Orthros on Sunday, November 29, 2026; Tone 1 / Eothinon 4
Martyr Paramonos and the 370 Martyrs in Bithynia

Martyr Philoumenos of Ancyra; Venerable Akakios of Sinai

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

Choir: Amen.

Priest: Glory to thee, our God, glory to thee.

O heavenly King, the Comforter, Spirit of Truth, Who art in all places, and fillest all things, Treasury of good things, and Giver of life, come, and dwell in us, and cleanse us from every stain; and save our souls, O good One.

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*thrice*)

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

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

Lord, have mercy. (*thrice*)

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

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

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

Choir: Amen.

O Lord, save thy people and bless thine inheritance, granting to thy people victory over all their enemies, and by the power of thy cross preserving Thy commonwealth.

Glory to the Father and to the Son and to the Holy Spirit.
Do thou, who of thine own good will wast lifted up upon the cross, O Christ our God, bestow thy bounties upon the new nation which is called by thy name. Make glad in thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in thine aid a weapon of peace and a trophy invincible.

Both now and ever, and unto ages of ages. Amen.
O fearsome champion, who canst not be put to confusion, despise not our petitions, O good and all-praised Theotokos. 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 thou art she who gavest birth to God and alone art blessed.

LITANY

Priest: Have mercy on us, O God, according to thy great mercy, we pray thee, hearken and have mercy.

The choir responds "Lord, have mercy" (thrice) to each petition.

Again, we pray for all pious and Orthodox Christians.

Again we pray for our father and metropolitan, N., (our bishop, N.,) and all our brotherhood in Christ.

For thou art a merciful God and lovest mankind, and unto thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto 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 ever, and unto ages of ages.

Choir: Amen.

Reader: Glory to God in the highest, and on earth peace, goodwill among men. (*thrice*)

O Lord, thou shalt open my lips, and my mouth shall declare thy praise. (*twice*)

PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

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

PSALM 37

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

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

PSALM 62

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

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.

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

Alleluia, Alleluia, Alleluia. Glory to thee, O God. (*thrice*)

Lord, have mercy. (*thrice*)

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

PSALM 87

Both now and ever, and unto ages of ages. Amen.
O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

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

PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

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

PSALM 142

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

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

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

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

Alleluia, Alleluia, Alleluia. Glory to thee, O God. (*thrice*)

O our God and our Hope, glory to thee.

THE GREAT LITANY

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

The choir responds "Lord, have mercy" to each petition.

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

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

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

For our father and metropolitan, N., (our bishop, N.,) the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.

For our country, its president (or appropriate head of state), civil authorities and armed forces, let us pray to the Lord.

For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.

For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.

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

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

Help us; save us; have mercy on us; and keep us, O God, by thy grace.

Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

Choir: To thee, O Lord.

Priest: For unto thee are due all glory, honor and worship, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

"GOD IS THE LORD" IN TONE ONE

Choir: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord.

Verse 1. O give thanks unto the Lord and call upon His Holy Name. (*Refrain*)

Verse 2. All nations compassed me about; but in the Name of the Lord will I destroy them. (*Refrain*)

Verse 3. This is the Lord's doing; it is marvelous in our eyes. (*Refrain*)

RESURRECTIONAL APOLYTIKION IN TONE ONE (KAZAN) (CROW-MP3)

When the stone had been sealed by the Jews, and the soldiers were guarding Thine immaculate body, Thou didst arise on the third day, O Saviour, granting the life unto the world. Wherefore,

the powers of the heavens cried out to Thee, O Life-giver: Glory to Thy Resurrection, O Christ. Glory to Thy Kingdom, Glory to Thy dispensation, O only Friend of man.

Glory to the Father and to the Son and to the Holy Spirit.
When the stone had been sealed by the Jews ... (*repeat above*)

THEOTOKION FROM THE OCTOECHOS IN TONE ONE (**KAZAN**) (**STAM**)
(***The original melody***)

Both now and ever, and unto ages of ages. Amen.
While Gabriel was saying, Rejoice, to thee, O Virgin, * at his voice the Master of all things took flesh within thy pure womb. * He dwelt in thee as His holy ark, * as spake the righteous David in the psalms. * And in bearing thy Creator, thou wast shown forth more spacious than all the Heavens. * Glory to Him that willed to dwell in thee. * Glory to Him that came forth from thee. * Glory to Him that, through thy bringing forth, hath delivered us.

