

**Η ΑΚΟΛΟΥΘΙΑ ΤΟΥ ΟΡΘΟΥ****Ο ΙΕΡΕΥΣ**

Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**Ο ΑΝΑΓΝΩΣΤΗΣ**

Ἀμήν. Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (3)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι, καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. (3)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι, καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω 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 ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**Ο ΙΕΡΕΥΣ**

Ὅτι Σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**Ο ΑΝΑΓΝΩΣΤΗΣ**

Ἀμήν. (χῦμα)

Σῶσον, Κύριε, τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

Δόξα

Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ ἑκουσίως, τῇ ἐπωνύ-

**SERVICE OF MATINS****PRIEST**

Blessed is our God always, now and ever, and to the ages of ages.

**READER**

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

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, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord have mercy. (3)

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

Our Father, who art in heaven, hallowed by 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 evil.

**PRIEST**

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.

**READER**

Amen. (spoken)

Save, O Lord, your people, and bless your inheritance, granting victory to the faithful over the enemy, and by your Cross protecting your commonwealth.

Glory.

You who were lifted on the Cross voluntar-

μω σου καινή πολιτεία τοὺς οἰκτιρομῶς σου δώρησαι, Χριστέ ὁ Θεός· εὐφρανον ἐν τῇ δυνάμει σου τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ τῶν πολεμιῶν· τὴν συμμαχίαν ἔχοιεν τὴν σὴν, ὄπλον ειρήνης, ἀήττητον τρόπαιον.

Καὶ νῦν. **Θεοτοκίον.**

Προστασία φοβερὰ καὶ ἀκαταίσχυντε, μὴ παρίδης, Ἀγαθή, τὰς ἱκεσίας ἡμῶν, πανύμνητε Θεοτόκε· στήριξον Ὁρθοδόξων πολιτείαν, σῶζε οὓς ἐκέλευσας βασιλεύειν, καὶ χορηγεῖ αὐτοῖς οὐρανόθεν τὴν νίκην· διότι ἔτεκες τὸν Θεόν, μόνη εὐλογημένη.

### Ο ΙΕΡΕΥΣ

Ἐλέησον ἡμᾶς, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου· δεόμεθά σου, ἐπάκουσον καὶ ἐλέησον.

### Ο ΑΝΑΓΝΩΣΤΗΣ *Εἰς ἐκάστην δέησιν*

Κύριε, ἐλέησον. (3)

### Ο ΙΕΡΕΥΣ

Ἔτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ ὀρθοδόξων Χριστιανῶν.

Ἔτι δεόμεθα ὑπὲρ τοῦ Ἀρχιεπισκόπου ἡμῶν (*δεῖνος*).

Ὅτι ἐλεήμων καὶ φιλόφρων Θεός ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

### Ο ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν. Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

### Ο ΙΕΡΕΥΣ

Δόξα τῇ ἀγία καὶ ὁμοουσίῳ καὶ ζωοποιῷ καὶ ἀδιαιρέτῳ Τριάδι, πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

### Ο ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν. (*χῦμα*)

ily, O Christ our God, bestow Your tender compassion upon Your new community to which You gave Your name. Make our faithful leaders to be glad in Your power, granting them the victories against their adversaries. May they have that alliance which is Yours, the shield of peace, the trophy invincible.

Both now. **Theotokion.**

O awesome and unshamable Protection, O good and praiseworthy Theotokos, do not despise our petitions; make firm the community of the Orthodox; save those whom you have called to rule; grant them victory from heaven, for you gave birth to God and are truly blessed.

### PRIEST

Have mercy on us, O God, according to your great mercy; we pray to you, hear us and have mercy.

### READER *Intoned in response to each petition*

Lord have mercy. (3)

### PRIEST

Let us pray for pious and Orthodox Christians.

Let us pray for our Archbishop (*Name*).

For you are a merciful and loving God, 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.

### READER

Amen. In the name of the Lord, Father give the blessing.

### PRIEST

Glory to the holy and consubstantial, and life-giving, and undivided Trinity, always, now and forever and to the ages of ages.

### READER

Amen. (*spoken*)

**Ὁ Ἑξάψαλμος.**

Δόξα ἐν ὑψίστοις Θεῶ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία. (3)

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. (2)

**Ψαλμὸς Γ΄**

Κύριε, τί ἐπληθύνθησαν οἱ θλίβοντές με; Πολλοὶ ἐπανίστανται ἐπ' ἐμέ.

Πολλοὶ λέγουσι τῇ ψυχῇ μου· οὐκ ἔστι σωτηρία αὐτῶ ἐν τῷ Θεῶ αὐτοῦ.

Σὺ δέ, Κύριε, ἀντιλήπτωρ μου εἶ, δόξα μου καὶ ὑψῶν τὴν κεφαλὴν μου.

