

Δόξα Πατρί, καὶ Υἱῷ, καὶ Ἁγίῳ Πνεύματι· καὶ νῦν καὶ ἀεὶ, 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 ῥύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ΙΕΡΕΥΣ: Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις, καὶ ἡ δόξα, τοῦ Πατρός, καὶ τοῦ Υἱοῦ, καὶ τοῦ Ἁγίου Πνεύματος· νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

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

Δόξα Πατρί, καὶ Υἱῷ, καὶ Ἁγίῳ Πνεύματι.

Ὁ ὑψωθείς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ, τοὺς οἰκτιρμούς σου δώρησαι, Χριστὲ ὁ Θεός· εὐφρανὸν ἐν τῇ δυνάμει σου, τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν

Glory to the Father, and the Son, and the Holy Spirit, now and always, and forever and ever. 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, and the power, and the glory, of the Father, and the Son, and the Holy Spirit, now and always, and forever and ever.

READER: Amen. Lord, save Your people and bless Your inheritance, granting victory to the Faithful over adversaries and protecting Your commonwealth by Your Cross.

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

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victory over their adversaries. May Your alliance

αὐτοῖς, κατὰ τῶν πολεμίων· τὴν
 συμμαχίαν ἔχοιεν τὴν σὴν ὄπλον
 εἰρήνης, ἀήττητον τρόπαιον.

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

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

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

ΨΑΛΤΗΣ: Κύριε, ἐλέησον. (3)

ΙΕΡΕΥΣ: Ἐτι δεόμεθα ὑπὲρ τῶν
 εὐσεβῶν καὶ ὀρθοδόξων Χριστιανῶν.

ΨΑΛΤΗΣ: Κύριε, ἐλέησον. (3)

ΙΕΡΕΥΣ: Ἐτι δεόμεθα ὑπὲρ τοῦ
 Ἀρχιεπισκόπου ἡμῶν (N.), καὶ
 πάσης τῆς ἐν Χριστῷ ἡμῶν
 ἀδελφότητος.

ΨΑΛΤΗΣ: Κύριε, ἐλέησον. (3)

ΙΕΡΕΥΣ: Ὅτι ἐλεήμων καὶ φιλόανθρωπος
 Θεὸς ὑπάρχεις, καὶ σοὶ τὴν δόξαν
 ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ
 τῷ Ἁγίῳ Πνεύματι· νῦν καὶ ἀεὶ, καὶ εἰς
 τοὺς αἰῶνας τῶν αἰώνων.

be for them a weapon for peace, an
 invincible standard.

Now and always, and forever and
 ever. Amen.

Awesome and unfailing protection, do
 not spurn our supplications, gracious
 and all-praised Theotokos. Uphold
 the Orthodox commonwealth,
 preserve those you have called to
 govern, and grant them victory from
 on high; for you, the only blessed
 One, gave birth to God.

PRIEST: Have mercy on us, O God,
 according to Your great mercy; we
 pray to You, hear us and have mercy.

CANTOR: Lord, have mercy. (3)

PRIEST: Again let us pray for all
 devout and Orthodox Christians.

CANTOR: Lord, have mercy. (3)

PRIEST: Again, we pray for our
 Archbishop (N.), and all our
 Brotherhood in Christ.

CANTOR: Lord, have mercy. (3)

PRIEST: 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 always, and
 forever and ever.

ORTHROS FOR SUNDAY

-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-ΟΡΘΡΟΣ-

ΨΑΛΤΗΣ: Ἀμήν. Ἐν ὀνόματι Κυρίου, εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ: Δόξα τῇ ἁγία καὶ ὁμοουσίῳ καὶ ζωοποιῷ καὶ ἀδιαιρέτῳ Τριάδι, πάντοτε, νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΨΑΛΤΗΣ: Ἀμήν.

Ο ΕΞΑΨΑΛΜΟΣ

ΑΝΑΓΝΩΣΤΗΣ: Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία. (3)

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

ΨΑΛΜΟΣ γ' (3)

- Κύριε, τί ἐπληθύνθησαν οἱ θλίβοντές με; Πολλοὶ ἐπανίστανται ἐπ' ἐμέ.
- πολλοὶ λέγουσι τῇ ψυχῇ μου· οὐκ ἔστι σωτηρία αὐτῷ ἐν τῷ Θεῷ 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.

