

صلاة المخبتن الأولى



Matins of Holy Monday

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Priest Blessed is our God always: now and forever, and to the ages of ages.

Choir Amen.

Priest Glory be to You, our God, glory be to You.

O heavenly King, Comforter, and Spirit of truth, You that are in all places and fill all things; the treasury of blessings and the Giver of life: come to dwell in us, cleanse us from every stain, and save our souls, O gracious One.

Choir Holy God, Holy Mighty, Holy Immortal: have mercy upon us. (*Thrice*)

Glory to the Father, and to the Son, and to 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 God visit and heal our infirmities for Your Name's sake.

Lord, have mercy. (*Thrice*)

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 evil.

**Priest For yours is the kingdom, the power, and the glory: of
the Father, and of the Son, and of the Holy Spirit: now
and forever, and to the ages of ages.**

Choir Amen.

O Lord, save Your people, and bless Your inheritance,
granting to Your People victory over all adversaries, and by
Your Cross preserving Your Estate.

- **Glory to the Father, and to the Son, and to the Holy Spirit.**

O Christ our God, who of Your own good will was lifted
up upon the Cross, bestow Your bounties upon the new
Nation which is called by Your Name; make glad in Your
might those who lawfully govern, that with them we may
be led to victory over our adversaries, having in Your aid a
weapon of peace and a trophy invincible.

- **Now, and forever, and to the ages of ages. Amen.**

O Champion dread, who cannot be put to confusion, despise not our petitions. Good and all-praised Mother of God; establish the way of the Orthodox; save those who have been called upon to govern us, leading us all to that victory which is from heaven, for you are she who gave birth to God, and you alone are blessed.

Priest Have mercy upon us, O God, according to your great goodness, we pray to You: hear us and have mercy.

Choir Lord, have mercy. (*Thrice*)

Priest Again we pray for all Orthodox Christians.

Choir Lord, have mercy. (*Thrice*)

Priest Again , we pray for our father and Metropolitan ...

Choir Lord, have mercy. (*Thrice*)

Priest Again we pray for all Priests, Deacons, Monks and Nuns and for all our Brethren in Christ.

Choir Lord, have mercy. (*Thrice*)

Priest For You are a merciful God and love mankind, and unto You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit: Now and forever, and to the ages of ages.

Choir Amen. Bless, Father, in the Name of the Lord.

Priest Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always: Now and forever, and to the ages of ages.

Choir Amen.

Glory to God in the highest, and on earth peace, good will toward men. (*Thrice*)

O Lord, open my lips, and my mouth shall show forth Your praise. (*Twice*)

Psalm 3

Lord, how numerous are my enemies: many they are that rise against me. Many there are that talk of me and say: “There is no help for him in his God.” But You Lord are about me as a shield: You are my glory and the lifter up of mine head. I cry to the Lord with a loud voice, and he answers me from his holy hill. I lay myself down and sleep: I wake again because the Lord sustains me. Therefore I will not be afraid of the multitudes of the nations who have set themselves against me on every side. Arise Lord and deliver me, O my God; for You will strike all my enemies upon the cheek, You will break the teeth of the ungodly. Deliverance belongs to the Lord: O let Your blessing be upon Your people. I lay myself down and sleep: I wake again because the Lord sustains me.

Psalm 37

O Lord rebuke me not in Your anger: neither chasten me in Your fierce displeasure. For Your arrows have been aimed against me, and Your hand has come down heavy upon me. There is no health in my flesh because of Your indignation, nor soundness in my bones, by reason of my sin. The tide of my iniquities has gone over mine head: their weight is a burden too heavy for me to bear. My wounds stink and fester because of my foolishness. I am bowed down and brought so low that I go mourning all the day long. For my loins are filled with a burning pain, and there is no sound part in all my body. I am numbed and stricken to the ground: I cry aloud in the yearning of my heart.

O Lord, all I long for is before You and my deep sighing is not hidden from You. My heart is in tumult, my strength fails me, and even the light of my eyes has gone from me. My friends and my companions hold aloof from my affliction and my kinsmen stand far off. Those who seek my life strike at me, and those that desire my hurt spread evil tales and murmur slanders all the day. But I am like a deaf man and hear nothing; like one that is dumb, who does not open his mouth. So I have become as a one who cannot hear, in whose mouth there is no retort. For in You, Lord, have I put my trust: and You will answer me, O Lord my God. For I prayed ‘Let them never exult over me those who turn arrogant when my foot slips.’