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, καὶ ἐπήκουσέ μου ἐξ ὄρους ἁγίου αὐτοῦ.

Ἐγὼ δὲ ἐκοιμήθην καὶ ὕπνωσα· ἐξηγέρθην, ὅτι Κύριος ἀντιλήψεταιί μου.

Οὐ φοβηθήσομαι ἀπὸ μυριάδων λαοῦ τῶν κύκλω συνεπιτιθεμένων μοι.

Ἀνάστα, Κύριε, σῶσόν με ὁ Θεός μου, ὅτι σὺ ἐπάταξας πάντας τοὺς ἐχθραίνοντάς μοι ματαιίως, ὀδόντας ἀμαρτωλῶν συνέτριψας.

Τοῦ Κυρίου ἡ σωτηρία, καὶ ἐπὶ τὸν λαόν σου ἡ εὐλογία σου.

*Καὶ πάλιν.*

Ἐγὼ δὲ ἐκοιμήθην καὶ ὕπνωσα· ἐξηγέρθην, ὅτι Κύριος ἀντιλήψεταιί μου. (2)

**Ψαλμὸς ΛΖ΄**

Κύριε, μὴ τῶ θυμῷ σου ἐλέγξης με, μηδὲ τῇ ὀργῇ σου παιδεύσης με.

Ὅτι τὰ βέλη σου ἐνεπάγησάν μοι, καὶ ἐπεστήριξας ἐπ' ἐμέ τὴν χειρὰ σου.

Οὐκ ἔστιν ἴασις ἐν τῇ σαρκί μου ἀπὸ προσώπου τῆς ὀργῆς σου, οὐκ ἔστιν εἰρήνη ἐν τοῖς ὀστέμοις μου ἀπὸ προσώπου τῶν ἀμαρτιῶν μου.

Ὅτι αἱ ἀνομίαι μου ὑπερῆραν τὴν κεφαλὴν μου, ὡσεὶ φορτίον βαρὺ ἐβαρύνθησαν ἐπ' ἐμέ.

Προσώζεσαν καὶ ἐσάπησαν οἱ μῶλωπές μου ἀπὸ προσώπου τῆς ἀφροσύνης μου.

**The Six Psalms.**

Glory to God in the highest, and on earth peace, goodwill toward men! (3)

O Lord, You shall open my lips, and my mouth will declare Your praise. (2)

**Psalm 3**

O Lord, why do those who afflict me multiply? Many are those who rise up against me.

Many are those who say to my soul, "There is no salvation for him in his God."

But you, O Lord, are my protector, my glory and the One who lifts up my head.

I cried to the Lord with my voice, and he heard me from His holy hill.

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

I will not be afraid of ten thousands of people who set themselves against me all around.

Arise, O Lord, and save me, O my God, for You struck all those who were foolishly at enmity with me; You broke the teeth of sinners.

Salvation is of the Lord, and Your blessing is upon Your people.

*And again*

I lay down and slept. I awoke, for the Lord will help me. (2)

**Psalm 37**

O Lord, do not rebuke me in Your wrath, nor chasten me in Your anger.

For Your arrows are fixed in me, and Your hand rests on me;

There is no healing in my flesh because of Your wrath; there is no peace in my bones because of my sins.

For my transgressions rise up over my head; like a heavy burden they are heavy on me.

My wounds grow foul and fester because of my folly.

Ἐταλαιπώρησα καὶ κατεκάμφθην ἕως τέλους,  
ὅλην τὴν ἡμέραν σκυθρωπάζων ἐπορευόμην.

Ὅτι αἱ ψόαι μου ἐπλήσθησαν ἐμπαιγμάτων,  
καὶ οὐκ ἔστιν ἴασις ἐν τῇ σαρκί μου.

Ἐκακώθην καὶ ἐταπεινώθην ἕως σφόδρα,  
ὠρυόμην ἀπὸ στεναγμοῦ τῆς καρδίας μου.

Κύριε, ἐναντίον σου πᾶσα ἡ ἐπιθυμία μου, καὶ  
ὁ στεναγμός μου ἀπὸ σοῦ οὐκ ἀπεκρύβη.

Ἡ καρδία μου ἐταράχθη, ἐγκατέλιπέ με ἡ  
ἰσχύς μου, καὶ τὸ φῶς τῶν ὀφθαλμῶν μου καὶ  
αὐτὸ οὐκ ἔστι μετ' ἐμοῦ.

Οἱ φίλοι μου καὶ οἱ πλησίον μου ἐξεναντίας  
μου ἤγγισαν καὶ ἔστησαν, καὶ οἱ ἐγγιστά μου  
ἀπὸ μακρόθεν ἔστησαν.