CANTOR: 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 ever.

CANTOR: Amen.

THE SIX PSALMS

READER: Glory to God in the highest, and on earth, peace, good will to men. (3)

O Lord, open my lips, and my mouth shall show forth Your praise. (2)

PSALM 3

- O Lord, why do so many taunt me? Many are those who rise up against me;
- Many who say to me "there is no salvation for him in his God."
- But you, O Lord, are a shield around me, my glory: the one who lifts up my head.
- I cried out to the Lord in a loud voice, and from his holy mountain he heard me.

- Ἐγὼ δὲ ἐκοιμήθην καὶ ὑπνώσα·
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
ματαίως, ὀδόντας ἀμαρτωλῶν
συνέτριψας.
- Τοῦ Κυρίου ἡ σωτηρία, καὶ ἐπὶ
τὸν λαόν σου ἡ εὐλογία σου.

(Καὶ πάλιν·)

- Ἐγὼ ἐκοιμήθην καὶ ὑπνώσα·
ἐξηγέρθην, ὅτι Κύριος
ἀντιλήψεταιί μου.

ΨΑΛΜΟΣ λζ´ (38)

- Κύριε, μὴ τῷ θυμῷ σου ἐλέγξης
με, μηδὲ τῇ ὀργῇ σου
παιδεύσης με.
- Ὅτι τὰ βέλη σου ἐνεπάγησάν
μοι, καὶ ἐπεστήριξας ἐπ' ἐμέ
τὴν χεῖρά σου.
- Οὐκ ἔστιν ἴασις ἐν τῇ σαρκί μου,
ἀπὸ προσώπου τῆς ὀργῆς σου·
οὐκ ἔστιν εἰρήνη ἐν τοῖς ὀστέοις
μου ἀπὸ προσώπου τῶν
ἀμαρτιῶν μου.
- Ὅτι αἱ ἀνομίαι μου ὑπερῆραν
τὴν κεφαλὴν μου, ὡσεὶ φορτίον
βαρὺ ἐβαρύνθησαν ἐπ' ἐμέ.

- As for me, I lay down and slept.
Then I awoke, for the Lord will
be my help.
- I will not fear ten thousand people
arrayed against me all around.

- Arise, O Lord, and save me, my
God! For you have stricken all
who hated me without cause; you
have shattered the sinners' teeth.

- This deliverance is the Lord's.
Upon your people be your
blessing!

(Again)

- As for me, I lay down and slept.
Then I awoke, for the Lord will
be my help.

PSALM 37 (38)

- O Lord, in your anger rebuke me
not, chastise me not in your
wrath.
- Your arrows have bored into me,
and your hand weighs heavily
upon me.
- Because of your wrath, there is no
soundness in my flesh; there is no
peace in my bones because of my
sins.
- For my iniquities have
overwhelmed me: they have
weighed upon me like a heavy
load.

ORTHROS FOR SUNDAY

-ΟΡΘΡΟΣ-

- Προσώζεσαν καὶ ἐσάπησαν οἱ μῶλωπές μου, ἀπὸ προσώπου τῆς ἀφροσύνης μου.
- Ἐταλαίπωρησα 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.
- Ὅτι οἱ φίλοι μου καὶ οἱ πλησίον μου ἐξ ἐναντίας μου ἤγγισαν καὶ ἔστησαν, καὶ οἱ ἔγγιστά μου ἀπὸ μακρόθεν ἔστησαν.
- Καὶ ἐξεβιάζοντο οἱ ζητοῦντες τὴν ψυχὴν μου, καὶ οἱ ζητοῦντες τὰ κακά μοι ἐλάλησαν ματαιότητος, καὶ δολιότητος ὅλην τὴν ἡμέραν ἐμελέτησαν.
- Ἐγὼ δὲ ὡσεὶ κωφὸς οὐκ ἤκουον, καὶ ὡσεὶ ἄλαλος οὐκ ἀνοίγων τὸ στόμα αὐτοῦ.
- My sores have become stench and festering because of my folly.
- A stooping and exhausted wreck, I stumbled, mourning all the day.
- My loins were burning with fever, for my life is a total mockery, and there is no soundness in my flesh.
- I was crushed and deeply afflicted; I roared with the groaning of my heart.
- O Lord, all my longing is known to you, and my groaning is no secret to you.
- My heart races, my strength has left me, and even the light of my eyes has failed me.
- My friends and companions approached and stood by, while my closest kinsmen kept their distance.
- And those who sought my life were egged on while those who wished me ill spoke lies, plotting deception all the day.
- But I remained as a deaf man, and heard them not; as a dumb man, and opened not my mouth,

