

## **Matins** ***Simple Service***

**Priest:** Blessed is our God, always, now and ever, and unto the ages of ages.

**Reader:** O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

O come, let us worship and fall down before Him.

### **Psalm 19**

The Lord hear thee in the day of affliction; the name of the God of Jacob defend thee. Let Him send forth unto thee help from His sanctuary, and out of Zion let Him help thee. Let Him remember every sacrifice of thine, and thy whole-burnt offering let Him fatten. The Lord grant thee according to thy heart, and fulfill all thy purposes. We will rejoice in Thy salvation, and in the name of the Lord our God shall we be magnified. The Lord fulfill all thy requests. Now have I known that the Lord hath saved His anointed one; He will hearken unto him out of His holy heaven; in mighty deeds is the salvation of His right hand. Some trust in chariots, and some in horses, but we will call upon the name of the Lord our God. They have been fettered and have fallen, but we are risen and are set upright. O Lord, save the king, and hearken unto us in the day when we call upon Thee.

### **Psalm 20**

O Lord, in Thy strength the king shall be glad, and in Thy salvation shall he rejoice exceedingly. The desire of his heart hast Thou granted unto him, and hast not denied him the requests of his lips. Thou wentest before him with the blessings of goodness, Thou hast set upon his head a crown of precious stone. He asked life of Thee, and Thou gavest him length of days unto ages of ages. Great is his glory in Thy salvation; glory and majesty shalt Thou lay upon him. For Thou shalt give him blessing for ever and ever, Thou shalt gladden him in joy with Thy countenance. For the king hopeth in the Lord, and through the mercy of the Most High shall he not be shaken. Let Thy hand be found on all Thine enemies; let Thy right hand find all that hate Thee. For Thou wilt make them as an oven of fire in the time of Thy presence; the Lord in His wrath will trouble them sorely and fire shall devour them. Their fruit wilt Thou destroy from the earth, and their seed from the sons of men. For they have intended evil against Thee, they have devised counsels which they shall not be able to establish. For Thou shalt make them turn

their backs; among those that are Thy remnant, Thou shalt make ready their countenance. Be Thou exalted, O Lord, in Thy strength; we will sing and chant of Thy mighty acts.

Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy. (Thrice)

Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the Heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

**Priest:** For Thine is the kingdom and the power, and the glory: of the Father and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

**Reader:** Amen.

O Lord, save Thy people and bless Thine inheritance. Grant Thou victory unto Orthodox Christians over their enemies, and by the power of Thy Cross do Thou preserve Thy commonwealth.

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

O Thou Who wast lifted up willingly upon the Cross, bestow Thy mercies upon the new community named after Thee, O Christ God; gladden with Thy power the

Orthodox Christians, granting them victory over enemies; may they have as Thy help the weapon of peace, the invincible trophy.

Both now and ever, and unto the ages of ages. Amen.

O Awesome intercession that cannot be put to shame, O good one, disdain not our prayer; O all-hymned Theotokos, establish the commonwealth of the Orthodox, save the Orthodox Christians, and grant unto them victory from heaven, for thou didst bring forth God, O thou only blessed one.

**Priest:** Have mercy on us O God...

**Choir:** Lord have mercy. 3X

**Priest:** Again we pray...

**Choir:** Lord have mercy. 3X

**Priest:** Again we pray...

**Choir:** Lord have mercy. 3X

**Priest:** For a merciful God...

**Choir:** Amen. In the name of the Lord Father bless!

**Priest:** Glory to the Holy...

**Choir:** Amen.

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

**Thrice** (*With the sign of the Cross and a bow from the waist each time.*)

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.

**Twice**

### ***Psalm 3***

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord

with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

### *Psalm 37*

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mockings, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftinesses all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

## ***Psalm 62***

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory. For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips of rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee, Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things. At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee, Thy right hand hath been quick to help me.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. ***Thrice***, with the sign of the Cross, but without bows.