Καὶ ἐξεβιάζοντο οἱ ζητοῦντες τὴν ψυχὴν μου,  
καὶ οἱ ζητοῦντες τὰ κακά μοι ἐλάλησαν ματαιότη-  
τας, καὶ δολιότητος ὅλην τὴν ἡμέραν ἐμελέτησαν.

Ἐγὼ δὲ ὡσεὶ κωφὸς οὐκ ἤκουον καὶ ὡσεὶ  
ἄλαλος οὐκ ἀνοίγων τὸ στόμα αὐτοῦ.

Καὶ ἐγενόμην ὡσεὶ ἄνθρωπος οὐκ ἀκούων καὶ  
οὐκ ἔχων ἐν τῷ στόματι αὐτοῦ ἐλεγμούς.

Ὅτι ἐπὶ σοί, Κύριε, ἤλπισα· σὺ εἰσακούσει,  
Κύριε ὁ Θεός μου.

Ὅτι εἶπον· Μὴ ποτε ἐπιχαρῶσί μοι οἱ ἐχθροί  
μου· καὶ ἐν τῷ σαλευθῆναι πόδας μου ἐπ' ἐμὲ  
ἐμεγαλορρημόνησαν.

Ὅτι ἐγὼ εἰς μαστιγὰς ἔτοιμος, καὶ ἡ ἀλγηδὼν  
μου ἐνώπιόν μου ἔστι διὰ παντός.

Ὅτι τὴν ἀνομίαν μου ἐγὼ ἀναγγελῶ καὶ  
μεριμνήσω ὑπὲρ τῆς ἀμαρτίας μου.

Οἱ δὲ ἐχθροί μου ζῶσι καὶ κεκραταίωονται  
ὑπὲρ ἐμέ, καὶ ἐπληθύνθησαν οἱ μισοῦντές με ἀδί-  
κως.

Οἱ ἀνταποδιδόντες μοι κακὰ ἀντὶ ἀγαθῶν  
ἐνδιέβαλλον με, ἐπεὶ κατεδίωκον ἀγαθωσύνην.

Μὴ ἐγκαταλίπης με, Κύριε ὁ Θεός μου, μὴ  
ἀποστής ἀπ' ἐμοῦ.

Πρόσχευ εἰς τὴν βοήθειάν μου, Κύριε τῆς  
σωτηρίας μου.

I suffer misery, and I am utterly bowed  
down; I go all the day long with a sad face.

For my loins are filled with mockeries, and  
there is no healing in my flesh.

I am afflicted and greatly humbled; I roar  
because of the groaning of my heart.

O Lord, all my desire is before You, and my  
groaning is not hidden from You.

My heart is troubled; my strength fails me,  
and the light of my eyes, even this is not with  
me.

My friends and neighbors draw near and  
stand against me, and my near of kin stand far  
off;

And those who seek my soul use violence,  
and those who seek evil for me speak folly; and  
they meditate on deceit all the day long.

But I like a deaf man do not hear, and I am  
like a mute who does not open his mouth.

I am like a man who does not hear, and who  
has no reproofs in his mouth.

For in You, O Lord, I hope; You will hear, O  
Lord my God.

For I said, "Let not my enemies rejoice  
over me, for when my foot was shaken, they boasted  
against me."

For I am ready for wounds, and my pain is  
continually with me.

For I will declare my transgression, and I  
will be anxious about my sin.

But my enemies live, and are become  
stronger than I; and those who hate me unjustly  
are multiplied;

Those who repaid me evil for good slan-  
dered me, because I pursue righteousness; and  
they threw away my love as though it were a  
stinking corpse.

Do not forsake me, O Lord; O my God, do  
not depart from me;

Give heed to help me, O Lord of my salva-  
tion.

*Καὶ πάλιν.*

Μὴ ἐγκαταλίπῃς με, Κύριε ὁ Θεός μου, μὴ ἀποστῆς ἀπ' ἐμοῦ. Πρόσχευε εἰς τὴν βοήθειάν μου, Κύριε τῆς σωτηρίας μου.

### Ψαλμὸς ΕΒ΄

Ὁ Θεὸς ὁ Θεός μου, πρὸς σὲ ὀρθρίζω. Ἐδίψησέ σε ἡ ψυχὴ μου, ποσαπλῶς σοὶ ἡ σὰρξ μου, ἐν γῆ ἐρήμῳ καὶ ἀβάτῳ καὶ ἀνύδρῳ.

Οὕτως ἐν τῷ ἁγίῳ ὠφθην σοὶ τοῦ ἰδεῖν τὴν δύναμίν σου καὶ τὴν δόξαν σου.

Ὅτι κρεῖσσον τὸ ἔλεός σου ὑπὲρ ζωάς· τὰ χεῖλη μου ἐπαινέσουσί σε.

Οὕτως εὐλογήσω σε ἐν τῇ ζωῇ μου, καὶ ἐν τῷ ὀνόματί σου ἀρῶ τὰς χεῖράς μου.