- Καὶ ἐγενόμην ὡσεὶ ἄνθρωπος οὐκ ἀκούων καὶ οὐκ ἔχων ἐν τῷ στόματι αὐτοῦ ἐλεγμούς.
 - Ὅτι ἐπὶ σοί, Κύριε, ἤλπισα· σὺ εἰσακούση, Κύριε, ὁ Θεός μου. Ὅτι εἶπον·
 - Μήποτε ἐπιχαρώσιν μοι οἱ ἐχθροὶ μου, καὶ ἐν τῷ σαλευθῆναι πόδας μου, ἐπ' ἐμὲ ἐμεγαλορρήμονησαν.
 - Ὅτι ἐγὼ εἰς μάστιγας ἔτοιμος, καὶ ἡ ἀλγηδὼν μου ἐνώπιόν μου ἔστι διαπαντός.
 - Ὅτι τὴν ἀνομίαν μου ἐγὼ ἀναγγελῶ, καὶ μεριμνήσω ὑπὲρ τῆς ἁμαρτίας μου.
 - Οἱ δὲ ἐχθροὶ μου ζῶσι καὶ κεκραταίωvται ὑπὲρ ἐμέ, καὶ ἐπληθύνθησαν οἱ μισοῦντές με ἀδίκως.
 - Οἱ ἀνταποδιδόντες μοι κακὰ ἀντὶ ἀγαθῶν ἐνδιέβαλλόν με, ἐπεὶ κατεδίωκον ἀγαθωσύνην.
 - Μὴ ἐγκαταλίπης με, Κύριε, ὁ Θεός μου, μὴ ἀποστῆς ἀπ' ἐμοῦ. Πρόσχευ εἰς τὴν βοήθειάν μου, Κύριε τῆς σωτηρίας μου.
- (Καὶ πάλιν·)
- Μὴ ἐγκαταλίπης με, Κύριε, ὁ Θεός μου, μὴ ἀποστῆς ἀπ' ἐμοῦ. Πρόσχευ εἰς τὴν βοήθειάν μου, Κύριε τῆς σωτηρίας μου.

- As a man who has not heard a thing, and thus has no retort upon his lips.
 - In you, O Lord, I have placed my trust: you will give heed, O Lord, my God!
 - I said, "Oh, that my foes cease to gloat over me who bluster mightily when my feet stumbled."
 - As for me, I am ready to be scourged, and my pain is with me always.
 - Indeed, I myself confess my guilt, and I will live in anguish because of my sin.
 - Those who, rendering evil for good, opposed me when I sought but justice.
 - But my enemies survive and overpower me, and those who hate me without cause are multiplied.
 - O Lord God, forsake me not! Stay not afar from me.
 - Hasten to help me, O Lord of my salvation!
- (Again)
- In you, O Lord, I have placed my trust: you will give heed, O Lord, my God! Hasten to help me, O Lord of my salvation!

ΨΑΛΜΟΣ ΞΒ´ (63)