THE LITTLE LITANY

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 thy grace.

Choir: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

Choir: To thee, O Lord.

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

Choir: Amen.

RESURRECTIONAL KATHISMATA HYMNS IN TONE ONE

First Kathisma (***The original melody***)

The soldiers standing guard at Thy tomb, O my Saviour, * became as dead on seeing the lightning-like Angel * who preached to the women of Thine arising, O Holy Lord. * Thee we glorify, Who hast abolished corruption; * Thee do we adore, Who from the grave hast arisen * and Who alone art our God.

Glory to the Father, and to the Son, and to the Holy Spirit.
O Lord of Mercy, nailed to the Cross of Thine own will, * as mortal Thou wast laid in a tomb, O Life-giver, * destroying the reign of death by Thy death, O Omnipotent. * Thou didst smite the gatekeepers of Hades with terror, * raising with Thyself them that had died from all ages, * since Thou alone art the Friend of man.

Both now and ever, and unto ages of ages. Amen.
We know thee as the Mother of God, who art truly * a virgin even after thy childbirth, O Maiden; * with longing, we flee in faith to thy goodness and sympathy. * For we sinners have thee as our certain protection, * and as our salvation in distress and temptations, * thou only all-blameless one.

Second Kathisma (****While Gabriel was saying****)

The faithful women came to the tomb before the dawning, * and seeing the vision of Angels, they stood in fear and trembling. * Like lightning, the grave flashed forth with life; * the marvel made the women sore amazed. * Thus, they went to the disciples and preached to them * the Rising of Christ the Master: * Christ, the Almighty, plundered Hades' spoils * and raised with Himself all corrupt in death, * freeing them from the fear of condemnation by the power of the Cross.

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

The Life of all was nailed to the Cross by the transgressors * and the Lord immortal was reckoned amidst the dead in Hades. * But rising the third day, Thou didst raise * dead Adam from corruption with Thyself. * For this cause, the hosts of Heaven cried unto Thee, * O Saviour and Life-bestower: * Glory be to Thy sufferings, O Christ. * Glory to Thy Resurrection. * Glory to Thy condescension, O Thou only Friend of man.

(****The soldiers standing guard****)

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

O Thou who art our Master's most hon'rable vessel, * O Mary, raise us up who have stumbled and fallen * into a deep gulf of sins, tribulations, and dire despair; * for, O Full of Grace, thou ever savest thy servants, * as the strong protection and salvation of sinners * and unfailing help of all.

EVLOGETARIA (BENEDICTIONS) IN TONE FIVE (**KAZAN**) (**KARAM**)

Blessed art thou, O Lord; teach me thy statutes.

The assembly of the angels was amazed to see Thee accounted among the dead, Thou Who hadst destroyed the might of death, O Saviour, and didst raise up Adam with Thyself, and Who hadst freed all men from hades.

Blessed art thou, O Lord; teach me thy statutes.

Why do ye mingle myrrh with tears of compassion, O ye women disciples? The radiant angel in the grave addressed the myrrh-bearing women: Behold the grave and exult, for the Saviour hath arisen from the sepulcher.

Blessed art thou, O Lord; teach me thy statutes.

At early morn, the myrrh bearers hastened to Thy sepulcher with lamentation; but an angel came to them and said: The time for sorrow is ended; weep ye no longer. And tell the apostles of the Resurrection.

Blessed art thou, O Lord; teach me thy statutes.

The myrrh-bearing women came with myrrh unto Thy tomb, O Saviour, and they heard an angel saying unto them: Why do ye count the Living among the dead? For, as God, He is risen from the sepulcher.

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

We worship the Father, and His Son, and the Holy Spirit, the Holy Trinity, one in essence; and we cry out with the Seraphim: Holy, Holy, Holy art Thou, O Lord.

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

By giving birth to the Giver of Life, O Virgin, thou didst rescue Adam from sin, and thou didst grant Eve joy instead of sorrow; for the God and Man Who was incarnate of thee guided back to life him that had fallen away therefrom.