Ὡς ἐκ στέατος καὶ πιότητος ἐμπλησθεῖ ἡ ψυχὴ μου, καὶ χεῖλη ἀγαλλιάσεως αἰνέσει τὸ στόμα μου.

Εἰ ἐμνημόνευόν σου ἐπὶ τῆς στρωμνῆς μου, ἐν τοῖς ὀρθροῖς ἐμελέτων εἰς σέ·

Ὅτι ἐγενήθης βοηθός μου, καὶ ἐν τῇ σκέπη τῶν πτερυγῶν σου ἀγαλλιάσομαι.

Ἐκολλήθη ἡ ψυχὴ μου ὀπίσω σου, ἐμοῦ δὲ ἀντελάβετο ἡ δεξιὰ σου.

Αὐτοὶ δὲ εἰς μάτην ἐζήτησαν τὴν ψυχὴν μου, εἰσελεύσονται εἰς τὰ κατώτατα τῆς γῆς·

Παραδοθήσονται εἰς χεῖρας ρομφαίας, μερίδες ἀλωπέκων ἔσονται.

Ὁ δὲ βασιλεὺς εὐφρανθήσεται ἐπὶ τῷ Θεῷ, ἐπαινεθήσεται πᾶς ὁ ὀμνύων ἐν αὐτῷ, ὅτι ἐνεφράγη στόμα λαλούντων ἄδικα.

*Καὶ πάλιν.*

Ἐν τοῖς ὀρθροῖς ἐμελέτων εἰς σέ· ὅτι ἐγενήθης βοηθός μου, καὶ ἐν τῇ σκέπη τῶν πτερυγῶν σου ἀγαλλιάσομαι. Ἐκολλήθη ἡ ψυχὴ μου ὀπίσω σου, ἐμοῦ δὲ ἀντελάβετο ἡ δεξιὰ σου.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι, καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

*And again*

Do not forsake me, O Lord; O my God, do not depart from me; Give heed to help me, O Lord of my salvation.

### Psalm 62

O God, my God, I rise early to be with You; my soul thirsts for You. How often my flesh thirsts for You in a desolate, impassable, and waterless land.

So in the holy place I appear before You, to see Your power and Your glory.

Because Your mercy is better than life, my lips shall praise You.

Thus I will bless You in my life; I will lift up my hands in Your name.

May my soul be filled, as if with marrow and fatness, and my mouth shall sing praise to You with lips filled with rejoicing.

If I remembered You on my bed, I meditated on You at daybreak;

For You are my helper, and in the shelter of Your wings I will greatly rejoice.

My soul follows close behind You; Your right hand takes hold of me.

But they seek for my soul in vain; they shall go into the lowest parts of the earth.

They shall be given over to the edge of the sword; they shall be a portion for foxes.

But the king shall be glad in God; all who swear by Him shall be praised, for the mouth that speaks unrighteous things is stopped.

*And again*

I meditated on You at daybreak; For You are my helper, and in the shelter of Your wings I will greatly rejoice. My soul follows close behind You; Your right hand takes hold of me.

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

Ἀλληλούϊα, ἀλληλούϊα, ἀλληλούϊα, δόξα σοι  
ὁ Θεός.

Κύριε, ἐλέησον. (3)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι, καὶ  
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἀμήν.

### Ψαλμὸς ΠΖ΄

Κύριε ὁ Θεὸς τῆς σωτηρίας μου, ἡμέρας  
ἐκέκραξα καὶ ἐν νυκτὶ ἐναντίον σου.

Εἰσελθέτω ἐνώπιόν σου ἡ προσευχή μου,  
κλῖνον τὸ οὖς σου εἰς τὴν δέησίν μου.

Ὅτι ἐπλήσθη κακῶν ἡ ψυχὴ μου, καὶ ἡ ζωὴ  
μου τῷ ᾄδῃ ἤγγισε.

Προσελογίσθη μετὰ τῶν καταβαινόντων εἰς  
λάκκον, ἐγενήθη ὡσεὶ ἄνθρωπος ἀβοήθητος, ἐν  
νεκροῖς ἐλεύθερος,

Ὡσεὶ τραυματῖαι καθεύδοντες ἐν τάφῳ, ὧν  
οὐκ ἐμνήσθης ἔτι, καὶ αὐτοὶ ἐκ τῆς χειρὸς σου  
ἀπώσθησαν.

Ἔθεντό με ἐν λάκκῳ κατωτάτῳ, ἐν σκοτεινοῖς  
καὶ ἐν σκιᾷ θανάτου.

Ἐπ' ἐμὲ ἐπεστηρίχθη ὁ θυμὸς σου, καὶ πάντας  
τοὺς μετεωρισμοὺς σου ἐπήγαγες ἐπ' ἐμέ.