- Ὁ Θεός, ὁ Θεός μου, πρὸς σὲ ὀρθρίζω.
- Ἐδίψησέ σε ἡ ψυχὴ μου, ποσαπλῶς σοι ἡ σὰρξ μου ἐν γῆ ἐρήμῳ καὶ ἀβάτῳ καὶ ἀνύδρῳ.
- Οὕτως ἐν τῷ ἁγίῳ ὠφθην σοι, τοῦ ἰδεῖν τὴν δύναμίν σου καὶ τὴν δόξαν σου,
- Ὅτι κρεῖσσον τὸ ἔλεός σου ὑπὲρ ζώας· τὰ χεῖλη μου ἐπαινέσουσί σε.
- Οὕτως εὐλογῆσω σε ἐν τῇ ζωῇ μου, καὶ ἐν τῷ ὀνόματί σου ἄρῶ τὰς χεῖράς μου.
- Ὡς ἐκ στέατος καὶ πιότητος ἐμπλησθεῖη ἡ ψυχὴ μου· καὶ χεῖλη ἀγαλλιᾶσεως αἰνέσει τὸ στόμα μου.
- Εἰ ἐμνημόνευόν σου ἐπὶ τῆς στρωμνῆς μου, ἐν τοῖς ὄρθροις ἐμελέτων εἰς σέ.
- Ὅτι ἐγενήθης βοηθός μου, καὶ ἐν τῇ σκέπῃ τῶν πτερύγων σου ἀγαλλιᾶσομαι.
- 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·

PSALM 62 (63)

- O God, my God, at dawn I rise to you.
- My soul has thirsted for you, and oh, how my flesh has hungered for you!
- Like a desolate and trackless, land that has no water, so did I come before you in your holy place to see the power and the glory that are yours.
- Since your love is better than life itself, my lips shall declare your praise.
- So shall I bless you as long as I live, and lift up my hands and call upon your name.
- My soul shall be filled as with choicest fare, and joyful lips will praise your name.
- As I lay on my couch, I remembered you; I meditated on you throughout the early watches:
- That you became for me the helping one, that in the shelter of your wings, I will find delight.
- My soul clings to you, and your right hand holds me up.
- But as for those who sought my life in vain, may they sink into the depths of the earth.

- Παραδοθήσονται εἰς χεῖρας
ρόμφαίας, μερίδες ἄλωπέκων
ἔσονται.
- Ὁ δὲ βασιλεὺς εὐφρανθήσεται
ἐπὶ τῷ Θεῷ· ἐπαινεθήσεται πᾶς
ὁ ὀμνύων ἐν αὐτῷ, ὅτι ἐνεφράγη
στόμα λαλούντων ἄδικα.

(Καὶ πάλιν·)

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

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

Ἄλληλούϊα, Ἄλληλούϊα,
Ἄλληλούϊα. Δόξα Σοι, ὁ Θεός.

Κύριε, ἐλέησον, Κύριε, ἐλέησον,
Κύριε, ἐλέησον.

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

ΨΑΛΜΟΣ πζ´ (88)

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

- And be given over to the sword.
The prey of jackals they shall be.

- But the king shall rejoice in God,
and all who swear by him shall
glory, for the mouth of liars is
stopped.

(Again)

- I meditated on you throughout the
early watches: That you became
for me the helping one, that in the
shelter of your wings, I will find
delight.
- My soul clings to you, and your
right hand holds me up.

Glory to the Father, and the Son, and
the Holy Spirit, now and always, and
forever and ever. Amen.

Alleluia, Alleluia, Alleluia. Glory to
You, O God.

Lord, have mercy. Lord, have mercy.
Lord, have mercy.

Glory to the Father, and the Son, and
the Holy Spirit, now and always, and
forever and ever. Amen.

PSALM 87 (88)

- O Lord, God of my salvation,
day and night I cried out before
you.

