶ σου Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

Δέσποτα, Κύριε Ἰησοῦ Χριστέ, ὁ Θεός ἡμῶν, ὁ μακροθυμήσας ἐπὶ τοῖς ἡμῶν πλημμελήμασι, καὶ ἄχρι τῆς παρούσῃς ὠρας ἀγαγῶν ἡμᾶς, ἐν ἡ ἐπὶ τοῦ ζωοποίου ξύλου κρεμάμενος, τῷ εὐγνώμονι ληστῇ, τὴν εἰς τὸν Παράδεισον ὠδοποίησας εἰσόδουν, καὶ θανάτῳ τὸν θάνατον ὠλέσας, ἱλάσθητι ἡμῖν τοῖς ἀμαρτωλοῖς καὶ ἄναξίοις δούλοις σου· ἡμάρτομεν γάρ καὶ ἱνομήσαμεν, καὶ οὐκ ἔσμεν
one Godhead, one power, have mercy on me a sinner; and by the judgements which You know, save me your unworthy servant; for You are blessed to the ages of ages. Amen.

O God and Lord of powers, and Maker of all creation, who through the compassion of your incomprehensible mercy sent down Your only-begotten Son, our Lord and Saviour, Jesus Christ, for the salvation of our race, and through His Precious Cross tore up the record of our sins, and by it triumphed over the principalities and powers of darkness; do you yourself, O Master who loves human-kind, accept also our supplications of thanksgiving and entreaty; and deliver us from destroying and dark transgression, and from all our foes, visible and invisible, who seek to harm us. Nail down our flesh through fear of you, and do not let our hearts incline to words or thoughts of evil, but wound our souls with longing for you; that ever gazing upon You and guided by the light that comes from You, seeing You the unapproachable and everlasting light, we may give thanks to You, the beginningless Father, with Your only-begotten Son and Your All-holy, Good and Life-giving Spirit, now and forever, and to the ages of ages. Amen.

M aster, Lord Jesus Christ, our God, who have long endured our transgressions, and brought us to this hour in which, hanging on the life-giving tree, you showed the good Thief the way into Paradise and destroyed death by death, have mercy also on us sinners and Your unworthy servants. For we have sinned and transgressed, and are not worthy to raise our eyes and look on the height of
ἀξιοὶ ἄρα τὰ ὠματα ἡμῶν, καὶ βλέψαι εἰς τὸ ὑψὸς τοῦ οὐρανοῦ διότι κατελίπομεν τὴν ὁδὸν τῆς δικαιοσύνης σου, καὶ ἐπορεύθημεν ἐν τοῖς θελήμασι τῶν καρδιῶν ἡμῶν. Ἀλλ' ἴκετεύομεν τὴν σὴν ἀνείκαστον ἀγαθότητα. Φεῖσαι ἡμῶν, Κύριε, κατὰ τὸ πλήθος τοῦ ἐλέους σου, καὶ σώσον ἡμᾶς διὰ τὸ ὄνομά σου τὸ ἁγιόν, ότι ἐξέλιπον ἐν ματαιότητι αἱ ἡμέραι ἡμῶν. Ἐξελοῦ ἡμᾶς τῆς τοῦ ἀντικειμένου χειρός, καὶ ἄφες ἡμῖν τὰ ἀμαρτήματα, καὶ νέκρωσον τὸ σαρκικὸν ἡμῶν φρόνημα· ἵνα τὸν παλαιὸν ἀποθέμενοι ἄνθρωπον, τὸν νέον ἐνδυσώμεθα, καὶ σοὶ ζήσωμεν τῷ ἡμετέρῳ Δεσπότῃ καὶ κηδεμόνι· καὶ οὕτω, τοῖς σοῖς ἀκολουθοῦντες προστάγμασιν, εἰς τὴν αἰώνιον ἀνάπαυσιν καταντήσωμεν, ἐνθα πάντων ἐστίν εὐφραίνομεν ἡ κατοικία. Σὺ γὰρ εἶ ἡ ὄντως ἀληθινὴ εὐφροσύνη καὶ ἀγαλλίασις τῶν ἀγαπώντων σε, Χριστὲ, ὁ Θεός ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, σὺν τῷ ἀνάρχῳ σου Πατρί, καὶ τῷ παναγίῳ καὶ ἁγαθῷ, καὶ ζωοποίῳ σου Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰῶνων. Ἀμήν.
heaven, because we have abandoned the way of your justice and walked in the will of our hearts. But we implore Your unbounded goodness: spare us, O Lord, according to the multitude of Your mercy, and save us for Your holy name’s sake, for our days have been wasted in vanity. Rescue us from the hand of our opponent, forgive us our sins, slay our carnal will, so that we, having put off the old man, may put on the new, and live for You, our Master and Benefactor; and that thus following your precepts we may reach eternal rest, where those who rejoice have their dwelling. For You are the true joy and gladness of those who love you, Christ our God, and to You we give glory, together with Your beginningless Father, and Your All-holy, Good and Life-giving Spirit, now and forever, and to the ages of ages. Amen.
Δ ἐὕτε, προσκυνήσωμεν καὶ προσπέσωμεν τῷ βασιλεὶ ἡμῶν Θεῷ.

Δ ἐὕτε, προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ, τῷ βασιλεὶ ἡμῶν Θεῷ.

Δ ἐὕτε, προσκυνήσωμεν καὶ προσπέσωμεν αὐτῷ Χριστῷ, τῷ βασιλεὶ καὶ Θεῶ ἡμῶν.

Κ ὑρίες αἰκτῆρον καὶ ἐλεήμον, μακρόθυμου καὶ πολυέλεος, ἐνώτεισαι τὴν προσευχήν ἡμῶν καὶ πρόσχες τῇ φωνῇ τῆς δεήσεως ἡμῶν· ποίησον μεθ' ἡμῶν σημείον εἰς ἀγαθόν· ὁδήγησον ἡμᾶς ἐν τῇ ὀδῷ σου, τοῦ πορεύεσθαι ἐν τῇ ἀληθείᾳ σου· εὐφρανὸν τὰς καρδίας ἡμῶν εἰς τὸ φοβεῖσθαι τὸ ὄνομά σου τὸ ἅγιον· διὸτι μέγας εἰ σὺ καὶ ποιῶν θαυμάσια· σὺ εἰ Θεός μόνος καὶ οὐκ ἔστιν ὄμοιός σοι ἐν θεοίς, Κύριε, δυνατός ἐν ἐλέει καὶ ἀγαθός ἐν ἱσχυί, εἰς τὸ βοηθεῖν καὶ παρακαλεῖν καὶ σώζειν πάντας τοὺς ἐλπίζοντας εἰς τὸ ὄνομά σου τὸ ἅγιον.

Ὁ τι πρέπει σοι πάσα δόξα, τιμή καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰώνας τῶν αἰώνων. Ἅμην.

Ψαλμὸς 140

Κ ὑρίες ἐκέκραξα πρὸς σέ, εἰσάκουσόν μου, εἰσάκουσόν μου, Κύριε. Κύριε, ἐκέκραξα
Come, let us worship and fall down before the King, our God.

Come, let us worship and fall down before Christ the King, our God.

Come, let us worship and fall down before Christ himself, the King and our God.