Ἐμάκρυνας τοὺς γνωστούς μου ἀπ' ἐμοῦ,  
ἔθεντό με βδέλυγμα ἑαυτοῖς, παρεδόθη καὶ οὐκ  
ἐξεπορευόμην.

Οἱ ὀφθαλμοί μου ἠσθένησαν ἀπὸ πτωχείας·  
ἐκέκραξα πρὸς σέ, Κύριε, ὅλην τὴν ἡμέραν,  
διεπέτασα πρὸς σὲ τὰς χειρὰς μου.

Μὴ τοῖς νεκροῖς ποιήσεις θαυμάσια; ἢ ἱατροὶ  
ἀναστήσουσι καὶ ἐξομολογήσονται σοι;

Μὴ διηγῆσεται τις ἐν τῷ τάφῳ τὸ ἔλεός σου  
καὶ τὴν ἀλήθειάν σου ἐν τῇ ἀπωλείᾳ;

Μὴ γνωσθῆσεται ἐν τῷ σκότει τὰ θαυμάσια  
σου καὶ ἡ δικαιοσύνη σου ἐν γῆ ἐπιλελησμένη;

Κἀγὼ πρὸς σέ, Κύριε, ἐκέκραξα, καὶ τὸ πρωῒ ἡ  
προσευχή μου προφθάσει σε.

Ἵνα τί, Κύριε, ἀπωθεῖς τὴν ψυχὴν μου, ἀπο-  
στρέφεις τὸ πρόσωπόν σου ἀπ' ἐμοῦ;

Πτωχὸς εἰμι ἐγὼ καὶ ἐν κόποις ἐκ νεότητός

Alleluia, alleluia, alleluia, glory to You, O  
God.

Lord have mercy. (3)

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

### Psalm 87

O Lord God of my salvation, I cry day and  
night before You.

Let my prayer come before You; incline  
Your ear to my supplication, O Lord.

For my soul is filled with sorrows, and my  
soul draws near to Hades;

I am counted among those who go down  
into the pit; I am like a helpless man, free  
among the dead,

Like slain men thrown down and sleeping  
in a grave, whom You remember no more, but  
they are removed from Your hand.

They laid me in the lowest pit, in dark  
places and in the shadow of death.

Your wrath rested upon me, and You  
brought all Your billows over me.

You removed my acquaintances far from me;  
they made me an abomination among them-  
selves; I was betrayed, and did not go forth.

My eyes weakened from poverty; O Lord, I  
cry to You the whole day long; I spread out my  
hands to You.

Will You work wonders for the dead? Or will  
physicians raise them up, and acknowledge You?

Shall anyone in the grave describe Your  
mercy and Your truth in destruction?

Shall Your wonders be known in darkness,  
and Your righteousness in a forgotten land?

But I cry to You, O Lord, and in the morning  
my prayer shall come near to You.

Why, O Lord, do You reject my soul, and  
turn away Your face from me?

I am poor and in troubles from my youth;

μου, ὑψωθείς δὲ ἐταπεινώθην καὶ ἐξηπορήθην.

Ἐπ' ἐμὲ διήλθον αἱ ὀργαὶ σου, οἱ φοβερισμοὶ σου ἐξετάραξάν με,

Ἐκύκλωσάν με ὡσεὶ ὕδωρ ὅλην τὴν ἡμέραν, περιέσχον με ἅμα.

Ἐμάκρυνας ἀπ' ἐμοῦ φίλον καὶ πλησίον, καὶ τοὺς γνωστούς μου ἀπὸ ταλαιπωρίας.

*Καὶ πάλιν.*

Κύριε ὁ Θεὸς τῆς σωτηρίας μου, ἡμέρας ἐκέκραξα καὶ ἐν νυκτὶ ἐναντίον σου. Εἰσελθέτω ἐνώπιόν σου ἡ προσευχή μου, κλῖνον τὸ οὖς σου εἰς τὴν δέησίν μου.

### Ψαλμὸς ΡΒ΄

Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον, καὶ πάντα τὰ ἐντός μου, τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ.

Τὸν εὐΐλατεύοντα πάσας τὰς ἀνομίας σου, τὸν ἰώμενον πάσας τὰς νόσους σου.

Τὸν λυτρούμενον ἐκ φθορᾶς τὴν ζωὴν σου, τὸν στεφανοῦντά σε ἐν ἐλέει καὶ οἰκτιρμοῖς.

Τὸν ἐμπιπλῶντα ἐν ἀγαθοῖς τὴν ἐπιθυμίαν σου, ἀνακαινισθήσεται ὡς ἀετοῦ ἡ νεότης σου.

Ποιῶν ἐλεημοσύνας ὁ Κύριος καὶ κριμα παῖσι τοῖς ἀδικουμένοις.