Lord. have mercy. ***Thrice***

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

## ***Psalm 87***

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication. For filled with evils is my soul, and my life unto hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead. Like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my

friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

### *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 not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, longsuffering and plenteous in mercy; not unto the end will He be angered, neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and

remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

### ***Psalm 142***

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

Hearken unto me, O Lord, in Thy righteousness, and enter not into judgment with Thy servant. ***Twice***

Thy good Spirit shall lead me in the land of uprightness.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. ***Thrice***, with the sign of the Cross and a bow each time.

### **Great Litany**

***Deacon:*** In peace let us pray to the Lord.

**Choir:** Lord, have mercy.

--For the peace from above, and the salvation of our souls, let us pray to the Lord.

**Choir:** Lord, have mercy.

--For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord.

**Choir:** Lord, have mercy.

--For this holy temple, and for them that with faith, reverence, and the fear of God enter herein, let us pray to the Lord

**Choir:** Lord, have mercy.

--For our Great Lord and Father, His Holiness *N.*; for our lord the Very Most Reverend Metropolitan *N.*, First Hierarch of the Russian Church Abroad; for our lord the Most Reverend (Archbishop or Bishop *N.*); for the venerable priesthood, the diaconate in Christ, for all the clergy and people, let us pray to the Lord.

**Choir:** Lord, have mercy.

--For this land, its authorities and armed forces, let us pray to the Lord.

**Choir:** Lord, have mercy.

--For the God-preserved Russian Land and its Orthodox people both in the homeland and in the diaspora, and for their salvation, let us pray to the Lord.

**Choir:** Lord, have mercy.

--That He may deliver His people from enemies both visible and invisible, and confirm in us oneness of mind, brotherly love and piety, let us pray to the Lord.

**Choir:** Lord, have mercy.

--For this city (or this town, or this holy monastery), for every city and country, and the faithful that dwell therein, let us pray to the Lord.

**Choir:** Lord, have mercy.



--For seasonable weather, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.

**Choir:** Lord, have mercy.

--For travelers by sea, land and air; for the sick, the suffering, the imprisoned, and for their salvation, let us pray to the Lord.

**Choir:** Lord, have mercy.

--That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

**Choir:** Lord, have mercy.

--Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

**Choir:** Lord, have mercy.

--Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

**Choir:** To Thee O Lord.

**Priest:** For unto Thee is due all glory, honor and worship; to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

**Choir:** Amen.

**Deacon (Priest):** God is the Lord and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

*Stichos 1:* O give thanks unto the Lord, for He is good, for His mercy endureth forever.

**Choir:** God is the Lord and hath appeared unto us. Blessed is he that cometh in the name of the Lord. *This is sung or read after each stichos.*

*Stichos 2:* Surrounding me they compassed me, and by the name of the Lord I warded them off.

*Stichos 3:* I shall not die, but live, and I shall tell of the works of the Lord.

*Stichos 4:* The stone which the builders rejected, the same is become the head of the corner. This is the Lord's doing, and it is marvelous in our eyes.

***Then the the appointed Troparia***

***Outside of a forefeast or afterfeast:***

- *Troparion of the saint from the Menaion TWICE*
- *Glory...*
- *Both now...*
- *Theotokion from the Menaion*

***IF A FOREFEAST OF AFTERFEAST***

- *Troparion of forefeast or afterfeast TWICE*
- *Glory...*
- *Troparion of the saint from the Menaion*
- *Both now...*
- *Troparion of forefeast or afterfeast*

***Choir:*** Lord, have mercy. *Thrice.* Glory to the Father, and to the Son, and to the Holy Spirit.

***Reader:*** Both now and ever, and unto the ages of ages. Amen.

***The First Portion of the Kathisma is Read according to the Psalter  
(see appendix in Psalter – read two “Kathismas”)***