Truly, I am ready to fall and my pain is with me continually. But I acknowledge my wickedness and I am filled with sorrow at my sin. Those that are my enemies without cause are great in number: and those who hate me wrongfully are many. Those also who repay evil for good are against me because I seek after good. Forsake me not, O Lord, go not far from me, my God: Hasten to my help, O Lord my salvation. Forsake me not, O Lord, go not far from me, my God: hasten to my help, O Lord my salvation.

Psalm 62

O God, You are my God, eagerly will I seek You.
My soul thirsts for You, my flesh longs for You as a dry and thirsty land, where no water is. So it was when I beheld You in the sanctuary and saw Your power and Your glory.
For Your unchanging goodness is better than life, therefore my lips shall praise You. And so I will bless You as long as I live, and in Your name will I lift my hands on high.
My longing shall be satisfied as with marrow and fatness: my mouth shall praise You with exultant lips. When I remember You upon my bed, when I meditate upon You in the night watches, how You have been my helper: then I sing for joy in the shadow of Your wings.

Then my soul clings to You, and Your right hand upholds me.
Those that seek my life are marked for destruction: they shall go
down to the deep places of the earth. They shall be delivered to
the sword: they shall be a portion for jackals. The king will
rejoice in God and all who take oaths on his name shall glory, but
the mouths of liars shall be stopped.

I meditate upon You in the night watches, how You have been
my helper: then I sing for joy in the shadow of Your wings, then
my soul clings to You and Your right hand upholds me.

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

Alleluia, Alleluia, Alleluia. Glory be to you, O God. (*Thrice*)
Lord, have mercy. (*Thrice*)

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



Psalm 87

O Lord my God, I call for help by day and by night also I cry out before You. Let my prayer come into Your presence and turn Your ear to my loud crying. For my soul is filled with trouble and my life has come even to the brink of the grave. I am reckoned among those that go down to the Pit: I am a man that has no help. I lie among the dead, like the slain that sleep in the grave, whom You remember no more, who are cut off from Your power. You have laid me in the lowest Pit: in darkness and in the watery depths. Your wrath lies heavy upon me: and all Your waves are brought against me. You have put my friends far from me and made me to be abhorred by them. I am so fast in prison I cannot get free: my eyes fail because of my affliction. Lord I call to You every day: I stretch out my hands toward You. Will You work wonders for the dead, or will the shades rise up again to praise You? Shall Your love be declared in the grave, or Your faithfulness in the place of destruction? Will Your wonders be made known in the dark, or Your righteousness in the land where all things are forgotten? But to You, Lord, will I cry: early in the morning my prayer shall come before You. O Lord, why have You rejected me: why do You hide Your face from me? I have been afflicted and wearied from my youth upward: I am tossed high and low,
I cease to be.

Your fierce anger has overwhelmed me and Your terrors have put me to silence. They surround me like a flood all the day long: they close upon me from every side. Friend and acquaintance You have put far from me and kept my companions from my sight.

O Lord my God, I call for help by day and by night also I cry out before You. Let my prayer come into Your presence: and turn Your ear to my loud crying.

Psalm 102

Praise the Lord, O my soul: and all that is within me praise his holy name. Praise the Lord, O my soul and forget not all his benefits. Who forgives all your sin and heals all your infirmities, Who redeems your life from the Pit and crowns you with mercy and compassion. Who satisfies your being with good things, so that your youth is renewed like an eagle's? The Lord works righteousness and justice for all who are oppressed. He made known His ways to Moses, and His works to the children of Israel. The Lord is full of compassion and mercy, slow to anger and of great goodness. He will not always be chiding, nor will He keep His anger for ever. He has not dealt with us according to our sins, nor rewarded us according to our wickedness. For as the heavens are high above the earth, so great is his mercy over those that fear Him.

As far as the east is from the west, so far has he set our sins from us. As a father is tender towards his children, so is the Lord tender to those that fear Him. For He knows of what we are made: He remembers that we are but dust. The days of man are but as grass: he flourishes like a flower of the field. When the wind goes over it, it is gone and its place will know it no more. But the merciful goodness of the Lord endures for ever and ever toward those that fear Him, and His righteousness upon their children's children; upon those who keep His covenant and remember His commandments to do them. The Lord has established His throne in heaven: and His kingdom rules over all. Praise the Lord, all you His angels, you that excel in strength: you that fulfill His word, and obey the voice of His commandment. Praise the Lord, all you His hosts, His servants who do His will. Praise the Lord, all His works, in all places of His dominion, praise the Lord, O my soul!
In all places of His dominion, praise the Lord, O my soul.