Ἐγνώρισε τὰς ὁδοὺς αὐτοῦ τῷ Μωϋσῆ, τοῖς υἱοῖς Ἰσραὴλ τὰ θελήματα αὐτοῦ.

Οἰκτίρων καὶ ἐλεήμων ὁ Κύριος, μακρόθυμος καὶ πολυέλεος·

Οὐκ εἰς τέλος ὀργισθήσεται, οὐδὲ εἰς τὸν αἰῶνα μηνιεῖ.

Οὐ κατὰ τὰς ἀνομίας ἡμῶν ἐποίησεν ἡμῖν, οὐδὲ κατὰ τὰς ἁμαρτίας ἡμῶν ἀνταπέδωκεν ἡμῖν,

Ὅτι κατὰ τὸ ὕψος τοῦ οὐρανοῦ ἀπὸ τῆς γῆς ἐκραταίωσε Κύριος τὸ ἔλεος αὐτοῦ ἐπὶ τοὺς φοβουμένους αὐτόν.

Καθ' ὅσον ἀπέχουσιν ἀνατολαὶ ἀπὸ δυσμῶν, ἐμάκρυνεν ἀφ' ἡμῶν τὰς ἀνομίας ἡμῶν.

but having been exalted, I was humbled and brought into despair.

Your fierce anger passed over me, and Your terrors greatly troubled me;

They compassed me like water all the day long; they surrounded me at once.

You removed far from me neighbor and friend, and my acquaintances because of my misery.

*And again*

O Lord God of my salvation, I cry day and night before You. Let my prayer come before You; incline Your ear to my supplication, O Lord.

### Psalm 102

Bless the Lord, O my soul, and everything within me, bless His holy name.

Bless the Lord, O my soul, and forget not all His rewards:

Who is merciful to all your transgressions, who heals all your diseases,

Who redeems your life from corruption, who crowns you with mercy and compassion,

Who satisfies your desire with good things; and your youth is renewed like the eagle's.

The Lord shows mercies and judgment to all who are wronged.

He made known His ways to Moses, the things He willed to the sons of Israel.

The Lord is compassionate and merciful, slow to anger, and abounding in mercy.

He will not become angry to the end, nor will He be wrathful forever;

He did not deal with us according to our sins, nor reward us according to our transgressions;

For according to the height of heaven from earth, so the Lord reigns in mercy over those who fear Him;

As far as the east is from the west, so He removes our transgressions from us.

Καθώς οϊκτίρει πατήρ υιούς, ὠκτίρησε Κύριος  
τοὺς φοβουμένους αὐτόν,

Ὅτι αὐτὸς ἔγνω τὸ πλάσμα ἡμῶν, ἐμνήσθη  
ὅτι χοῦς ἐσμεν.

Ἄνθρωπος, ὡσεὶ χόρτος αἱ ἡμέραι αὐτοῦ ὡσεὶ  
ἄνθος τοῦ ἀγροῦ, οὕτως ἐξανθήσει.

Ὅτι πνεῦμα διήλθεν ἐν αὐτῷ, καὶ οὐχ ὑπάρ-  
ξει, καὶ οὐκ ἐπιγνώσεται ἔτι τὸν τόπον αὐτοῦ.

Τὸ δὲ ἔλεος τοῦ Κυρίου ἀπὸ τοῦ αἰῶνος καὶ  
ἕως τοῦ αἰῶνος ἐπὶ τοὺς φοβουμένους αὐτόν,  
καὶ ἡ δικαιοσύνη αὐτοῦ ἐπὶ υἱοῖς υἱῶν,

Τοῖς φυλάσσουσι τὴν διαθήκην αὐτοῦ καὶ με-  
νημένοις τῶν ἐντολῶν αὐτοῦ τοῦ ποιῆσαι αὐτάς.

Κύριος ἐν τῷ οὐρανῷ ἠτόίμασε τὸν θρόνον  
αὐτοῦ, καὶ ἡ βασιλεία αὐτοῦ πάντων δεσπόζει.

Εὐλογεῖτε τὸν Κύριον, πάντες οἱ Ἄγγελοι  
αὐτοῦ, δυνατοὶ ἰσχύϊ, ποιῶντες τὸν λόγον αὐτοῦ,  
τοῦ ἀκοῦσαι τῆς φωνῆς τῶν λόγων αὐτοῦ.

Εὐλογεῖτε τὸν Κύριον, πᾶσαι αἱ Δυνάμεις αὐτοῦ,  
λειτουργοὶ αὐτοῦ, ποιῶντες τὸ θέλημα αὐτοῦ.

Εὐλογεῖτε τὸν Κύριον, πάντα τὰ ἔργα αὐτοῦ,  
ἐν παντὶ τόπῳ τῆς δεσποτείας αὐτοῦ· εὐλόγει, ἡ  
ψυχὴ μου, τὸν Κύριον.