O Lord, compassionate and merciful, long-suffering and full of mercy, listen to our prayer and attend to the voice of our supplication. Make for us a sign for good. Guide us in Your way, to walk in Your truth. Make glad our hearts to fear your Holy Name, because You are great and do wondrous things. You alone are God, and there is none like You, O Lord, among gods: powerful in mercy and loving in strength to help and to console and to save all who hope in Your holy Name.

For to you belong all glory, honour and worship, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen.

Psalm 140

Lord, I have cried to you, hear me; hear me, O Lord. Lord, I have cried to You, hear me. Give
πρὸς σέ, εἰσάκουσόν μου· πρόσχες τῇ φωνῇ τῆς δεήσεως μου, ἐν τῷ κεκραγέναι με πρὸς σέ· εἰσάκουσόν μου, Κύριε.

Κατευθυνθήτω ἢ προσευχή μου, ώς θυμίαμα ἐνώπιον σου· ἐπαρσίς τῶν χειρῶν μου θυσία ἐσπερινὴ· εἰσάκουσόν μου, Κύριε.

Θε οὐ, Κύριε, φυλακὴν τῷ στόματί μου, καὶ θύραν περιοχῆς περὶ τὰ χείλη μου.

Μὴ ἑκκλίνης τὴν καρδίαν μου εἰς λόγους πονηρίας, τοὺ proφασίζεσθαι proφάσεις ἐν ἁμαρτίαις.

Ὥν ἀνθρώποις ἐργαζομένοις τὴν ἀνομίαν, καὶ οὐ μὴ συνδυάσω μετὰ τῶν ἐκλεκτῶν αὐτῶν.

Αἰδεύσει με δίκαιος ἐν ἐλέει, καὶ ἐλέγξει με· ξλαιον δὲ ἁμαρτωλοῦ μὴ λιπανάτω τὴν κεφαλῆς μου.

Ὁ τι ἐτί καὶ ἡ προσευχή μου ἐν ταῖς εὐδοκίαις αὐτῶν· κατεπόθησαν ἐχόμενα πέτρας οἱ κριταὶ αὐτῶν.

Ἄκούονται τὰ ῥήματά μου, ὅτι ἡδύνθησαν· ἔσει πάχος γῆς ἔρράγη ἔπι τῆς γῆς, διεσκορπίσθη τὰ ὀστά αὐτῶν παρὰ τὸν ἄδην.

Ὁ τι πρὸς σέ, Κύριε, Κύριε, οἱ όφθαλμοι μου· ἐπὶ σοὶ ἡλπίσα, μὴ ἀντανέλης τὴν ψυχήν μου.

Φύλαξον με ἀπὸ παγίδος, ἡς συνεστήσαντό μοι, καὶ ἀπὸ σκανδάλων τῶν ἐργαζομένων τὴν ἀνομίαν.
heed to the voice of my supplication when I cry to You. Hear me, O Lord.

Let my prayer be directed like incense before You; the lifting up of my hands be an evening sacrifice. Hear me, O Lord.

Set a guard, O Lord, on my mouth, and a strong door about my lips.

Do not incline my heart to evil words; to make excuses for my sins.

With those who work iniquity, let me not unite with their elect.

The just will chastise me with mercy and reprove me; but let not the oil of sinners anoint my head.

For yet my prayer shall be in their pleasures; their judges have been swallowed up near the rock.

They will hear my words for they are sweet. As a clod of earth is crushed upon the ground, their bones have been scattered at the mouth of Hades.

For my eyes look to You, O Lord, my Lord. I have hoped in You, do not take away my soul.

Keep me from the snare that they have hidden for me, and from the traps of evildoers.
Πεσοῦνται ἐν ἀμφιβλήστρῳ αὐτῶν οἱ ἀμαρτωλοί, κατὰ μόνας εἰμὶ ἐγώ, ἔως ἂν παρέλθω.

Ψαλμὸς 141

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, φωνῇ μου πρὸς Κύριον ἐδεήθην.

Κχεὼ ἐνώπιον αὐτοῦ τὴν δέησίν μου, τὴν θλίψιν μου ἐνώπιον αὐτοῦ ἀπαγγελὼ.

Ἐν τῷ ἐκλείπειν ἔξ ἐμοῦ τὸ πνεῦμά μου, καὶ σὺ ἐγνως τὰς τρίβους μου.

Ἐν ὅδῷ ταύτῃ, ἢ ἐπορευόμην, ἐκρυψαν παγίδα μοι.

Ἀτενόουν εἰς τὰ δεξιά, καὶ ἐπέβλεπον, καὶ οὐκ ἦν ὁ ἐπιγινώσκων με.

Πώλητο φυγῆ ἀπ’ ἐμοῦ, καὶ οὐκ ἔστιν ὁ ἐκζητῶν τὴν ψυχήν μου.

Κέκραξα πρὸς σέ, Κύριε· εἶπα· Σὺ εἶ ἡ ἐλπίς μου, μερίς μου εἰ ἐν γῇ ζώντων.

Ρόσχες πρὸς τὴν δέησίν μου, ὅτι ἐταπεινώθην σφόδρα.

Ὑσαί με ἐκ τῶν καταδιωκόντων με, ὅτι ἐκραταῖωθησαν ὑπέρ ἐμέ.

Εκάγαγε ἐκ φυλακῆς τὴν ψυχήν μου, τοῦ ἐξομολογήσασθαι τῷ ὄνομάτι σου.

Με ὑπομενοῦσι δίκαιοι, ἔως οὗ ἀνταποδώς μοι.
The sinners will fall into their own net. I am alone until I pass by.

Psalm 141

With my voice I cried to the Lord. With my voice I entreated the Lord.

I will pour out my entreaty before him, and tell him all my trouble.

When my spirit was faint, You knew my path.

In the way where I walked they had hidden a snare for me.

I looked to my right hand and saw, but there was none who knew me.

Escape is gone from me, and there is none who seeks for my soul.

I cried to You, Lord, I said, ‘You are my hope; my portion in the land of the living.’

Give heed to my supplication, for I am brought very low.

Deliver me from those who persecute me, for they are too strong for me.

Bring my soul out of prison, that I may confess Your name.

The just will await me, until you reward me.
Ψαλμός 129

Εκ βαθέων ἐκέκραξά σοι, Κύριε· Κύριε, εἰσάκουσον τῆς φωνῆς μου.

Ἐνεθήτω τὰ ὡτά σου προσέχοντα εἰς τὴν φωνὴν τῆς δεήσεώς μου.

.mvp άν ἀνομίας παρατηρήσης, Κύριε, Κύριε, τίς ὑποστήσεται· ὁτι παρὰ σοί ὁ ἰλασμός ἐστίν.

Ἐνεκαν τοῦ ὄνοματός σου ὑπέμεινα σε, Κύριε· ὑπέμεινεν ἡ ψυχή μου εἰς τὸν λόγον σου, ἤλπισεν ἡ ψυχή μου ἐπὶ τὸν Κύριον.

Ἄπο φυλακῆς πρωίας μέχρι νυκτός, ἀπὸ φυλακῆς πρωίας, ἐλπισάτω Ἰσραήλ ἐπὶ τὸν Κύριον.