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

***Choir:*** Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.*

Lord, have mercy. *Thrice.*

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

***Reader:*** Both now and ever, and unto the ages of ages. Amen.

***The Second Portion of the Kathisma is Read according to the Psalter.***

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

**Choir:** Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.*

Lord, have mercy. *Thrice.*

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

**Reader:** Both now and ever, and unto the ages of ages. Amen.

***The Third Portion of the Kathisma is Read according to the Psalter.***

**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.*

**THIS EKTENIA IS OMITTED OUTSIDE OF FORFEASTS OR  
AFTERFEASTS**

**Deacon or Priest:** Again and again, in peace let us pray to the Lord.

**Choir:** Lord, have mercy.

--Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

**Choir:** Lord, have mercy.

--Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

**Choir:** To Thee, O Lord.

**Priest:** For a good God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

**Choir:** Amen.

*After this the appointed Sessional hymns are read*

**IF NO EKTENIA:** Lord have mercy. 3X

**Outside of a forefeast or afterfeast:**

- *All Sessional Hymns from the Octoechos*

**IF A FOREFEAST OF AFTERFEAST**

- *All Sessional Hymns of the forefeast or afterfeast from the Menaion*

**Reader:** Lord have mercy. 3X Glory... Both now...

### ***Psalm 50***

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be builded. Then shalt

Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

## The Canon

### **Outside of a forefeast or afterfeast Monday through Friday**

- *Irmos: Octoechos*
- *2 Troparia Octoechos Canon I*
  - *Verse Monday: Glory to Thee our God, glory to Thee!*
  - *Verse Tuesday: Glory to Thee our God, glory to Thee!*
  - *Verse Wednesday: Glory to Thy Precious Cross O Lord!*
  - *Verse Thursday: O Holy Apostles pray to God for us!*
  - *Verse Friday: Glory to Thy Precious Cross O Lord!*
- *2 Troparia Octoechos Canon II*
  - *Verse Monday: O Holy Bodiless Hosts pray to God for us!*
  - *Verse Tuesday: O Holy John the Baptist pray to God for us!*
  - *Verse Wednesday: O Most Holy Theotokos save us!*
  - *Verse Thursday: O Holy Hierarch Father Nicholas pray to God for us!*
  - *Verse Friday: O Most Holy Theotokos save us!*
- *2 Troparia Menaion Canon*
  - *Verse: According to rank of saint*
  - *Before final troparia: Glory... Both now...*
- *After Ode III*
  - *Katavasia: Irmos of the Menaion Canon*
  - *Small Ektenia*
  - *Sessional Hymns from the Menaion*
- *After Ode VI*
  - *Katavasia: Irmos of the Menaion Canon*
  - *Small Ektenia*
  - *Kontakion and Ikos from the Menaion*
- *At Ode VIII*
  - *In place of Glory...: We bless Father, Son, and Holy Spirit, the Lord*
- *After Ode VIII*
  - *We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.*
  - *Katavasia: Irmos of the Menaion Canon*
  - *See Below – Magnificat*
- *After Ode IX*
  - *Katavasia: Irmos of the Menaion Canon*

- *It is truly meet...*
- *Small Ektenia*
- *Exapostilaria if none in Menaion*
  - *Octoechos*
  - *Glory... Both now...*
  - *Octoechos (Theotokion or Stavrotheotokion)*
- *Exapostilaria if in Menaion*
  - *Octoechos*
  - *Glory...*
  - *Menaion*
  - *Both now...*
  - *Theotokion in Menaion OR Stavrotheotokion in Octoechos*

***Outside of a forefeast or afterfeast Saturday***

- *Irmos: Menaion*
- *3 Troparia Menaion Canon*
  - *Verse: According to rank of saint*
- *2 Troparia St. Vladimir Canon*
  - *Verse: O Holy Great Prince Vladimir pray to God for us!*
- *2 Troparia Octoechos Canon to All Saints*
  - *Verse: O all ye saints pray to God for us!*
  - *Before final troparia: Glory... Both now...*
- *After Odes III, VI, VIII, IX same as for outside Saturday EXCEPT:*
  - *If there is an Exapostilarion in the Menaion:*
    - *Menaion*
    - *Glory...*
    - *Octoechos*
    - *Both now...*
    - *Octoechos Theotokion*