ORTHROS FOR SUNDAY

-ΟΡΘΡΟΣ-

- Είσελθέτω ἐνώπιόν σου ἢ προσευχή μου, κλίνον τὸ οὖς σου εἰς τὴν δέησίν μου.
- Ὅτι ἐπλήσθη κακῶν ἡ ψυχὴ μου, καὶ ἡ ζωὴ μου τῷ Ἄδῃ ἤγγισε.
- Προσελογίσθην μετὰ τῶν καταβαινόντων εἰς λάκκον· ἐγενήθην ὡσεὶ ἄνθρωπος ἀβοήθητος, ἐν νεκροῖς ἐλεύθερος.
- Ὅσει 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 πάντα τοὺς μετεωρισμούς σου ἐπήγαγες ἐπ' ἐμέ.
- Ἐμάκρυνας τοὺς γνωστούς μου ἀπ' ἐμοῦ· ἔθεντό με βδέλυγμα ἑαυτοῖς.
- Παρεδόθην καὶ οὐκ ἐξεπορευόμην· οἱ ὀφθαλμοί μου ἠσθένησαν ἀπὸ πτωχείας.
- Ἐκέκραξα πρὸς σὲ Κύριε, ὅλην τὴν ἡμέραν, διεπέτασα πρὸς σὲ τὰς χεῖρας μου.
- Μὴ τοῖς νεκροῖς ποιήσεις θαυμάσια; ἢ ἱατροὶ ἀναστήσουσι καὶ ἐξομολογήσονται σοι;
- Let my prayer reach up to you, lend your ear to my plea, O Lord.
- For my soul was filled with trouble, and my life came close to Hades.
- I was reckoned with those who go down to the pit; I was like a man beyond help, left for dead.
- Like the slain left to lie in the grave, those you remember no more: for they are cut away from your hand.
- You have cast me down to the deepest abyss, into darkness and the shadow of death.
- Your anger was a burden upon me, you poured your billows over me.
- You took my friends away from me, you made me loathsome to them.
- I was closed in and could not escape, my eyes grew dim with distress.
- I cried out to you, O Lord, all the day, I stretched out my hands to you.
- But will you work wonders for the dead? Or can physicians raise them up to sing your praise?

- | | |
|--|---|
| <ul style="list-style-type: none"> - Μή διηγῆσεται τις ἐν τῷ τάφῳ τὸ ἔλεός σου, καὶ τὴν ἀλήθειάν σου ἐν τῇ ἀπωλείᾳ; - Μή γνωσθῆσεται ἐν τῷ σκότει τὰ θαυμάσιά σου, καὶ ἡ δικαιοσύνη σου ἐν γῆ ἐπιλελησμένη; - Κάγῳ πρὸς σέ, Κύριε, ἐκέκραξα, καὶ τὸ πρωῒ ἡ προσευχή μου προφθάσει σε. - Ἵνα τί, Κύριε, ἀπωθεῖς τὴν ψυχὴν μου, ἀποστρέφεις τὸ πρόσωπόν σου ἀπ' ἐμοῦ; - Πτωχός εἰμι ἐγώ, καὶ ἐν κόποις ἐκ νεότητός μου· ὑψωθεῖς δὲ ἐταπεινώθην καὶ ἐξηπορήθην. - Ἐπ' ἐμὲ διῆλθον αἱ ὀργαί σου, οἱ φοβερισμοί σου ἐξετάραζάν με. - Ἐκύκλωσάν με ὡσεὶ ὕδωρ, ὅλην τὴν ἡμέραν περιέσχον με ἅμα. - Ἐμάκρυνας ἀπ' ἐμοῦ φίλον καὶ πλησίον, καὶ τοὺς γνωστούς μου ἀπὸ ταλαιπωρίας. <p><i>(Καὶ πάλιν·)</i></p> <ul style="list-style-type: none"> - 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. | <ul style="list-style-type: none"> - Does anyone sing your love in the grave, or your truthfulness in the midst of perdition? - Are your marvels ever known in darkness or your justice in the land of oblivion? - And yet, O Lord, I cried out to you, and to you my prayer shall rise at dawn. - Why, O Lord, do you reject my prayer? Why do you hide your face away from me? - I am wretched and troubled since my youth; I was raised high, then humbled and distressed. - Your plagues have swept over me and your terrors have left me shaken. - They surround me like waters all the day; they close in upon me from all sides. - You have distanced from me friend and neighbor, and my acquaintances, so wretched am I. <p><i>(Again)</i></p> <ul style="list-style-type: none"> - O Lord, God of my salvation, day and night I cried out before you. - Let my prayer reach up to you, lend your ear to my request, O Lord. |
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ΨΑΛΜΟΣ ρβ´ (103)

- 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 εὐϊλατεύοντα 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, ἀνακαινισθῆσεται ὡς ἀετοῦ ἡ νεότης σου.
- Ποιῶν ἐλεημοσύνας ὁ Κύριος, καὶ κρίμα πᾶσι τοῖς ἀδικουμένοις. Ἐγνώρισε τὰς ὁδοὺς αὐτοῦ τῷ Μωϋσῆ, τοῖς υἱοῖς Ἰσραὴλ τὰ θελήματα αὐτοῦ.
- Οἰκτίρμων καὶ ἐλεήμων ὁ Κύριος, μακρόθυμος καὶ πολυέλεος· οὐκ εἰς τέλος ὀργισθῆσεται, οὐδὲ εἰς τὸν αἰῶνα μηνιεῖ.
- Οὐ κατὰ τὰς ἀνομίας ἡμῶν ἐποίησεν ἡμῖν, οὐδὲ κατὰ τὰς ἀμαρτίας ἡμῶν ἀνταπέδωκεν ἡμῖν.