Psalm 142

Hear my prayer, O Lord: in Your faithfulness consider my petition, and in Your righteousness give me answer. Bring not Your servant into judgment, for in Your sight can no man living be justified. For the enemy has pursued me, he has crushed my life to the ground.

He has made me dwell in darkness like those for ever dead. Therefore my spirit grows faint and my heart is appalled within me. I remember the days of old, I think on all that You have done: I consider the works of Your hands. I stretch out my hands toward You: my soul yearns for You like a thirsty land. Be swift to hear me, O Lord, for my spirit fails: hide not Your face from me, lest I be like those who go down to the Pit. O let me hear of Your merciful kindness in the morning, for my trust is in You: show me the way that I should go, for You are my hope. Deliver me from my enemies, O Lord, for I run to You for shelter. Teach me to do Your will, for You are my God: let Your kindly spirit lead me in an even path. For Your name's sake, O Lord, preserve my life, and for the sake of Your righteousness, bring me out of trouble.

In Your merciful goodness slay my enemies, and destroy all those that come against me, for truly I am Your servant.

In Your faithfulness consider my petition, and in Your righteousness give me answer. (*Twice*)

Let Your kindly spirit lead me in an even path.

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

Alleluia, Alleluia, Alleluia. Glory to you, O God. (*Thrice*)

O Lord our Hope, glory to you.

The Great Ektenia

Priest In peace let us pray to the Lord.

Choir Lord, have mercy.

Priest For the peace, from on high, and for the salvation of our souls, let us pray to the Lord.

Choir Lord, have mercy.

Priest For the peace of the whole world, for the welfare of the holy churches of God, and for the union of all people, let us pray to the Lord.

Choir Lord, have mercy.

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

Choir Lord, have mercy.

Priest For all devout and Orthodox Christians, let us pray to the Lord.

Choir Lord, have mercy.

Priest For our Father and Metropolitan N..., for the venerable Priesthood, for the Diaconate in Christ, for all the clergy and people, let us pray to the Lord.

Choir Lord, have mercy.

Priest For those who govern this country, for all civil authorities and for our Armed forces everywhere, let us pray to the Lord.

Choir Lord, have mercy.

Priest For this city, for every city, and land, and for the faithful, who dwell in them, let us pray to the Lord.

Choir Lord, have mercy.

Priest For favourable weather, for abundance of the fruits of the earth, and for peaceful times; let us pray to the Lord.

Choir Lord, have mercy.

Priest For those who travel by sea, by land, by air, for the sick and suffering; for those in captivity; and for their salvation, let us pray to the Lord.

Choir Lord, have mercy.

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

Choir Lord, have mercy.

Priest Help us, save us, have mercy on us, and keep us, O God, by Your grace.

Choir Lord, have mercy

Priest Commemorating our all-holy, pure, most blessed and glorious Lady, the Mother of God and Ever Virgin Mary, with all the saints; let us entrust ourselves and one another, and our whole life, to Christ our God.

Choir To You, O Lord.

**Priest For to You belong all glory, honour, and worship:
to the Father, and to the Son, and to the Holy Spirit:
now and for ever, and to the ages of ages.**

Choir Amen.

The Choir sings the following in Tone Eight

My spirit seeks You early in the night watches, for Your commandments are a light on the earth.

Alleluia, alleluia, alleluia. *(Repeated after each Stichera)*

- Learn righteousness, you that dwell upon the earth.
- The wrath of God shall fall upon a disobedient people, and fire shall now devour the enemy.
- Bring more evils upon them, O Lord; bring more evils upon them that are glorious on earth.

Troparion *in Tone Eight*

Behold, the Bridegroom is coming in the middle of the night, and blessed is the servant He shall find awake and watching; unworthy is the other He shall find being lazy. So beware, O soul of mine, be not overcome by sleep, so that you not be handed over to death and be shut out from the Kingdom. But come to your senses and cry aloud: Holy, holy, holy are You, our God. Through the Bodiless Powers of Heaven, have mercy on us.