***IF A FOREFEAST OF AFTERFEAST – ANY DAY***

- *Irmos: Forefeast or Afterfeast (Menaion)*
- *4 Troparia Forefeast or Afterfeast (Menaion) Canon*
  - *Verse: Feast*
- *2 Troparia Menaion Canon*
  - *Verse: According to rank of saint*
  - *Before final troparia: Glory... Both now...*
- *After Ode III*
  - *Katavasia: Irmos of the Menaion Canon*

- *Small Ektenia*
- *Kontakion and Ikos from the Menaion*
- *Sessional Hymn Menaion*
- *Glory...Both now...*
- *Sessional Hymn Forefeast or Afterfeast (Menaion)*
- *After Ode VI*
  - *Katavasia: Irmos of the Menaion Canon*
  - *Small Ektenia*
  - *Kontakion and Ikos of the Forefeast or Afterfeast (Menaion)*
- *At Ode VIII*
  - *In place of Glory...: We bless Father, Son, and Holy Spirit, the Lord*
- *After Ode VIII*
  - *We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.*
  - *Katavasia: Irmos of the Menaion Canon*
  - *See Below – Magnificat*
- *After Ode IX*
  - *Katavasia: Irmos of the Menaion Canon*
  - *It is truly meet...*
  - *Small Ektenia*
  - *Exapostilaria*
    - *Forefeast*
    - *Glory... Both now...*
    - *Forefeast*

***At Ode 9, we sing or read the Magnificat.***

***Deacon:*** The Theotokos and the Mother of the Light let us magnify in song.

***Choir:*** My soul doth magnify the Lord, \* and my spirit hath rejoiced in God my Savior.

*And after each verse, the refrain:* More honorable than the Cherubim, \* and beyond compare more glorious than the Seraphim; \* who without corruption gavest birth to God the Word, \* the very Theotokos, thee do we magnify.

For He hath looked upon the lowliness of His handmaiden; \* for behold, from henceforth all generations shall call me blessed. *Refrain.*

For the Mighty One hath done great things to me, \* and holy is His name; \* and His mercy is on them that fear Him \* unto generation and generation. *Refrain.*

He hath showed strength with His arm, \* and He hath scattered the proud in the imagination of their heart. *Refrain.*

He hath put down the mighty from their seat, \* and exalted them of low degree; \* He hath filled the hungry with good things, \* and the rich He hath sent empty away. *Refrain.*

He hath holpen His servant Israel \* in remembrance of His mercy, \* as He spake to our fathers, \* to Abraham and his seed forever. *Refrain.*

***If there was no ektenia at the kathisma, Choir: "It is truly meet.." THEN the small ektenia.***

***Then, the appointed Exapostilaria according to the Canon instructions above.***

***The Lauds (the Praises) ARE READ***

Praise the Lord from the heavens, praise Him in the highest. To Thee is due praise, O God.

Praise Him, all ye His angels; praise Him, all ye His hosts. To Thee is due praise, O God.

Praise Him, O sun and moon; praise Him all ye stars and light. Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; for He spake, and they came to be; He commanded, and they were created.

He established them for ever, yea, for ever and ever; He hath set an ordinance, and it shall not pass a-way.

Praise the Lord from the earth, ye dragons, and all ye abysses.

Fire, hail, snow, ice, blast of tempest, which per-form His word.

The mountains and all the hills, fruitful trees, and all cedars.

The beasts and all the cattle, creeping things and winged birds.

Kings of the earth, and all peoples, princes and all the judges of the earth.

Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him a-lone.

His praise is above the earth and heaven, and He shall exalt the horn of His people.



This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Zion rejoice in their King.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.

The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples.

To bind their kings with fetters, and their nobles with manacles of iron.

To do among them the judgment that is written, this glory shall be to all His saints.

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

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

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

Praise Him with timbrel and dance, praise him with strings and flute.