Ὁ τι παρὰ τῷ Κυρίῳ τὸ ἔλεος καὶ πολλῆ παρ’ αὐτῶ λύτρωσις· καὶ αὐτῶς λυτρώσεται τὸν Ἰσραήλ ἐκ πασῶν τῶν ἀνομιῶν αὐτῶν.

Ψαλμός 116

Ινεῖτε τὸν Κύριον, πάντα τὰ ἔθνη, ἐπαινέσατε αὐτὸν, πάντες οἱ λαοί.

Ὁ τι ἐκραταιώθη τὸ ἔλεος αὐτοῦ ἐφ’ ἡμᾶς, καὶ ἡ ἀλήθεια τοῦ Κυρίου μένει εἰς τὸν αἰῶνα.

Η ἙΠΙΛΥΧΝΙΟΣ ΕΓΧΑΡΙΣΤΙΑ

Ὡς ἴλαρον ἄγιας δόξης, ἄθανάτου Πατρός, οὐρανίου, ἄγιου, μάκαρος, Ἰησοῦ Χριστοῦ, ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν, ἴδόντες φῶς ἐσπερινόν, ὕμνούμεν Πατέρα, Υἱόν, καὶ Ἁγιον
Psalm 129

Out of the depths I have cried to You, O Lord. 
Lord hear my voice.

Let Your ears be attentive, to the voice of my supplication.

If You, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

For Your name's sake I have waited for You, O Lord. My soul has waited on Your word. My soul has hoped in the Lord.

From the morning watch until night, from the morning watch, let Israel hope in the Lord.

For with the Lord there is mercy, and with him plentiful redemption, and he will redeem Israel from all his iniquities.

Psalm 116

Praise the Lord, all you nations. Praise him all you peoples.

For his mercy has been mighty towards us, and the truth of the Lord endures to the ages.

The Thanksgiving at the Lighting of the Lamps

Joyful Light of the holy glory of the immortal, heavenly, holy, blessed Father, O Jesus Christ. Now that we have come to the setting of the sun and see the evening light, we sing the praise of
Πνεύμα Θεόν. Ἀξίον σε ἐν πᾶσι καιροῖς, ὑμνεῖσθαι φωναῖς αἰσίαις. Υἱὲ Θεοῦ, ζωὴν ὁ δίδωυς· διὸ ὁ κόσμος σὲ δοξάζει.

Τῷ Σαββάτῳ ἐσπέρας ᾗ Ηχος πλ. β´

Ὁ Κύριος ἐβασίλευσεν, εὐπρέπειαν ἐνεδύσατο. 
Στίχ.: Ἐνεδύσατο Κύριος δύναμιν, καὶ περιεζώσατο. 
Στίχ.: Καὶ γὰρ ἐστερέωσεν τὴν οἰκουμένην, ἣτις οὐ σαλευθῆσεται.

Τῇ Κυριακῇ ἐσπέρας. ᾗ Ηχος πλ. δ´.

Ἰδοὺ δὴ εὐλογεῖτε τὸν Κύριον, πάντες οἱ δούλοι Κυρίου. 
Στίχ.: Οἱ ἑστῶτες ἐν οἰκίᾳ Κυρίου, ἐν αὐλαίᾳ οἰκου Θεοῦ ἡμῶν.

Τῇ Δευτέρᾳ ἐσπέρας. ᾗ Ηχος δ´.

Κύριος εἰσακούσεται μου, ἐν τῷ κεκραγέναι με πρὸς αὐτόν. 
Στίχ.: Ἐν τῷ ἑπικαλεῖσθαι με, εἰσήκουσάς μου, ὁ Θεός τῆς δικαιοσύνης μου, ἐν θλίψει ἐπλάτυνάς με.

Τῇ Τρίτῃ ἐσπέρας. ᾗ Ηχος α´.

ὁ ἔλεος σου, Κύριε, καταδιώξει μὲ πάσας τὰς ἡμέρας τῆς ζωῆς μου. 
Στίχ.: Κύριος ποιμαίνει με καὶ οὐδὲν μὲ ύστερήσει, εἰς τόπον χλόης ἐκεῖ μὲ κατεσκήνωσεν.

Τῇ Τετάρτῃ ἐσπέρας. ᾗ Ηχος πλ. α´.

Ὁ Θεός, ἐν τῷ ονόματί σου σῶσόν με, καὶ ἐν τῇ δυνάμει σου κρίνεις με. 
Στίχ.: Ὁ Θεὸς εἰσάκουσον τῆς προσευχῆς μου,
God, Father, Son and Holy Spirit. It is right at all times to hymn You with holy voices, Son of God, giver of life. Therefore the world glorifies You.

**On Saturday night. Tone 6.**

The Lord is King: he has clothed himself with glory.
Verse: The Lord has clothed and girded himself with power
Verse: He has established the world, which will not be shaken.

**On Sunday night. Tone 8.**

Come, bless the Lord: all you servants of the Lord.
Verse: You that stand in the house of the Lord, in the courts of the house of our God.

**On Monday evening. Tone 4.**

When I call to the Lord: he will hear me.
Verse: Answer me when I call, O God of my justice.

**On Tuesday evening. Tone 1.**

Your mercy, Lord, will follow me: all the days of my life.
Verse: The Lord is my shepherd, therefore can I lack nothing.

**On Wednesday evening. Tone 5.**

Save me, O God, by the power of your name: and vindicate me by your might.
Verse: Hear my prayer, O God, and listen to the
ἐνώτισαι τά ρήματα τοῦ στόματός μου.

Τῇ Πέμπτῃ ἐσπέρας. Ἁχος πλ. β´.

Ἡ βοήθειά μου παρὰ Κυρίου, τοῦ ποίησαντος
tὸν οὐρανόν καὶ τὴν γῆν.
Στίχ. Ἦρα τοὺς ὀφθαλμούς μου εἰς τὰ ὅρη, ὦθεν ἦξει ἡ βοήθειά μου.

Τῇ Παρασκευῆ ἐσπέρας. Ἁχος βαρύς.

Ὅ Θεός, ἀντιλήπτωρ μου εἶ, τὸ ἔλεος σου
προφθάσει με.
Στίχ. Ἐξελοῦ με ἐκ τῶν ἐχθρῶν μου, ὁ Θεός, καὶ ἐκ
tῶν ἐπανισταμένων ἐπ´ ἐμὲ λύτρωσαί με.

Καταξίωσον, Κύριε, ἐν τῇ ἐσπέρᾳ ταύτῃ,
ἀναμαρτήτους φυλαχθήναι ἡμᾶς. Εὐλογητός εἶ,
Κύριε, ὁ Θεός τῶν Πατέρων ἡμῶν, καὶ ἁινετὸν
cαὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς
αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ ἔλεος σου ἐφ´
ἡμᾶς, καθάπερ ἡλπίσαμεν ἐπὶ σέ. Εὐλογητός εἰ,
Κύριε, δίδαξόν με τὰ δικαιώματά σου. Εὐλογητός
εἰ, Δέσποτα, συνέτισόν με τὰ δικαιώματά σου.
Εὐλογητός εἰ, Ἄγιε, φωτίσον με τοῖς δικαιώμασί
sου. Κύριε, τὸ ἔλεος σου εἰς τὸν αἰώνα· τὰ ἔργα
tῶν χειρῶν σου μὴ παρίδης. Σοὶ πρέπει αἴνος, σοὶ
πρέπει ὕμνος, σοὶ δόξα πρέπει, τῷ Πατρί καὶ τῷ
Ὑίῳ καὶ τῷ Ἀγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἡ ωδὴ Ἰου Συμεών

Νῦν ἀπολύεις τὸν δοῦλόν σου, Δέσποτα,
κατὰ τὸ ρήμιά σου, ἐν εἰρήνῃ· ὅτι εἴδον ὁ
ὀφθαλμοί μου τὸ σωτηρίον σου, ὁ ἡτοίμασας κατὰ
πρόσωπον πάντων τῶν λαῶν· φῶς εἰς ἀποκάλυψιν
ἐθνῶν, καὶ δόξαν λαοῦ σου Ἰσραήλ.
words of my mouth.