- **Glory to the Father, and to the Son, and to the Holy Spirit:**

Behold, the Bridegroom is coming in the middle of the night, and blessed is the servant He shall find awake and watching; unworthy is the other He shall find being lazy. So beware, O soul of mine, be not overcome by sleep, so that you not be handed over to death and be shut out from the Kingdom. But come to your senses and cry aloud: Holy, holy, holy are You, our God. Through all Your Saints, have mercy on us.

- **Now and forever, and to the ages of ages. Amen.**

Behold, the Bridegroom is coming in the middle of the night, and blessed is the servant He shall find awake and watching; unworthy is the other He shall find being lazy. So beware, O soul of mine, be not overcome by sleep, so that you not be handed over to death and be shut out from the Kingdom. But come to your senses and cry aloud: Holy, holy, holy are You, our God. Through the Theotokos, have mercy on us.

The Little Ektenia

Priest Again and again, in peace let us pray to the Lord.

Choir Lord, have mercy.

Priest Help us, save us, have mercy on us, and keep us,
O God, by your grace.

Choir Lord, have mercy.

Priest Commemorating our all-holy, pure, most blessed and glorious Lady, the Mother of God and Ever Virgin Mary, with all the saints; let us entrust ourselves and one another, and our whole life, to Christ our God.

Choir To You, O Lord.

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

Choir Amen.

The Kathismata

Tone One:

Today the Holy Passion shines forth upon the world with the light of salvation; for Christ in His love hastens to His sufferings. He who holds all things in the hollow of His hand consents to be hung upon the Tree, that He may save mankind.

- **Glory be to the Father, and to the Son, and to the Holy Spirit.** (*Tone One*)

How are You, the invisible Judge, seen incarnate, and come to be slain by men lawless and wicked, condemning our condemnation by Your Passion, O Word of God? Hence, with one accord, sending up glory, we offer hymns of praise and majesty to Your mighty power and sovereign authority.

- **Now and forever and to the ages of ages. Amen.**

(Tone Eight)

The first-fruits of the Lord's Passion fill this present day with light. Come, therefore, O friends, let us meet together with hymns; for the Creator comes, humbling Himself to the Cross, to trial and to blows and to the judgment of Pilate. Moreover, smitten on the head by a servant, He endures all things that He may save mankind. Therefore let us cry aloud to Him: O merciful Christ our God, grant forgiveness of sins to those who worship Your Holy Passion in faith.

The Matins Gospel

Priest And that we may be accounted worthy to hear the Holy Gospel, let us pray to the Lord.

Choir Lord, have mercy. (Thrice).

Priest Wisdom! Attend! Let us hear the Holy Gospel. Peace be to all.

Choir And to your spirit.

Priest The Reading from the Holy Gospel according to Saint Matthew. (21:18-43.)

Choir Glory to You, O Lord, glory to You.

Priest: Let us attend

At that time, as Jesus was returning to the city, He was hungry. And seeing a fig tree by the wayside He went to it, and found nothing on it but leaves only. And He said to it, “may no fruit ever come from you again!” And the fig tree withered at once. When the disciples saw it they marvelled, saying, “How did the fig tree wither at once?” And Jesus answered them, “Truly, I say to you, if you have faith and never doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, ‘Be taken up and cast into the sea,’ it will be done. And whatever you ask in prayer, you will receive, if you have faith.”

And when He entered the temple, the chief priests and the elders of the people came up to Him as He was teaching, and said, “By what authority are You doing these things, and who gave You this authority?” Jesus answered them, “I also will ask you a question; and if you tell Me the answer, then I also will tell you by what authority I do these things. The baptism of John, whence was it? From heaven or from men?” And they argued with one another, “If we say, ‘From heaven,’ He will say to us, ‘Why then did you not believe him?’ But if we say, ‘From men,’ we are afraid of the multitude; for all hold that John was a prophet.” So they answered Jesus, “We do not know.” And He said to them, “Neither will I tell you by what authority I do these things.”

“What do you think? A man had two sons; and he went to the first and said, ‘Son, go and work in the vineyard today.’ And he answered, ‘I will not’; but afterward he repented and went. And he went to the second and said the same; and he answered, ‘I go, sir,’ but did not go. Which of the two did the will of his father?” They said, “The first.” Jesus said to them, “Truly, I say to you, the tax collectors and the harlots go into the kingdom of God before you.

For John came to you in the way of righteousness and you did not believe him, but the tax collectors and the harlots believed him; and even when you saw it, you did not afterward repent and believe him.