Alleluia, Alleluia, Alleluia. Glory to thee, O God. (thrice)
O our God and our Hope, glory to Thee.

THE LITTLE LITANY

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 thy grace.

Choir: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

Choir: To thee, O Lord.

Priest: For blessed is thy name, and glorified is thy kingdom, of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

FIRST TONE RESURRECTIONAL HYPAKOE (**Plain Reading**)

The repentance of the thief hath plundered Paradise, and the lamentation of the myrrh-bearers hath proclaimed joy; for Thou art risen, O Christ God, granting great mercy unto the world.

ANABATHMOI FROM THE OCTOECHOS IN TONE ONE

First Antiphon

+ In mine affliction, hearken unto my sorrows; O Lord, I cry unto Thee.
+ For those in the desert, divine longing becometh unending, in that they are outside the vain world.
+ Glory to the Father and to the Son and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.
+ To the Holy Spirit, honour and glory is due, even as it is unto the Father, and so also the Son. Wherefore, let us sing unto the Threefold Monarchy.

Second Antiphon

+ Thou hast raised me to the summits of Thy laws; make me radiant with the virtues, O God, that I may hymn Thee.
+ Taking me by Thy right hand, O Word, keep and preserve me, lest the fire of sin scorch me.
+ Glory to the Father and to the Son and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.
+ By the Holy Spirit all creation is renewed, returning again to the primordial state; for he is equal in power to the Father and the Word.

Third Antiphon

+ Because of them that said unto me: Let us go into the courts of the Lord, my spirit was gladdened, my heart also rejoiceth.

+ In the house of David is great fear; for there, when the thrones are set forth, all the tongues and tribes of the earth shall be judged.
+ Glory to the Father and to the Son and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.
+ To the Holy Spirit must honour, worship, glory, and dominion be offered, as is meet both to the Father and the Son; for the Trinity is a Unity in nature, but not in Persons.

RESURRECTIONAL PROKEIMENON IN TONE ONE (**KAZAN**) (**EL MASSIH**)

Now will I arise, saith the Lord; I will establish them in salvation, I will be manifest therein. (*twice*)

***Stichos**: The words of the Lord are pure words.*

Now will I arise, saith the Lord; I will establish them in salvation, I will be manifest therein.

"LET EVERY BREATH" (**KAZAN**) (**STAM**)

Deacon: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For holy art thou, O our God, who restest in the holies, and unto thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

Let every breath praise the Lord. (*twice*)

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

Let every breath praise the Lord.

THE FOURTH EOTHINON GOSPEL

Deacon: And that we may be accounted worthy to hear the holy gospel, let us beseech the Lord our God.

Choir: Lord, have mercy. (*thrice*)

Deacon: Wisdom. Stand upright. Let us hear the holy gospel.

Priest: Peace be to all.

Choir: And to thy spirit.

Priest: The reading from the holy Gospel according to Saint Luke (24:1-12).

Choir: Glory to thee, O Lord. Glory to thee.

Deacon: Let us attend.

Priest: On the first day of the week, at early dawn, the women went to the tomb, taking the spices which they had prepared, and certain others with them. And they found the stone rolled away from the tomb; but when they went in, they did not find the body of the Lord Jesus. While they were perplexed about this, behold, two men stood by them in dazzling apparel; and as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the Living among the dead? He is not here, but is risen. Remember how He told you, while He was still in Galilee, that the Son of Man must be delivered into the hands of sinful men, and be crucified, and on the third day rise again." And they remembered His words, and returning from the tomb they

told all this to the eleven and to all the rest. Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the apostles; but their words seemed to them an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he departed, wondering at what had happened.

Choir: Glory to thee, O Lord. Glory to thee.

Reader: In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and thy holy resurrection we praise and glorify; for thou art our God, and we know none other beside thee; we call upon thy name. O come, all ye faithful, let us adore Christ's holy resurrection. For lo, through the cross is joy come into all the world. Ever blessing the Lord, let us sing his resurrection, for in that he endured the cross for us, he hath destroyed death by death.

PSALM 50

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

TROPARIA AFTER PSALM 50 IN TONE TWO (**KAZAN**) (**KARAM**) (**STAM**)

Glory to the Father and to the Son and to the Holy Spirit.
By the intercessions of the Apostles, O Merciful One, blot out the multitude of mine offenses.