PSALM 102 (103)

- Bless the Lord, O my soul! May all that is in me bless his holy name.
- Bless the Lord, O my soul, and forget not all the gifts from him.
- Who pardons all your sins and heals all your infirmities.
- Who ransoms your life from corruption and crowns you with his love and mercies.
- Who fills your longing with what is good, and your youth is renewed like the eagle's.
- The Lord performs deeds of kindness, and vindication for all the oppressed. He has made known his ways to Moses, and his will to Israel's children.
- The Lord is the one of compassion and mercy, long-suffering and manifold love. His contention is not forever, nor will his anger always last.
- He has not dealt with us as our sins demand, nor does he repay our evil deeds.

- Ὅτι κατὰ τὸ ὕψος τοῦ οὐρανοῦ ἀπὸ τῆς γῆς, ἐκραταίωσε Κύριος τὸ ἔλεος αὐτοῦ ἐπὶ τοὺς φοβουμένους αὐτόν.
- Καθόσον ἀπέχουσιν ἀνατολαὶ ἀπὸ δυσμῶν, ἐμάκρυνεν ἀφ' ἡμῶν τὰς ἀνομίας ἡμῶν.
- Καθὼς οἰκτείρει πατὴρ υἱούς, ὠκτείρησε Κύριος τοὺς φοβουμένους αὐτόν.
- Ὅτι αὐτὸς ἔγνω τὸ πλάσμα ἡμῶν, ἐμνήσθη ὅτι χοῦς ἐσμέν.
- Ἄνθρωπος, ὡσεὶ χόρτος αἱ ἡμέραι αὐτοῦ, ὡσεὶ ἄνθος τοῦ ἀγροῦ, οὕτως ἐξανθήσει.
- Ὅτι πνεῦμα διήλθεν ἐν αὐτῷ, καὶ οὐχ ὑπάρξει, 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 μεμνημένοις τῶν ἐντολῶν αὐτοῦ, τοῦ ποιῆσαι αὐτάς.
- Κύριος ἐν τῷ οὐρανῷ ἠτοίμασε τὸν θρόνον αὐτοῦ, καὶ ἡ βασιλεία αὐτοῦ πάντων δεσπόζει.

- For as high as the heavens stand over the earth, so far has the Lord extended his love for those who fear him.
- As far as the East is from the West, so far has he removed our sins from us.
- As kind as a father is to his children, so is the Lord to those who fear him.
- For he himself knows well how we were formed: remembers: we are only made of dust.
- A man! His days resemble grass: As a flower of the field, so shall he bloom.
- But let a breeze pass over him and he is gone, and never shall he know his place again.
- But the love of the Lord is from all eternity and to all eternity for those who fear him.
- And his justice is upon the children of children of those who keep his covenant and remember his laws to obey them.
- The Lord has established his throne in heaven. Over all things his kingship is supreme.

- Εὐλογεῖτε τὸν Κύριον πάντες οἱ ἄγγελοι αὐτοῦ, δυνατοὶ ἰσχυροὶ ποιοῦντες τὸν λόγον αὐτοῦ, τοῦ ἀκούσαι τῆς φωνῆς τῶν λόγων αὐτοῦ.

- Εὐλογεῖτε τὸν Κύριον πᾶσαι αἱ Δυνάμεις αὐτοῦ, λειτουργοὶ αὐτοῦ, οἱ ποιοῦντες 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· εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.

ΨΑΛΜΟΣ ρμβ´ (143)

- 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 δικαιοθήσεται ἐνώπιόν σου πᾶς ζῶν.

- Ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου· ἐταπείνωσεν εἰς γῆν τὴν ζωὴν μου.