“Hear another parable. There was a householder who planted a vineyard, and set a hedge around it, and dug a wine press in it, and built a tower, and let it out to tenants, and went into another country. When the season of fruit drew near, he sent his servants to the tenants, to get his fruit; and the tenants took his servants and beat one, killed another, and stoned another. Again he sent other servants, more than the first; and they did the same to them. Afterward he sent his son to them, saying, ‘They will respect my son.’ But when the tenants saw the son, they said to themselves, this is the heir; come, let us kill him and have his inheritance.’ And they took him and cast him out of the vineyard, and killed him. When therefore the owner of the vineyard comes, what will he do to those tenants?” They said to him, “He will put those wretches to a miserable death, and let out the vineyard to other tenants who will give him the fruits in their seasons.”

Jesus said to them, “Have you not read in the scriptures:

‘The very stone which the builders rejected has become the head of the corner; this was the Lord’s doing, and it is marvellous in our eyes’?

Therefore I tell you, the kingdom of God will be taken away from you and given to a nation producing the fruits of it.”

Choir Glory to You, O Lord, glory to You.



Psalm 50

(Prayer of repentance)

Have mercy on me, O God, in Your enduring goodness, according to the fullness of Your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. For, I acknowledge my rebellion, and my sin is ever before me. Against You only have I sinned and done what is evil in Your eyes; so You will be just in Your sentence and blameless in Your judging. Surely in wickedness I was brought to birth and in sin my mother conceived me. You that desire truth in the inward parts, O teach me wisdom in the secret places of the heart. Purge me with hyssop and I shall be clean, wash me and I shall be whiter than snow. Make me hear of joy and gladness, let the bones which You have broken rejoice. Hide 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 out from Your presence, and do not take Your holy spirit from me. O give me the gladness of Your help again, and support me with a willing spirit. Then will I teach transgressors Your ways and sinners shall turn to You again. O Lord God of my salvation, deliver me from bloodshed, and my tongue shall sing of Your righteousness. O Lord, open my lips, and my mouth shall proclaim Your praise. You take no pleasure in sacrifice or I would give it: burnt offerings You do not want.

The sacrifice of God is a broken spirit; a broken and contrite heart O God You will not despise. In Your graciousness do good to Zion; rebuild the walls of Jerusalem. Then will You delight in right sacrifices, in burnt offerings and oblations; then will they offer young bulls upon Your altar.

The Canon

We use the three-canticle Canon by St Kosmas in Tone Two.

CANTICLE ONE

Irmos: Let us sing unto the Lord, Who by His divine command dried up the impassible and foaming sea, and permitted the people of Israel to pass through on foot; for gloriously has he been glorified.

Glory to You O Lord, glory to You.

Ineffable is the condescension of the Word of God. Christ is Himself. Both God and man; yet He counted not His Godhead a thing to be seized and held fast, and this He showed to His disciples by taking the form of a servant: for gloriously has He been glorified.

Glory to the Father and to the Son and to the Holy Spirit: Now and forever and to the ages of ages. Amen.

I who am rich in Godhead have come to minister to Adam who is grown poor. I, who fashioned him, have of Mine own-will, put on his form. I, who am impassible in My divinity, have come to lay down my life as a ransom for him.

Repeat Irmos: Let us sing unto the Lord who by His divine command dried up the impassible and foaming sea, and permitted the people of Israel to pass through on foot; for gloriously has He been glorified.

The Little Ektenia

Priest Again and again in peace let us pray to the Lord.

Choir Lord, have mercy.

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

Choir Lord, have mercy.

Priest Commemorating our all-holy, pure, most blessed and glorious Lady, the Mother of God and Ever Virgin Mary, with all the saints; let us entrust ourselves and one another, and our whole life, to Christ our God.

Choir To You, O Lord.

Priest For You are our God and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, Now and forever and to the ages of ages.

Choir Amen.

The Kontakion & Oikos are read

KONTAKION

Jacob lamented the loss of Joseph, but his noble son was seated in a chariot and honoured as a king; for when he refused to be enslaved by the pleasures of Egypt. He was glorified by Him, who beholds the hearts of men and bestows on them an incorruptible crown.

OIKOS

Let us now add our lamentation to the lamentation of Jacob, and let us weep with him for Joseph, his wise and glorious son who was enslaved in body but kept his soul free from bondage, and became lord over all Egypt. For God prepares for His servants an incorruptible crown.

THE SYNAXARION

On Monday in Holy Week commemoration is made of the blessed and noble Joseph, and of the fig tree which was cursed and withered by the Lord.