*Καὶ πάλιν.*

Ἐν παντὶ τόπῳ τῆς δεσποτείας αὐτοῦ. Εὐλό-  
γει, ἡ ψυχὴ μου, τὸν Κύριον.

### Ψαλμὸς PMB'

Κύριε, εἰσάκουσον τῆς προσευχῆς μου,  
ἐνώτισαι τὴν δέησίν μου ἐν τῇ ἀληθείᾳ σου,  
εἰσάκουσόν μου ἐν τῇ δικαιοσύνῃ σου·

Καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου  
σου, ὅτι οὐ δικαιωθήσεται ἐνώπιόν σου πᾶς ζῶν.

Ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου, ἐτα-  
πείνωσεν εἰς γῆν τὴν ζωὴν μου, ἐκάθισέ με ἐν  
σκοτεινοῖς ὡς νεκροὺς αἰῶνος·

Καὶ ἠκηδίασεν ἐπ' ἐμὲ τὸ πνεῦμά μου, ἐν ἐμοὶ  
ἐταράχθη ἡ καρδιά μου.

Ἐμνήσθην ἡμερῶν ἀρχαίων, ἐμελέτησα ἐν  
πᾶσι τοῖς ἔργοις σου, ἐν ποιήμασι τῶν χειρῶν  
σου ἐμελέτων.

As a father has compassion on his children, so  
the Lord has compassion on those who fear Him,

For He knows how He formed us; He re-  
members we are dust.

As for man, his days are like grass, as a  
flower of the field, so he flourishes;

For the wind passes through it, and it shall  
not remain; and it shall no longer know its  
place.

But the mercy of the Lord is from age to age  
upon those who fear Him, and His righteous-  
ness upon children's children,

To such as keep His covenant and remem-  
ber His commandments, to do them.

The Lord prepared His throne in heaven,  
and His Kingdom rules over all.

Bless the Lord, all you His angels, mighty in  
strength, who do His word, so as to hear the  
voice of His words.

Bless the Lord, all you His hosts, His minis-  
ters who do His will;

Bless the Lord, all His works, in all places of  
His dominion; Bless the Lord, O my soul.

*And again*

In all places of His dominion; bless the Lord,  
O my soul.

### Psalm 142

O Lord, hear my prayer; give ear to my  
supplication in Your truth; answer me in Your  
righteousness;

Do not enter into judgment with Your ser-  
vant, for no one living shall become righteous  
in Your sight.

For the enemy persecuted my soul: he hum-  
bled my life to the ground; he caused me to  
dwell in dark places as one long dead,

And my spirit was in anguish within me;  
my heart was troubled within me.

I remembered the days of old, and I medi-  
tated on all Your works; I meditated on the  
works of Your hands.

Διεπέτασα πρὸς σὲ τὰς χεῖράς μου· ἡ ψυχὴ μου ὡς γῆ ἄνυδρός σοι.

Ταχὺ εἰσάκουσόν μου, Κύριε, ἐξέλιπε τὸ πνεῦμά μου. Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ' ἐμοῦ, καὶ ὁμοιωθῆσομαι τοῖς καταβαίνουσιν εἰς λάκκον.

Ἀκουστὸν ποιήσόν μοι τὸ πρωῖ τὸ ἔλεός σου, ὅτι ἐπὶ σοὶ ἠλπισα. Γνώρισόν μοι, Κύριε, ὁδόν, ἐν ἣ πορεύσομαι, ὅτι πρὸς σὲ ἤρα τὴν ψυχὴν μου.

Ἐξελοῦ με ἐκ τῶν ἐχθρῶν μου, Κύριε, ὅτι πρὸς σὲ κατέφυγον.

Δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου. Τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθείᾳ·

Ἐνεκεν τοῦ ὀνόματός σου, Κύριε, ζήσεις με, ἐν τῇ δικαιοσύνῃ σου ἐξάξεις ἐκ θλίψεως τὴν ψυχὴν μου·

Καὶ ἐν τῷ ἐλέει σου ἐξολοθρεύσεις τοὺς ἐχθρούς μου καὶ ἀπολεῖς πάντας τοὺς θλίβοντας τὴν ψυχὴν μου, ὅτι ἐγὼ δούλος σου εἰμι.

*Καὶ πάλιν.*

Εἰσάκουσόν μου ἐν τῇ δικαιοσύνῃ σου· καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου. (2)

Τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθείᾳ.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι, καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἀλληλούϊα, ἀλληλούϊα, ἀλληλούϊα, δόξα σοι ὁ Θεός. (τρὶς) Ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι.

## Ο ἹΕΡΕΥΣ

Ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

Ὑπὲρ τῆς ἄνωθεν εἰρήνης καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν, τοῦ Κυρίου δεηθῶμεν.