On Thursday evening. Tone 6.

My help comes from the Lord: who made both heaven and earth.
Verse: I have lifted up my eyes to the hills, from which my help will come.

On Friday evening. Tone 7.

O God you are my helper: your mercy will go before me.
Verse: Deliver me from my enemies, O God, ransom me from those that rise up against me.

Grant, Lord, to keep us this evening without sin. Blessed are you, Lord, the God of our fathers, and praised and glorified is your name to the ages. Amen. Let your mercy, Lord be upon us, as we have hoped in you. Blessed are You, Lord: teach me Your statutes. Blessed are You, Master: make me understand Your statutes. Blessed are You, Holy One: enlighten me with Your statutes. Lord, Your mercy is forever; do not scorn the work of your hands. To You praise is due, to You song is due, to You glory is due, to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

The Ode of Simeon

Now, Master, let Your servant depart in peace, according to Your word; for my eyes have seen Your Salvation, which You have prepared before the face of all peoples, a Light to bring revelation to the nations, and the Glory of Your people Israel.
ΑΠΟ ΤΗΝ ΑΣΚΟΛΟΓΕΙΑ
ΤΟΥ ΜΙΚΡΟΥ ΑΠΟΔΕΙΠΝΟΥ

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Κύριε, εἰσάκουσον τής προσευχῆς μου, ἐνώτισαι τὴν δέσιν μου ἐν τῇ ἀληθείᾳ σου, εἰσάκουσον μου ἐν τῇ δικαιοσύνῃ σου. Καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου, ὅτι οὕ δικαιωθῆσεται ἐνώπιόν σου πάς ζῶν. Ὅτι κατεδίωξεν ὁ ἐχθρός τὴν ψυχήν μου· ἐταπείνωσεν εἰς γῆν τὴν ζωήν μου. Ἐκάθισε με ἐν σκοτεινοῖς, ώς νεκροῦς αἰώνος, καὶ ἂν δίδασεν ἐπὶ ἐμὲ τὸ πνεῦμά μου, ἐν ἐμοὶ ἐταράχθη ἡ καρδία μου. Ἐμνήσθην ἡμερῶν ἀρχαίων, ἐμελέτησα ἐν πάσι τοῖς ἔργοις σου, ἐν ποίημαι τῶν χειρῶν σου ἐμελέτων. Διεπέτασα πρὸς σὲ τὰς χειρᾶς μου· ἡ ψυχή μου ὡς γῆ ἄνυδρός σοι. Ταχὺ εἰσάκουσόν μου, Κύριε, ἔξελιπε τὸ πνεῦμά μου. Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ’ ἐμοῦ, καὶ ὁμωθήσωμαι τοῖς καταβαίνουσιν εἰς λάκκον. Ἀκουστόν ποίησόν μοι τὸ πρῶ τὸ ἔλεος σου, ὅτι ἐπὶ σοὶ ἠλπίσα. Γνώρισόν μοι, Κύριε, ὅτι ἐν ἐμοὶ ἐστι καλός. Ἐξελοῦ με ἐκ τῶν ἐχθρῶν μου, Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου. Τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει μὲ ἐν γῇ εὐθείᾳ· ἔνεκεν τοῦ ὅνομάτος σου, Κύριε, ζήσεις με. Ἐν τῇ δικαιοσύνῃ σου ἐξάξεις ἐκ θλίψεως τὴν ψυχήν μου, καὶ ἐν τῷ ἔλεει σου ἐξολοθρεύσεις τοὺς ἐχθροὺς μου. Καὶ ἀπολείπῃς πάντας τοὺς θλίβοντας τὴν ψυχήν μου, ὅτι ἐγὼ δούλος σοῦ εἰμί.
Lord, hear my prayer: in your truth give ear to my supplication, and in Your righteousness hear me. Do not enter into judgement with Your servant: for in your sight no one living can be justified. For the enemy pursued my soul, humbled my life to the ground. They have made me dwell in darkness, like those forever dead. My spirit grew despondent within me and my heart within me was troubled. I remembered the days of old, I meditated on all Your works: I made the works of Your hands my meditation. I stretched out my hands towards You: my soul thirsted for You like a waterless land. Hear me swiftly, O Lord, my spirit has failed. Do not turn Your face from me, or I shall be like those who go down to the pit. Make me hear of Your mercy in the morning, for I have hoped in You. Make known to me the way in which I should walk, for to You I have lifted up my soul. Deliver me from my enemies, Lord: I have run to You for shelter. Teach me to do Your will, for you are my God. Your good Spirit will guide me in an upright land. For Your name’s sake, O Lord, You will give me life. In your justice, You will bring my soul out of trouble, in your mercy slay my enemies, and destroy all those that afflict my soul, for I am Your servant.
ΠΡΟΣΕΥΧΗ ΣΟΥ ΤΟΥ ΘΕΟΥ ΤΟΥ ΖΩΝΤΟΣ
Πιστεύω, Κύριε, καὶ ὁμολογῶ, ὅτι σὺ εἶ ἄληθώς ὁ Χριστός, ὁ Ύιός τοῦ Θεοῦ τοῦ Ζώντος, ὁ ἐλθὼν εἰς τὸν κόσμον ἄμαρτωλος σώσαι, ὥν πρώτος εἰμὶ ἐγώ. Ἔτι πιστεύω, ὅτι τοῦτο αὐτὸ ἔστι τὸ ἀχραντὸν Σῶμα σου καὶ τούτο αὐτὸ ἔστι τὸ τίμιον Αἰμά σου. Δέομαι οὖν σου ἑλέησόν με καὶ συγχώρησόν μοι τὰ παραπτώματά μου, τὰ ἔκοψα καὶ τὰ ἄκοψια, τὰ ἐν λόγω, τὰ ἐν ἔργῳ, τὰ ἐν γνώσει καὶ ἀγνοίᾳ καὶ ἀξίωσόν με ἀκατακρίτως μετασχεῖν τῶν ἀχραντῶν σου Μυστηρίων, εἰς ἄφεσιν ἄμαρτίων, καὶ εἰς ζωήν αἰώνιον. Ἅμην.

Ἐν ταῖς λαμπρότητι τῶν Ἁγίων σου, πῶς εἰσελεύσομαι ὁ ἀνάξιος; Ἐὰν γὰρ τολμήσω συνεισέλθειν εἰς τὸν νυμφῶν, ὁ χιτῶν με ἑλέγχει, ὅτι οὐκ ἔστι τοῦ γάμου, καὶ δέσμιος ἐκβαλοῦμαι ὑπὸ τῶν Ἁγγέλων. Καθάρισον, Κύριε, τὸν ῥύπον τῆς ψυχῆς μου, καὶ σώσόν με, ὡς φιλάνθρωπος.