The wise Joseph showed himself a just ruler. Praise be to you O giver of grain.

The synagogue of the Hebrews is pictured by Christ as a fig tree destitute of spiritual fruit, and He withers it with His curse. Let us flee from a similar fate.

Through the intercessions of the noble Joseph, O Christ our God, have mercy upon us. Amen.

CANTICLE EIGHT *Tone two*

Irmos The unwearied fire, fed with endless fuel, drew back in fear before the pure bodies and pure souls of the holy Children; and as the undying flame decreased in strength, they sang an everlasting song: O all you works, praise the Lord and exalt him above all for ever.

Glory to You, O Lord, glory to You.

Passing onward to His Passion, the Saviour said to His friends: 'Then shall all men know that you are my disciples, if you keep my commandments. Be at peace with one another and with all men; think humbly of yourselves and you shall be exalted; acknowledge me as Lord, and praise and exalt me above all for ever.'

We glorify Father, Son and Holy Spirit, the Lord: Now and forever and to the ages of ages. Amen.

'Let your power over your fellow-men be altogether different from the dominion of the Gentiles: their self-willed pride is not the order that I have appointed, but a tyranny. He therefore who would be first among you, let him be the last of all. Acknowledge Me as Lord, and praise and exalt Me above all for ever.'

We praise, we bless and worship the Lord.

Repeat Irmos: The unwearied fire, fed with endless fuel, drew back in fear before the pure bodies and pure souls of the holy Children; and as the undying flame decreased in strength, they sang an everlasting song: O all you works, praise the Lord and exalt Him above all for ever.

(The Faithful stand)

Priest The Theotokos and Mother of the Light let us honour and magnify in song.

CANTICLE NINE *(Tone Two)*

Irmos You have magnified, O Christ, the Theotokos who bore You: from her, O our Creator, You did put on a body of like passions to our own, and so You set us free from all our ignorance. Therefore with all generations we call her blessed and we magnify You.

Glory be to You, O Lord, glory be to You.

You, the wisdom of all declared to your disciples: Cast away the impurity of human passions, and take to yourselves that wise discernment which is worthy of the Divine Kingdom, and you shall be glorified and shine more brightly than the sun.

**Glory be to the Father and to the Son and to the Holy Spirit:
Now and forever and to the ages of ages. Amen.**

‘Taking Me as your example,’ You said, O Lord, to Your disciples, ‘think not proud thoughts but be content with what is humble. You shall drink of the cup that I drink of, and so you shall be glorified with Me in the Kingdom of the Father.’

Repeat Irmos: You have magnified, O Christ, the Theotokos who bore You: from her, O Creator, You did put on a body of like passions to our own, and so You set us free from all our ignorance. Therefore with all generations we call her blessed and we magnify You.

The Little Ektenia

Priest Again and again; in peace let us pray to the Lord.

Choir Lord, have mercy.

**Priest Help us, save us, have mercy on us, and keep us,
O God, by Your grace.**

Choir Lord, have mercy.

**Priest Commemorating our all-holy, pure, most blessed and
glorious Lady, the Mother of God and Ever Virgin
Mary, with all the saints; let us entrust ourselves and
one another, and our whole life, to Christ our God.**

Choir To You, O Lord.

Priest For all the powers of heaven praise You, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit: Now, and forever, and to the ages of ages.

Choir Amen.

The Exaposteilarion *Tone Three*

I see Your bridal chamber adorned, O my Saviour, and I have no wedding garment that I may enter there within. Make the robe of my soul to shine, O Giver of Light, and save me. (Thrice)

The Praises (Ainoi) *Stichera in Tone One*

Choir Let everything that has breath, praise the Lord.

Praise the Lord from heaven: O praise Him in the heights.
To You, O God, is due our song.

Praise Him, all You his angels: praise Him, all You His
host. To You is due praise O God

**Praise Him in the blast of the ram's horn:
Praise Him upon the lute and harp.**

As the Lord was going to His voluntary passion, he said to the Apostles on the way, "Behold, we go up to Jerusalem, and the Son of Man shall be delivered up, as it written of Him." Come, therefore, let us also go with Him, purified in mind. Let us be crucified with Him and die through Him to the pleasures of this life. Then we shall live with Him and hear Him say: "I go no more to the earthly Jerusalem to suffer, but to my Father and your Father, to my God and your God, I shall raise you up to the Jerusalem on high in the Kingdom of Heaven."