Ὑπὲρ τῆς εἰρήνης τοῦ σύμπαντος κόσμου, εὐσταθείας τῶν ἁγίων τοῦ Θεοῦ Ἐκκλησιῶν καὶ τῆς τῶν πάντων ἐνώσεως, τοῦ Κυρίου δεηθῶμεν.

Ὑπὲρ τοῦ ἁγίου Οἴκου τούτου καὶ τῶν μετὰ πίστewς, εὐλαβείας καὶ φόβου Θεοῦ εἰσιόντων ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

I spread out my hands to You; my soul thirsts for You like a waterless land.

Hear me speedily, O Lord; my spirit faints within me; turn not Your face from me, lest I become like those who go down into the pit.

Cause me to hear Your mercy in the morning, for I hope in You; make me know, O Lord, the way wherein I should walk, for I lift up my soul to You.

Deliver me from my enemies, O Lord, for to You I flee for refuge,

Teach me to do Your will, for You are my God; Your good Spirit shall guide me in the land of uprightness.

For Your name's sake, O Lord, give me life; in Your righteousness You shall bring my soul out of affliction.

In Your mercy You shall destroy my enemies; You shall utterly destroy all who afflict my soul, for I am Your servant.

*And again*

Answer me in Your righteousness; do not enter into judgment with Your servant. (2)

Your good Spirit shall guide me in the land of uprightness.

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

Alleluia, alleluia, alleluia, glory to You, O God. (3) Our hope, O Lord, glory to You.

## PRIEST

In peace, let us pray to the Lord.

For the peace of God and the salvation of our souls, let us pray to the Lord.

For peace in the whole world, for the stability of the holy churches of God, and for the unity of all, let us pray to the Lord.

For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.

Ὑπὲρ τοῦ ἀρχιεπισκόπου ἡμῶν (δεῖνος), τοῦ τιμίου πρεσβυτερίου, τῆς ἐν Χριστῷ διακονίας, παντὸς τοῦ κλήρου καὶ τοῦ λαοῦ, τοῦ Κυρίου δεηθῶμεν.

Ὑπὲρ τοῦ εὐσεβοῦς ἡμῶν ἔθους, τοῦ προέδρου καὶ πάσης ἀρχῆς καὶ ἐξουσίας ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

Ὑπὲρ τῆς κοινότητος καὶ τῆς πόλεως ταύτης, πάσης πόλεως, χώρας καὶ τῶν πίστει οἰκούντων ἐν αὐταῖς, τοῦ Κυρίου δεηθῶμεν.

Ὑπὲρ εὐκρασίας ἀέρων, εὐφορίας τῶν καρπῶν τῆς γῆς, καὶ καιρῶν εἰρηνικῶν, τοῦ Κυρίου δεηθῶμεν.

Ὑπὲρ πλεόντων, ὁδοιπορούντων, ἀεροπορούντων, νοσοῦντων, καμνόντων, αἰχμαλώτων καὶ τῆς σωτηρίας αὐτῶν, τοῦ Κυρίου δεηθῶμεν.

Ὑπὲρ τοῦ ρυσθῆναι ἡμᾶς ἀπὸ πάσης θλίψεως, ὀργῆς, κινδύνου καὶ ἀνάγκης, τοῦ Κυρίου δεηθῶμεν.

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῆ σῆ χάριτι.

Τῆς Παναγίας ἀχράντου, ὑπερευλογημένης, ἐνδόξου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

### Ο ΧΟΡΟΣ

Σοὶ Κύριε.

### Ο ΙΕΡΕΥΣ

Ὅτι πρόπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

### Ο ΧΟΡΟΣ

Ἀμήν.

For our Archbishop (*Name*), the honorable presbyters, the deacons in the service of Christ, and all the clergy and laity, let us pray to the Lord.

For our country, the president, and all those in civil authority and public service, let us pray to the Lord.

For this parish and city, for every city and town, and for the faithful who live in them, let us pray to the Lord.

For favorable weather, an abundance of the fruits of the earth, and temperate seasons, let us pray to the Lord.

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

For our deliverance from all affliction, wrath, danger, and distress, let us pray to the Lord.

Help us, save us, have mercy upon us and protect us, O God, by your grace.

Remembering our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commit ourselves and one another and our whole life to Christ our God.

### CHOIR

To You, O Lord.

### PRIEST

For to You belong all glory, honor, and worship, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

### CHOIR

Amen.

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<sup>1</sup> Although the texts of the material found at the beginning of Matins may change during the Pascal season and over time, incorporating improvements and substitutions, we have formatted the document so that the first 12 pages may be saved as a more or less permanent and separate text, allowing the Cantor to download the entire Matins service, but print only the material specific to the day. We shall periodically inform you of any major changes that have taken place within the first part of the service so that you can update the material and thus always have the latest and best of our materials.