(THERE MAY BE A VERSE TO ADD HERE FROM THE MENAION – DO NOT ADD OCTOECHOS VERSES ON SATURDAY)

Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord. (THERE MAY BE A VERSE TO ADD HERE FROM THE MENAION – DO NOT ADD OCTOECHOS VERSES ON SATURDAY)

Glory to the Father, and to the Son, and to the Holy Spirit (THERE MAY BE A VERSE TO ADD HERE FROM THE MENAION – DO NOT ADD OCTOECHOS VERSES ON SATURDAY), both now and ever, and unto the ages of ages. Amen. (THERE MAY BE A VERSE TO ADD HERE FROM THE MENAION – DO NOT ADD OCTOECHOS VERSES ON SATURDAY)

**Priest (THIS IS NOT READ IF THERE ARE VERSES ABOVE):** To Thee glory is due, O Lord our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto the ages of ages.

**Reader:** Amen.

**Priest:** Glory to Thee Who hast shown us the light.

**Reader:** Glory to God in the highest, and on earth, peace and good will among men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory. O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit. O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world; have mercy on us; Thou that takest away the sins of the world, receive our prayer; Thou that sittest at the right hand of the Father, have mercy on us. For Thou only art holy; Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless Thee, and I will praise Thy Name forever, yea, forever and ever.

Lord, thou hast been our refuge in generation and generation. I said: O Lord, have mercy on me, heal my soul, for I have sinned against Thee. O Lord, unto Thee have I fled for refuge, teach me to do Thy will, for Thou art my God. For in Thee is the fountain of life, in Thy light shall we see light. O continue Thy mercy unto them that know Thee.

Vouchsafe, O Lord, to keep us this day without sin. Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name unto the ages. Amen.

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee. Blessed art Thou, O Lord, teach me Thy statutes.. Blessed art Thou, O Master, give me understanding of Thy statutes. Blessed art Thou, O Holy One, enlighten me by Thy statutes.

O Lord, Thy mercy endureth forever; disdain not the works of Thy hands. To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

**Deacon:** Let us complete our morning prayer unto the Lord.

**Choir:** Lord, have mercy.

--Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

**Choir:** Lord, have mercy.

--That the whole day may be perfect, holy, peaceful and sinless, let us ask of the Lord.

**Choir:** Grant this, O Lord.

--An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

**Choir:** Grant this, O Lord.

--Pardon and remission of our sins and offenses, let us ask of the Lord.

Choir: Grant this, O Lord.

--Things good and profitable for our souls, and peace for the world, let us ask of the Lord.

**Choir:** Grant this, O Lord.

--That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

**Choir:** Grant this, O Lord.

--A Christian ending to our life, painless, blameless, peaceful, and a good defense before the dread judgment seat of Christ, let us ask.

**Choir:** Grant this, O Lord.

--Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

**Choir:** To Thee, O Lord.

**Priest:** For a good God art Thou, and the Lover of Mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

**Choir:** Amen.

**Priest:** Peace be unto all.

**Choir:** And to thy spirit.

**Deacon:** Let us bow our heads unto the Lord.

**Choir:** To Thee, O Lord. (*Very Slowly.*)

**Priest:** Blessed and most glorified be the dominion of Thy kingdom: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

**Choir:** Amen.

***The aposticha is chanted or read as appointed***

***Monday through Friday no forefeast or afterfeast***

- *First stichera from the Octoechos*
- *IF THERE IS NO VERSE IN THE OCTOECHOS: We were filled in the morning with Thy mercy, O Lord and we rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years wherein we saw evils. And look upon Thy servants, and upon Thy works, and do Thou guide their sons.*
- *Second stichera from the Octoechos*
- *IF THERE IS NO VERSE IN THE OCTOECHOS: And let the brightness of the Lord our God be upon us, and the works of our hand do Thou guide aright upon us, yea, the work of our hands do Thou guide aright.*
- *Third stichera from the Octoechos*
- *Glory...Both now...*
- *Theotokion from the Octoechos*