Ἄσποτα φιλάνθρωπε, Κύριε ᾿Ησυχ Χριστέ, ὁ Θεός μου, μὴ εἰς κρίμα μου γένοιτο τὰ Ἁγία ταῦτα, διὰ τὸ ἀνάξιον εἰναί με, ἄλλ’ εἰς κάθαρσιν καὶ ἀγιασμὸν ψυχῆς τε καὶ σώματος, καὶ εἰς ἀραβᾶνα τῆς μελλούσης ζωῆς καὶ βασιλείας. Ἐμοὶ δὲ τὸ προσκολλάσθαι τῷ Θεῷ ἄγαθον ἔστι: τίθεσθαι ἐν τῷ Κυρίῳ τὴν ἐλπίδα τῆς σωτηρίας μου.

ὁ Δείπνου σου τοῦ μυστικοῦ, σήμερον, Ὑἱ τοῦ Θεοῦ, κοινωνόν με παράλαβε· οὔ μη
PRAYERS BEFORE
HOLY COMMUNION

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure Mysteries for the forgiveness of sins and for life eternal. Amen.

How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation.

Receive me today, Son of God, as a partaker of Your mystical Supper. I will not reveal Your
εγχαρίστια μετὰ

τὴν θεία θοινωνία

Εὐχαριστοῦμέν σοι, Δέσποτα φιλάνθρωπε, ευεργέτα τῶν ψυχῶν ἡμῶν, ὅτι καὶ τῇ παρούσῃ ἡμέρᾳ κατηξίωσας ἡμᾶς τῶν ἐπουρανίων σου καὶ ἀθανάτων μυστηρίων. Ὀρθοτόμησον ἡμᾶς τὴν ὁδὸν στήριξέν ἡμᾶς ἐν τῷ φόβῳ σου τοὺς πάντας φρούρησον ἡμᾶς τὴν ζωήν· ἀσφάλισαι ἡμῶν τὰ διαβήματα, εὐχαίρες καὶ ἱκεσίαις τῆς ἐνδόξου Θεοτόκου καὶ ἀειπαρθένου Μαρίας καὶ πάντων τῶν ἁγίων σου. Ἀμήν.

Τι σὺ εἰ ὁ ἀγιασμός ἡμῶν καὶ σοί τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

προσευχῆς μεγ. Θεοσακάσθης

ἀνάρθος πλαˊ

Θεοτόκε Παρθένε, χαϊρε, κεχαριτωμένη Μαρία, ὁ Κύριος μετὰ σοῦ εὐλογημένη σὺ ἐν γυναιξί, καὶ εὐλογημένος ὁ καρπὸς τῆς κοιλίας σου, ὅτι Σωτῆρα ἔτεκες τῶν ψυχῶν ἡμῶν.

Βαπτίστα τοῦ Χριστοῦ, πάντων ἡμῶν μνήσθητι, ἵνα ῥυσθῶμεν τῶν ἀνομίων ἡμῶν· σοὶ γὰρ ἐδόθη χάρις, πρεσβεύειν ὑπὲρ ἡμῶν.

Δόξα Πατρί καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
mystery to Your adversaries. Nor will I give You a kiss as did Judas. But as the thief I confess to You: Lord, remember me in Your kingdom.

†THANKSGIVING AFTER HOLY COMMUNION

We thank You, loving Master, benefactor of our souls, that on this day You have made us worthy once again of Your heavenly and immortal Mysteries. Direct our ways in the right path, establish us firmly in Your fear, guard our lives, and make our endeavors safe, through the prayers and supplications of the glorious Mother of God and ever Virgin Mary and of all Your saints.

For You are our sanctification and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

PRAYERS OF GREAT LENT†

Tone Six.

Virgin Mother of God, hail Mary full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have given birth to the Saviour of our souls.

Baptist of Christ, remember us all, that we may be delivered from our transgressions: for you have been given grace to intercede for us.

Glory to the Father, and the Son, and the Holy Spirit.
Κετεύσατε ύπερ ἡμῶν, ἂγιοι Ἀπόστολοι, καὶ ἂγιοι Πάντες, ὑπὲρ ἡμῶν, ἂγιοι Πάντες, ἥν ῥυσθῶμεν κινδύνων καὶ θλίψεων ὡμᾶς γὰρ θερμούς προστάτας, πρὸς τὸν Σωτῆρα κεκτήμεθα

Καὶ νῦν καὶ ἀεί καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

Υπὸ τὴν σὴν εὐσπλαγχνίαν, καταφεύγομεν, θεοτόκε: τὰς ἡμῶν ἱκεσίας, μὴ παρίδης ἐν περιστάσει: ἀλλ’ ἐκ κινδύνων λύτρωσαι ἡμᾶς, μόνη ἄγνη, μόνη εὐλογημένη.

Ἀπὸ ἕων ὄρεο

Στίχ. α’. Ἐκ νυκτὸς ὄρθριζε τὸ πνεῦμά μου πρὸς σέ, ὁ Θεός, διότι φῶς τὰ προστάγματά σου ἐπὶ τῆς γῆς.

Ἄλληλουία, Ἀλληλουία, Ἀλληλουία.

Στίχ. β’. Δικαιοσύνην μάθετε, οἱ ἐνοικοῦντες ἐπὶ τῆς γῆς.

Ἄλληλουία, Ἀλληλουία, Ἀλληλουία.

Στίχ. γ’. Ζῆλος λήψεται λαὸν ἀπαίδευτον, καὶ νῦν πῦρ τοὺς ὑπεναντίους ἔδεται.

Ἄλληλουία, Ἀλληλουία, Ἀλληλουία.

Στίχ. δ’. Πρόσθες αὐτοῖς κακά, Κύριε, πρόσθες αὐτοῖς κακά, τοῖς ἐνδόξοις τῆς γῆς.

Ἄλληλουία, Ἀλληλουία, Ἀλληλουία.
Pray for us, holy Apostles and all you Saints, that we may be delivered from dangers and afflictions: for in you we have gained fervent advocates with the Saviour.

Both now and forever and to the ages of ages. Amen.

We take refuge beneath your compassion, Mother of God: do not despise our petitions in trouble: but rescue us from dangers, only pure, only blessed one.

PRAYERS DURING MATINS

Verse 1: From nightfall my spirit is awake for you, O God, for your commands are light upon the earth.

Alleluia, Alleluia, Alleluia.

Verse 2: Learn justice, inhabitants of the earth.

Alleluia, Alleluia, Alleluia.

Verse 3: Jealousy will seize an untaught people, and now fire devours their adversaries.

Alleluia, Alleluia, Alleluia.

Verse 4: Bring evils upon them, O Lord, bring evils upon them, the glorious ones of the earth.

Alleluia, Alleluia, Alleluia.
ΠΡΟΣΕΥΧΕΣ
ΑΠΟ ΤΟ ΜΕΓΑΛΟ ΑΠΟΔΕΙΠΝΟ

Μεθ’ ἡμῶν ὁ Θεός, γνώτε ἐθνή καὶ ἤττάσθε.
‘Οτι μεθ’ ἡμῶν ὁ Θεός.