- Ἐκάθισέ με ἐν σκοτεινοῖς, ὡς νεκροῦς αἰῶνος· καὶ ἠκηδίασεν ἐπ' ἐμὲ τὸ πνεῦμά μου, ἐν ἐμοὶ ἐταράχθη ἡ καρδία μου.

- Bless the Lord, all you his angels, you strong and mighty ones who obey his word on hearing the sound of his decree.

- Bless the Lord, all you his powers, his attendants who obey his will.

- Bless the Lord, all you his works, in every place of his dominion.

- Bless the Lord, O my soul!

(Again)

- Bless the Lord, O my soul! In every place of his dominion.

PSALM 142 (143)

- O Lord, hear my prayer; in your truthfulness, give heed to my plea, and in your righteousness answer me;

- And enter not into judgment with your servant, since of all the living, none is just in your sight.

- The enemy has hunted me down; he has crushed my life into the ground;

- He has forced me to live in darkness like those long dead. My spirit faints with grief, and within me, my heart is in despair.

ORTHROS FOR SUNDAY

-ΟΡΘΡΟΣ-

(Καὶ πάλιν·)

- Εἰσάκουσόν μου, Κύριε, ἐν τῇ δικαιοσύνῃ σου, καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ δούλου σου. (2)
- Τὸ Πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθείᾳ.

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

Ἀλληλούϊα, Ἀλληλούϊα, Ἀλληλούϊα· δόξα σοι, ὁ Θεός. (2)

(Χύμα) Ἀλληλούϊα, Ἀλληλούϊα, Ἀλληλούϊα· δόξα σοι, ὁ Θεός, ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι.

ΙΕΡΕΥΣ: Ἐν εἰρήνῃ, τοῦ Κυρίου δεηθῶμεν.

ΨΑΛΤΗΣ: Κύριε, ἐλέησον.

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

ΨΑΛΤΗΣ: Κύριε, ἐλέησον.

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

ΨΑΛΤΗΣ: Κύριε, ἐλέησον.

(Again)

- O Lord, hear my prayer; in your truthfulness, give heed to my plea, and in your righteousness answer me; (2)
- May your good Spirit lead me on a straight path.

Glory to the Father, and the Son, and the Holy Spirit, now and always, and forever and ever. Amen.

Alleluia, Alleluia, Alleluia. Glory to You, O God. (2)

(Chant) Alleluia, Alleluia, Alleluia. Glory to You, O God. Our hope, O Lord, glory to You.

PRIEST: In peace, let us pray to the Lord.

CANTOR: Lord, have mercy.

PRIEST: For heavenly peace and the salvation of our souls, let us pray to the Lord.

CANTOR: Lord, have mercy.

PRIEST: For peace in the whole world, the stability of God's Holy Churches and for the oneness of all, let us pray to the Lord.

CANTOR: Lord, have mercy.

Στιχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ, καὶ ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

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

Στιχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με, καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτοῦς.

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

Στιχ. γ'. Παρὰ Κυρίου ἐγένετο αὕτη, καὶ ἐστὶ θαυμαστὴ ἐν ὀφθαλμοῖς ἡμῶν.

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

ΠΑΡΑΠΕΜΠΕΣΘΕ ΕΙΣ ΤΗΝ ΑΝΑΛΟΓΟΝ ΗΜΕΡΟΜΗΝΙΑΝ ΤΗΣ ΚΥΡΙΑΚΗΣ ΔΙΑ ΤΟ ΥΠΟΛΟΙΠΟΝ ΤΟΥ ΟΡΘΡΟΥ.

(Ἴδετε σελ. 20)

Verse 1: Give thanks to the Lord and call upon His Holy Name.

God is Lord and has revealed Himself to us. Blessed is He Who comes in the name of the Lord.

Verse 2: All the Gentiles surrounded me, but I fought them back in the Lord's name.

God is Lord and has revealed Himself to us. Blessed is He Who comes in the name of the Lord.

Verse 3: This came about through the Lord, and it is wonderful in our eyes.

God is Lord and has revealed Himself to us. Blessed is He Who comes in the name of the Lord.

FOR THE REMAINDER OF THE SERVICE PLEASE REFER TO THE CALENDAR DATE FOR THAT PARTICULAR SUNDAY.

(See page 20)