**Praise Him upon the high-sounding cymbals:
Praise Him upon the loud cymbals.**

Let everything that has breath praise the Lord: O praise the Lord.

We have come, O faithful, to the saving Passion of Christ our God: let us glorify His ineffable forbearance, that in His tender mercy He may also raise us up who have been slain by sin, for He is good and loves mankind.

Glory to the Father, and to the Son, and to the Holy Spirit:

Now and forever, and to the ages of ages. Amen.

When You, O Lord, were going to Your Passion, You strengthened the faith of Your disciples, taking them aside and saying to them: ‘How have you forgotten what I told you before; that no Prophet is killed except in Jerusalem, as it is written?

And now, the time has come of which I told you; for behold, I shall be delivered to ridicule at the hands of sinners; who shall nail Me to the Cross and deliver Me to the tomb, and account Me dead and abandoned. But be of good cheer; for I will rise the third day, bringing joy and eternal life to the faithful.

Choir To You belongs all glory, O Lord our God, and to You we ascribe glory, to the Father and to the Son and to the Holy Spirit, Now and forever and to the ages of ages. Amen.

Glory to God in the highest, and on earth peace, goodwill to all mankind.

We praise You, we bless You, we worship You, we glorify You, we give You thanks for Your great glory, Lord God, heavenly King, God the Father Almighty; Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.

Lord God, Lamb of God, Son of the Father, You take away the sin of the world. Have mercy upon us; You that take away the sins of the world.

Receive our prayer, You that sit at the right hand of the Father, and have mercy on us.

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

Every day I will bless You, and praise Your Name, to the ages of ages.

O Lord You have been our refuge from generation to generation. I said: Lord, have mercy upon me; heal my soul, for I have sinned against You. O Lord, unto You have I fled for refuge: teach me to do Your will, for You are my God.

For with You is the fountain of life, and in Your light shall we see light.

Continue Your mercy unto those that know You. Grant, Lord that this day we may be kept without sin.

Blessed are You, Lord God of our fathers, and praised and glorified is Your Name to the ages of ages.

May Your mercy, O Lord, be upon us, even as our hope is in You.

Blessed are You, O Lord, teach me Your statutes.

Blessed are You, O Lord, teach me Your precepts.

Blessed are You, O Lord, teach me Your commandments.

O Lord, Your mercy endures for ever: despise not the work of Your hands.

To You belongs praise, to You is due worship, to You is due glory, to the Father, and to the Son, and to the Holy Spirit: Now, and forever, and to the ages of ages. Amen.

Ektenia

Priest Let us complete our morning prayer unto the Lord.

Choir Lord, have mercy.

**Priest Help us; save us; have mercy on us; and keep us,
O God, by your grace.**

Choir Lord, have mercy.

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

Choir Grant this, O Lord.

**Priest 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.

**Priest Pardon and remission of our sins and transgressions,
let us ask of the Lord.**

Choir Grant this, O Lord.

**Priest All things good and profitable for our souls and peace
for the world, let us ask of the Lord.**

Choir Grant this, O Lord.

**Priest 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.

**Priest A Christian ending to our life, painless, blameless,
peaceful; and a good defence before the dread
Judgment Seat of Christ, let us ask of the Lord.**

Choir Grant this, O Lord.

Priest Commemorating our all-holy, pure, most blessed and glorious Lady, the Mother of God and Ever Virgin Mary, with all the saints; let us entrust ourselves and one another, and our whole life, to Christ our God.

Choir To You, O Lord.

Priest For You O God are gracious and merciful and full of compassion, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit: Now and forever, and to the ages of ages.

Choir Amen.

Priest Peace be to you all.

Choir And to your spirit.

Priest Let us bow our heads unto the Lord.

Choir To You, O Lord.

Priest (*Quietly*) O holy Lord, You who dwell on high, and have regard for the humble of heart, and with your all-seeing eye behold all creation, unto You have we bowed the neck of our soul and body, and we entreat You: Stretch forth your invisible hand from your holy dwelling-place and bless us all. And if in anything we have sinned, whether voluntarily or involuntarily, forgive, inasmuch as You are a good God, and love mankind; granting unto us your earthly and heavenly good things.

(Aloud) **For Yours it is to show mercy and to save us, O our God, and unto You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit: Now and forever, and to the ages of ages.**

Choir Amen.