Ἐπακούσατε ἐως ἐσχάτου τῆς γῆς.
‘Οτι μεθ’ ἡμῶν ὁ Θεός.

Ισχυστές ἤττάσθε.
‘Οτι μεθ’ ἡμῶν ὁ Θεός.

Ἐὰν γὰρ πάλιν ἰσχύσητε, καὶ πάλιν ἤττηθήσεσθε.
‘Οτι μεθ’ ἡμῶν ὁ Θεός.

Καὶ ἦν ἄν βουλὴν βουλεύσησθε, διασκεδάσει Κύριος.
‘Οτι μεθ’ ἡμῶν ὁ Θεός.

Καὶ λόγον, δὲν ἔὰν λαλήσητε, οὐ μὴ ἐμείνῃ ἐν ὑμῖν.
‘Οτι μεθ’ ἡμῶν ὁ Θεός.

Ἦν δὲ φόβον ὑμῶν οὐ μὴ φοβηθῶμεν, οὐδὲ οὐ μὴ ταραχθῶμεν.
‘Οτι μεθ’ ἡμῶν ὁ Θεός.

Κύριον δὲ τὸν Θεὸν ἡμῶν, αὐτὸν ἀγιάσωμεν, καὶ αὐτὸς ἔσται ἡμῖν φόβος.
‘Οτι μεθ’ ἡμῶν ὁ Θεός.

Καὶ ἔὰν ἐπ’ αὐτῶ πεποιθῶς ᾧ, ἔσται μοι εἰς ἀγιασμὸν.
‘Οτι μεθ’ ἡμῶν ὁ Θεός.

Καὶ πεποιθῶς ἐσομαι ἐπ’ αὐτῶ, καὶ σωθήσομαι.
God is with us, understand you nations, and submit.  
For God is with us.

To the ends of the earth give ear.  
For God is with us.

Submit, you mighty ones.  
For God is with us.

If again you become strong, you will also submit again.  
For God is with us.

And whatever you plan, the Lord will scatter it.  
For God is with us.

And whatever word you speak, it will not remain among you.  
For God is with us.

Fear of you we shall not fear, nor shall we be troubled.  
For God is with us.

The Lord our God, let us sanctify him, and he will be our fear.  
For God is with us.

And if I should trust in him, he will be sanctification for me.  
For God is with us.

And I will trust in him, and I will be saved through
δι’ αὐτοῦ.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Ἰδοὺ ἐγὼ καὶ τὰ παιδία, ἃ μοι ἔδωκεν ὁ Θεός,
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Ὁ λαὸς ὁ πορευόμενος ἐν σκότει, ἵδε φῶς μέγα.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Ὁι κατοικοῦντες ἐν χώρᾳ, καὶ σκῖα θανάτου, φῶς
λάμψει ἐφ’ ἡμᾶς.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Ὁτι Παιδίων ἐγεννήθη ἡμῖν, Υἱός, καὶ ἔδοθη ἡμῖν.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Ὅ ἡ ἀρχὴ ἐγεννήθη ἐπὶ τοῦ ὠμοῦ αὐτοῦ.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Και τῆς εἰρήνης αὐτοῦ οὐκ ἔστιν ὄριον.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Και καλεῖται τὸ ὄνομα αὐτοῦ, Μεγάλης Βουλῆς
Ἀγγελος.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Θαυμαστὸς σύμβουλος.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Θεός ἰσχυρός, Ἐξουσιαστὴς, Ἀρχων εἰρήνης.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Πατὴρ τοῦ μέλλοντος αἰώνος.
‘Ότι μεθ’ ἡμῶν ὁ Θεός.

Δόξα Πατρί καὶ Υἱῷ καὶ Ἅγιῳ Πνεύματι.
him.  
For God is with us.

Here am I and the children whom God has given me.  
For God is with us.

The people who walked in darkness have seen a great light.  
For God is with us.

We who dwell in the land and the shadow of death, a light will shine on us.  
For God is with us.

For unto us a Child is born, unto us a Son is given.  
For God is with us.

Whose government was upon his shoulder.  
For God is with us.

And of his peace there is no bound.  
For God is with us.

And his name shall be called, Angel of Great Counsel.  
For God is with us.

Wonderful Counsellor.  
For God is with us.

Mighty God, Ruler, Prince of peace.  
For God is with us.

Father of the age to come.  
For God is with us.

Glory to the Father, and the Son, and the Holy
Ὅτι μεθ’ ἦμῶν ὁ Θεός.

Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰώνας τῶν αἰώνων. Ἄμην.
Γένοιτο μεθ’ ἦμων ὁ Θεός.

Μεθ’ ἦμων ὁ Θεός, γνώτε ζητήτω καὶ ἡττάσθε· ὅτι μεθ’ ἦμων ὁ Θεός.

* * * * *

Κύριε τῶν Δυνάμεων, μεθ’ ἦμῶν γενοῦ· ἀλλον γὰρ ἐκτός σου βοηθόν, ἐν θλίψεσιν οὐκ ἐχομεν. Κύριε τῶν Δυνάμεων, ἐλέησον ἡμᾶς.

Στίχ. Αἰνεῖτε τὸν Θεὸν ἐν τοῖς Ἁγίοις αὐτοῦ· αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

Κύριε τῶν Δυνάμεων...

Στίχ. Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ.

Κύριε τῶν Δυνάμεων...

Στίχ. Αἰνεῖτε αὐτὸν ἐν ἥχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.

Κύριε τῶν Δυνάμεων...

Στίχ. Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ· αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Κύριε τῶν Δυνάμεων....
Spirit.
For God is with us.

Both now and forever, and to the ages of ages.
Amen. For God is with us.

God is with us, understand you nations, and submit: For God is with us.

* * * * *

Lord of the Powers, be with us; for in times of distress, we have no other hope but You. Lord of the Powers, have mercy on us.

Verse: Praise God in His saints, praise Him in the firmament of His power.

Lord of the Powers...

Verse: Praise Him for His mighty acts, praise Him according to the multitude of His greatness.

Lord of the Powers...

Verse: Praise Him with the sound of trumpet, praise Him with the psaltery and harp.

Lord of the Powers...

Verse: Praise Him with timbrel and dance, praise Him with strings and flute.

Lord of the Powers....
Στίχ. Αίνειτε αὐτὸν ἐν κυμβάλοις εὐήχοις αίνειτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πάσα πνοὴ αἰνεσάτω τὸν Κύριον.

Ἵριε τῶν Δυνάμεων....

Ἀίνειτε τὸν Θεὸν ἐν τοῖς Ἀγίοις αὐτοῦ.

Ἀίνειτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

Ἵριε τῶν Δυνάμεων....

Εὐχὴ ὑπὲρον ἵαι ἐσπερίνοι

Ἠποράντι Βασίλευ, τοὺς πιστοὺς βασιλεῖς ἡμῶν στερέωσον· τὴν Πίστιν στήριξον· τὰ Ἑθνη πράων τὸν κόσμον εἰρήνευσον· τὴν ἀγίαν Ἐκκλησίαν καὶ τὴν πόλιν ταύτην καλῶς διαφύλαξον· τοὺς προαπελθόντας πατέρας καὶ ἀδελφοὺς ἡμῶν ἐν σκηναῖς Δικαίων τάξεων, καὶ ἡμᾶς ἐν μετανοίᾳ καὶ ἐξομολογήσει παράλαβε, ὥς ἁγάθος καὶ φιλάνθρωπος.