***Saturday no forefeast or afterfeast***

- *First stichera from the Octoechos*
- *IF THERE IS NO VERSE IN THE OCTOECHOS: We were filled in the morning with Thy mercy, O Lord and we rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years wherein we saw evils. And look upon Thy servants, and upon Thy works, and do Thou guide their sons.*
- *Second stichera from the Octoechos*
- *IF THERE IS NO VERSE IN THE OCTOECHOS: And let the brightness of the Lord our God be upon us, and the works of our hand do Thou guide aright upon us, yea, the work of our hands do Thou guide aright.*
- *Third stichera from the Octoechos*
- *Glory...*
- *Doxasticon from the Menaion IF THERE IS ONE*

- *Both now...*
- *Theotokion from the Menion IF THERE IS ONE or the Octoechos*

***IF THERE IS A FOREFEAST OR AFTERFEAST***

- *All verses from forefeast or afterfeast (usually found in the Menaion) with their verses*
- *Glory: Doxasticon from the Menaion IF THERE IS ONE*
- *Both now: forefeast or afterfeast (usually found in the Menaion)*

**Reader:** It is good to give praise unto the Lord, and to chant unto Thy name, O Most High, to proclaim in the morning Thy mercy, and Thy truth by night.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy. (Thrice)

Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the Heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

**Priest:** For thine is the kingdom...

**Reader:** Amen.

## *The Troparia*

### ***Outside a forefeast or afterfeast***

- *Troparion from the the Menaion*
- *Glory, Both now: Theotokion from the Menaion*

### ***IF THERE IS A FOREFEAST OR AFTERFEAST***

- *Troparion from the Menaion*
- *Glory, Both now: Troparion of forefeast or afterfeast*

**Deacon:** Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.

**Choir:** Lord, have mercy. *Thrice.*

--Again we pray For our Great Lord and Father, His Holiness N.; for our lord the Very Most Reverend Metropolitan N., First Hierarch of the Russian Church Abroad; for our lord the Most Reverend (Archbishop or Bishop N., whose diocese it is) and all our brethren in Christ.

**Choir:** Lord, have mercy. *Thrice.*

--Again we pray for the God-preserved Russian land and its Orthodox people both in the homeland and in the diaspora and for their salvation.

**Choir:** Lord, have mercy. *Thrice.*

--Again we pray for this land, its authorities and armed forces.

**Choir:** Lord, have mercy. *Thrice.*

--Again we pray to the Lord our God that He may deliver His people from enemies visible and invisible, and confirm in us oneness of mind, brotherly love and piety.

**Choir:** Lord, have mercy. *Thrice.*

--Again we pray for our brethren, the priests, priestmonks, and all our brethren in Christ.

**Choir:** Lord have mercy. *Thrice.*

--Again we pray for the blessed and ever-memorable, holy Orthodox patriarchs; for pious kings and right-believing queens; and for the founders of this holy temple (if it be a monastery: this holy monastery): and for all our fathers and brethren gone to their rest before us, and the Orthodox here and everywhere laid to rest.

**Choir:** Lord, have mercy. *Thrice.*

--Again we pray for mercy, life, peace, health, salvation, visitation, pardon and remission of the sins of the servants of God, the brethren of this holy temple [*if in a monastery: this holy monastery*].

**Choir:** Lord, have mercy. *Thrice.*

--Again we pray for them that bring offerings and do good works in this holy and all-venerable temple; for them that minister and them that chant, and for all the people here present, that await of Thee great and abundant mercy.

**Choir:** Lord, have mercy. *Thrice.*

**Priest:** For a merciful God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

**Choir:** Amen.

**Deacon:** Wisdom!

**Choir:** Father bless!

**Priest:** He that is is blessed, Christ our God, always, now and ever, and unto the ages of ages.

**Choir:** Amen. Establish, O God, the holy Orthodox Faith of Orthodox Christians unto the ages of ages.

***Then the reader immediately begins the first hour – there is no dismissal here.***