APOSTICHA

(In Tone Five: The faithful sit)

O Lord, the mother of the sons of Zebedee, not understanding the hidden mystery of Your dispensation, asked You to give the honours of a temporal kingdom to her sons. But instead of this You promised Your friends that they should drink the cup of death. You said that You Yourself would drink this cup before them, to cleanse men from their sins. Therefore, we cry aloud to You: O salvation of our souls, glory be to You.

Stichera **We were filled in the morning with Your mercy, O Lord, and we rejoiced and were glad. In all our days let us be glad: for the days wherein You have humbled us, for the years wherein we have seen affliction. And look upon Your servants, and upon Your works, and guide their children.**

O Lord, when You were giving Your last instruction in thinking perfect thoughts to Your disciples, You said to them: 'Be not like the Gentiles, in exercising dominion over the weak. But it shall not be so among you, My disciples, for I of mine own will am poor. Let him, then, who is first among you be the servant of all. Let the ruler be as the ruled, and let the first be as the last. For I Myself have come to minister to Adam in his need, to serve, and to give my life as a ransom for the many who cry aloud to Me: Glory to You.'

Stichera And let the brightness of the Lord our God be upon us: and do You direct for us the work of our hands, even the work of our hands do You direct. *Tone Eight*

The fig tree was withered because of its unfruitfulness; let us therefore, brethren, fearing a like sentence, bring forth fruits worthy of repentance to Christ, Who has grant us His Great Mercy.

**Glory be to the Father, and to the Son, and to the Holy Spirit:
Now and forever and to the ages of ages. Amen.**

Finding in the Egyptian woman a second Eve, the dragon hastened by words of flattery to make Joseph stumble; but leaving his garment, he fled from sin, and though naked, was unashamed, even as our first parent before his disobedience. By his supplications, O Christ, have mercy on us

(The faithful stand)

Choir It is a good thing to confess unto the Lord, and to sing praises to Your Name, O Most High, to proclaim Your loving kindness in the morning, and Your truth by night.

Reader:

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

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

All Holy Trinity, have mercy upon 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. (*Thrice*)

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, Your
kingdom come, Your 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 of the Son, and of the Holy
Spirit, now and forever and to the ages of ages.
Amen.**

KONTAKION

Jacob lamented the loss of Joseph but his noble son was seated in a
chariot and honoured as a king. For when he refused to be
enslaved by the pleasures of Egypt. He was glorified by Him
who beholds the hearts of men and bestows on them an
incorruptible crown.

Choir Lord, have mercy (*12 times*)

You who are more honoured than the Cherubim, more glorious beyond compare than the Seraphim, in all purity you gave birth to God the Word, true Theotokos, we exalt you.

In the Name of the Lord, Father, give the blessing.

Priest Wisdom! Christ our God, the Eternal, is blessed, always: now and forever, and to the ages of ages.

Choir Amen.

O heavenly King, strengthen Your faithful servants; establish the Faith, calm the nations, give peace to the world. Protect this city, grant to our departed fathers and brethren that they may dwell with the righteous, and accept us in repentance and thanksgiving: for You are good and love mankind.

Prayer of St Ephraim the Syrian.

- Lord and Master of my life, give me not a spirit of sloth, vain curiosity, lust for power and idle talk. (*Prostration*)
- But give to me Your servant a spirit of soberness, humility, patience and love. (*Prostration*)
- Lord and King, allow me to see my own faults and not to condemn my brother, for you are blessed to the ages of ages. Amen. (*Prostration*)

DISMISSAL

Priest Glory be to You, O Christ our God and our hope,
glory be to You.

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

Lord, have mercy. (*Thrice*)

Bless, Father, in the Name of the Lord.

Priest May Christ, our true God, the Lord, Who willingly
came to Your Passion for our salvation, through the
prayers of Your most pure, blameless and holy
Mother; of the holy, glorious, and all-praised
Apostles; of Saint (*Patron Saint of the Church*);
of the holy and righteous ancestors of God Joachim
and Anna, and of all the Saints, have mercy on us and
save us, for He is good and loves mankind.

Through the prayers of our holy Fathers, O Lord Jesus
Christ our God, have mercy on us and save us.

Choir and People Amen.



St Nicholas Antiochian Orthodox Church

كنيسة القديس نيقولاوس الإنطاكية الأرثوذكسية

Parish Priest: Fr. Dimitri Baroudi

176 Simpson St., East Melbourne, Victoria

3/2006