Εὐχὴ Ἰον οἰσιο εφραίμ

Ἥριε, καὶ Δέσποτα τῆς ζωῆς μου, πνεῦμα ἀργίας, περιεργίας, φιλαρχίας, καὶ ἀργολογίας μὴ μοι δῶς.

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς καὶ ἀγάπης, χάρισαι μοι τῷ σῶ δούλῳ.

Ναί, Κύριε Βασίλευ, δώρησαι μοι τοῦ ὁρᾷν τὰ ἐμὰ πταῖσματα, καὶ μὴ κατακρίνειν τὸν ἀδελφόν μου· ὅτι εὐλογητὸς εἶ, εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.
Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

Lord of the Powers....

Praise ye God in His saints.

Praise Him in the firmament of His power.

Lord of the Powers...

VESPERs AND MATINS PRAYER

Heavenly King, establish our rulers: strengthen the faith: calm the nations: make the world peaceful: guard well this holy church: assign our brothers and sisters who have gone before us to the tents of the righteous, and accept us in repentance and confession, as you are good and love humankind.

THE PRAYER OF ST. EPHREM

Lord and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power and useless chatter.

Rather accord to me, your servant, a spirit of sobriety, humility, patience and love.

Yes, Lord and King, grant me to see my own faults and not to condemn my brother; for you are blessed to the ages of ages. Amen.
Χριστὸς ἀνέστη ἕκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι, ζωὴν χαρίσαμενος.

Ανάστασιν Χριστοῦ θεασάμενοι, προσκυνήσωμεν Ἁγιον, Κύριον, Ἦησοῦν τὸν μόνον ἀναμάρτητον. Τὸν Σταυρὸν σου, Χριστέ, προσκυνοῦμεν, καὶ τὴν ἁγίαν σου Ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν. Σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτὸς σοῦ ἄλλον οὐκ οἶδαμεν, τὸ ὄνομά σου ὄνομάζομεν. Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἁγίαν Ἀνάστασιν· ἰδοὺ γὰρ ἠλθε διὰ τοῦ Σταυροῦ, χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν Ἀνάστασιν αὐτοῦ. Σταυρὸν γὰρ ὑπομείνας δι᾽ ἡμᾶς, θανάτῳ θάνατον ἠλεσεν.

Εἰ καὶ ἐν τάφῳ κατήλθες ἀθάνατε, ἀλλὰ τοῦ ἄδου καθεῖλες τὴν δύναμιν καὶ ἀνέστης ὡς νικητής, Χριστὲ ὁ Θεός, γυναιξὶ Μυροφόροις φθεγξάμενος, Χαίρετε: καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ τοῖς πέσοις παρέχων ἀνάστασιν.

Σαρκὶ ὑπνώσας ὡς θνητός, ὁ Βασιλεὺς καὶ Κύριος, τριήμερος ἐξανέστης, Ἀδὰμ ἐγείρας ἐκ φθορᾶς, καὶ καταργήσας θάνατον· Πάσχα τῆς ἀφθαρσίας, τοῦ κόσμου σωτηρίου.
Christ is risen from the dead, trampling down death by His death, and bestowing life to those in the tombs.

Having beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only Sinless One. We venerate your cross, O Christ, and we praise and glorify your holy resurrection. You are our God. We know no other than you, and we call upon your name. Come, all you faithful, let us venerate the holy resurrection of Christ. For behold, through the cross joy has come to all the world. Ever praising the Lord, let us praise his resurrection. For enduring the cross for us, He has destroyed death by death.

Though you descended into the tomb, O Immortal, yet You destroyed the power of Hades; and You arose as victor, O Christ God, calling to the Myrrh-bearing women: “Rejoice!” and giving peace to your Apostles, O You who grant resurrection to the fallen.

When You had fallen asleep in the flesh as one mortal, O King and Lord, You arose again on the third day, raising up Adam from corruption and abolishing death. A Pascha of incorruption, salvation of the world.
Ἀναστάσεως ἡμέρα, καὶ λαμπρυνθῶμεν τῇ πανηγύρει, καὶ ἄλληλους περιπτυξώμεθα. Εἴπωμεν ἅδελφοί, καὶ τοῖς μισοῦσιν ἡμᾶς· συγχωρήσωμεν πάντα τῇ Ἀναστάσει καὶ οὕτω βοήσωμεν Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας καὶ τοῖς ἐν τοῖς μνήμασι, ζωὴν χαρισάμενος.

Προλαβοῦσαι τὸν ὁρθὸν αἰ περὶ Μαριάμ, καὶ εὐροῦσαι τὸν λίθον ἀποκυλισθέντα τοῦ μνήματος, ἦκουν ἐκ τοῦ Ἀγγέλου· Τὸν ἐν φωτὶ αἰδώ ὑπάρχοντα, μετὰ νεκρῶν τῇ ζητείτε ὡς ἀνθρώπον· βλέπετε τὰ ἐντάφια σπάργα· δράμετε καὶ τῷ κόσμῳ κηρύξατε, ὡς ηγέρθη ὁ Κύριος θανατώσας τὸν θάνατον· ὁτι ὑπάρχῃ Θεοῦ Υἱός, τοῦ σώζοντος τὸ γένος τῶν ἀνθρώπων.

Ἀναστὰς ὁ Ἰησοῦς ἀπὸ τοῦ τάφου καθὼς προεἶπεν, ἔδωκεν ἡμῖν τὴν αἰώνιον ζωὴν καὶ μέγα ἔλεος.

Οἱ παραπάνω προσευχές λέγονται ἀντὶ τῆς πρωΐνης καὶ τῆς βραδινῆς προσευχῆς ἀπὸ τὴν ἡμέρα τοῦ Πάσχα μέχρι καὶ τὴν προπαραμονὴ τῆς ἑορτῆς τῆς Ἀναλήψεως.

Ἀναλήψη

Ἀνελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς ἡμῶν, χαροποίησας τοὺς Μαθητάς, τῇ ἐπαγγελίᾳ τοῦ Ἁγίου Πνεύματος βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας, ότι σὺ εἰ ὁ Υἱὸς τοῦ Θεοῦ, ὁ λυτρωτὴς τοῦ κόσμου.
It's the day of Resurrection; let us be radiant for the festival, and let us embrace one another. Let us say, brethren, even to those that hate us, ‘Let us forgive all things on the Resurrection’, and so let us cry, ‘Christ is risen from the dead, trampling down death by his death, and bestowing life to those in the tombs’.

When they who were with Mary came, anticipating the dawn, and found the stone rolled away from the sepulchre, they heard from the Angel: “Why do you seek among the dead, as though he were mortal man, Him who abides for in everlasting light? Behold the grave clothes. Go quickly and proclaim to the world that the Lord is risen, and has put death to death; for he is the Son of God, who saves the human race.”

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

The above prayers are said instead of the morning and evening prayers from the day of Easter until the day before the feast of the Ascension.

ASCENSION

You were taken up in glory, Christ our God, having made the Disciples joyful with the promise of the Holy Spirit; through the blessing they were assured that you are the Son of God, the Redeemer of the world.
ΠΕΝΤΗΚΟΣΤΗ

Ε ὑλογητὸς εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἁλιεῖς ἀναδείξας, καταπέμψας αὐτοὶς τὸ Πνεῦμα τὸ ἄγιον, καὶ δι’ αὐτῶν τὴν οἰκουμένην σαγηνεύσας, Φιλάνθρωπε, δόξα σοι.

Π ἀντα χορηγεῖ τὸ Πνεῦμα τὸ ἄγιον, βρύει προφητείας, ἱερεάς τελειο, ἀγραμμάτους σοφίαν ἐδίδαξεν, ἁλιεῖς θεολόγους ἀνέδειξεν, ὅλον συγκροτεῖ τὸν θεσμὸν τῆς Ἐκκλησίας· Ὁμοούσιε καὶ Ὁμόθρονε, τῷ Πατρὶ καὶ τῷ Υἱῷ, Παράκλητε, δόξα σοι.

Ὀ τε καταβὰς τὰς γλώσσας συνέχεις, διεμέρισεν ἔθνη ὁ Ὀψιστὸς· ὅτε τοῦ πυρὸς τὰς γλώσσας διένειμεν, εἰς ἐνότητα πάντας ἐκάλεσε· καὶ συμφώνως δοξάζομεν τὸ πανάγιον Πνεῦμα.

ὙΜΝΟΙ ΛΕΙΤΟΥΡΓΙΚΟΙ

Τῶν ἁγίων παντῶν

Τ ὃν ἐν ὅλῳ τῷ κόσμῳ Μαρτύρων σου, ὃς πορφύραν καὶ βύσσον τὰ αἵματα, ἡ Ἐκκλησία σου στολισαμένη, δι’ αὐτῶν βοᾷ σοι, Χριστὲ ὁ Θεός· τῷ λαῷ σου τοὺς οἰκτιρμοὺς σου κατάπεμψον, εἰρήνην τῇ πολιτείᾳ σου δώρησαι, καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.

ΓΥΜΝΟΙ ΛΕΙΤΟΥΡΓΙΚΟΙ

Σιγησάτω πάσα σάρξ βροτεία, καὶ στήτω μετὰ φόβου καὶ τρόμου, καὶ μηδὲν γῆνιν ἐν ἑαυτῇ λογιζέσθω· ὁ γὰρ Βασιλεὺς τῶν βασιλευόντων, καὶ Κύριος τῶν κυριευόντων, προσέρχεται
PENTECOST

Blessed are You, Christ our God, who revealed the fishermen to be most wise by sending down to them the Holy Spirit, and so through them catching the whole world in a net: Lover of mankind, glory to you!

The Holy Spirit gives all things: makes prophecies flow, perfects priests, taught the unlettered wisdom, revealed fishermen to be theologians, welds together the whole institution of the Church. Advocate, consubstantial and equal in majesty with the Father and the Son, glory to you.

When the Most High came down and confused the tongues, he parted the nations; when he divided out the tongues of fire, he called all to unity, and with one voice we glorify the All-holy Spirit.

ALL SAINTS DAY

Clothed as in purple and fine linen with the blood of your Martyrs throughout the world, your Church cries out to you through them, Christ God: Send down your pity on Your people; give peace to Your commonwealth, and to our souls Your great mercy.

LITURGICAL HYMNS

Let all mortal flesh keep silent, and with fear and trembling stand. Ponder nothing earthylminded, for the King of kings and Lord of lords advances to be slain and given as food to the
σφαγιασθήναι καὶ δοθῆναι εἰς βρῶσιν τοῖς πιστοῖς·
προηγούνται δὲ τούτου, οἱ χοροὶ τῶν Ἀγγέλων,
μετὰ πάσης ἀρχῆς καὶ ἐξουσίας, τὰ πολυόμματα
Χερουβεῖμ, καὶ τὰ ἔξαπτέρυγα Σεραφεῖμ, τὰς ὁψεις
καλύπτοντα, καὶ βοῶντα τὸν οὐμον· Ἀλληλούια,
Ἀλληλούια, Ἀλληλούια.

Μεγαλύνατε τὸν Κύριον σὺν ἐμοί, καὶ ψώσωμεν
τὸ ὄνομα αὐτοῦ ἐπὶ τὸ αὐτό.

Ἐλέησον ἡμᾶς, Κύριε ὁ Θεός, ὁ Πατήρ, ὁ
παντοκράτωρ.
faithful. Before him go the choirs of Angels, with every rule and authority, the many-eyed Cherubim and the six-winged Seraphim, veiling their sight and crying out the hymn: Alleluia, Alleluia, Alleluia.

Magnify the Lord with me, and let us praise his name together.

Have mercy on us, Lord God, the Father, the Almighty.
ΜΑΧΑΡΙΣΜΟΙ

Μακάριοι οί Πτωχοί τῷ πνεύματι, ὅτι αὐτῶν, ἔστιν ἡ βασιλεία τῶν οὐρανῶν.

Μακάριοι οί πενθοῦντες, ὅτι αὐτοὶ παρακληθήσονται.

Μακάριοι οί πραείς, ὅτι αὐτοὶ κληρονομήσουσι τὴν γῆν.

Μακάριοι οί πεινῶντες καὶ διψῶντες τὴν δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

Μακάριοι οί ἐλεήμονες, ὅτι αὐτοὶ ἐλεηθήσονται.

Μακάριοι οί καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ τὸν Θεὸν ὄψονται.

Μακάριοι οί εἰρηνοποιοί, ὅτι αὐτοὶ υἱὸι Θεοῦ κληθήσονται.

Μακάριοι οἱ δεδιωγμένοι ένεκεν δικαιοσύνης, ὅτι αὐτῶν ἔστιν ἡ βασιλεία τῶν οὐρανῶν.

Μακάριοι ἔστε, ὅταν ὄνειδίσωσιν ὑμᾶς, καὶ διώξωσι, καὶ εἰπώσι πᾶν πονηρὸν ῥῆμα καθ’ ὕμων, ψευδόμενοι ένεκεν ἐμοῦ.

* * * * * * * *
**The Beatitudes**

Blessed are the poor in spirit: for theirs is the kingdom of heaven.

Blessed are they that mourn: for they shall be comforted.

Blessed are the meek: for they shall inherit the earth.

Blessed are they who hunger and thirst after righteousness: for they shall be filled.

Blessed are the merciful: for they shall obtain mercy.

Blessed are the pure in heart: for they shall see God.

Blessed are the peacemakers: for they shall be called the children of God.

Blessed are they which are persecuted for righteousness’ sake: for theirs is the kingdom of heaven.

Blessed are you, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

* * * * * * * *
Bejoyce, and be exceedingly glad: for great is your reward in heaven.

Forgive, remit, pardon, O God, our sins, both voluntary and involuntary, in deed and in word, in knowledge or in ignorance, committed during the night or during the day, in mind and in thought. Forgive us them all, for You are good and love humankind.

†The END AND GLORY TO GOD FOR ALL THINGS