Both now and ever, and unto ages of ages. Amen.
By the intercessions of the Theotokos, O Merciful One, blot out the multitude of mine offenses.

Have mercy upon me, O God, according to Thy great mercy; and according to the multitude of Thy of Thy compassions blot out my transgression.
Jesus, having risen from the grave as He foretold, hath granted unto us life everlasting and great mercy.

THE INTERCESSION[1]

Deacon: O God, save thy people, and bless thine inheritance. Visit thy world with mercy and compassions. Exalt the horn of Orthodox Christians and send down upon us thy rich mercies, through the intercessions of our all-immaculate Lady, the Theotokos and ever-virgin Mary; by the might of the precious and life-giving cross; by the protection of the honorable bodiless powers of heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious, all-laudable and foremost of the apostles, Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra in Lycia, Spyridon of Trimythous and Nektarios of Pentapolis, the wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow, and Raphael, bishop of Brooklyn; of the holy, glorious great martyrs George the Trophy-bearer, Demetrios the Myrrh-streaming, Theodore the Soldier, Theodore the General and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleftherios; of the holy, glorious and great women martyrs Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photini, Marina, Paraskeva and Irene; of the holy glorious and right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; of N. (the patron saint of the church); of the holy and righteous ancestors of God, Joachim and Anna; of the Martyr Paramonos and the 370 Martyrs in Bithynia, whose memory we celebrate; and of all thy saints, we beseech thee, O only most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto thee and have mercy on us.

Choir: Lord, have mercy. (***twelve times***)

Priest: Through the mercy and compassions and love for mankind of thine only-begotten Son, with whom thou art blessed, together with thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages.

Choir: Amen.

FIRST TONE RESURRECTIONAL KONTAKION AND OIKOS (**Plain Reading**)

As God, Thou didst arise from the tomb in glory, and Thou didst raise the world together with Thyself. Mortal nature praised Thee as God, and death was obliterated. Adam danceth for joy, O Master, and Eve, now freed from fetters, rejoiceth as she crieth out: Thou, O Christ, dost grant resurrection to all.

Let us praise as God omnipotent Him that arose on the third day, Who broke the gates of Hades and raised from the grave the dead from ages past, and Who of His own good pleasure appeared to the myrrh-bearing women, giving them first the greeting: Rejoice; and announcing joy to the apostles, as the only Giver of life. Wherefore, with faith the women proclaim to the disciples the glad tidings of the symbols of victory, Hades groaneth, death lamenteth, the world is joyful, and all men rejoice together; for Thou, O Christ, hast granted resurrection to all.

THE SYNAXARION (**Plain Reading**)

On November 29 in the Holy Orthodox Church, we commemorate the contest of the holy Martyr Paramonos of Bithynia and his 370 fellow Martyrs.

[1] Saints of particular local veneration may be included among the Saints of their same classification at the discretion of the pastor.

Verses

For Thee, Paramonos is pierced with spears, O Christ Jesus;
Knowing Thee alone as God, for Thee alone he dieth.
Seven decades of men gave their heads to cutting, together with another six ranks of fifty.
On the twenty-ninth they slew Paramonos with a long spear.

Paramonos contested for piety's sake during the reign of Decius, in the year 250. A ruler named Aquilinus, seeking relief from a bodily malady, visited a certain therapeutic hot spring. He brought with him captive 370 Christians from Nicomedia, and commanded them to offer sacrifice in the temple of Isis. When they refused, he had them all slaughtered. Paramonos, beholding their murder, boldly cried out against such an act of ungodliness. When Aquilinus heard this, he sent men to kill the Saint. Thus they all entered the Eternal Kingdom.

On this day, we also commemorate Martyr Philoumenos of Ancyra; Venerable Akakios of Sinai. By the intercessions of thy saints, O Christ God, have mercy upon us. Amen.

KATAVASIAE OF THE FIRST CANON OF CHRIST'S NATIVITY IN TONE ONE
(**HTM**) (**KAZAN**)

Ode 1 (1). Christ is born, give ye glory. Christ is come from Heaven, receive ye Him. Christ is on earth, be ye exalted. Sing unto the Lord all the earth and sing praises in gladness, O ye peoples; for He hath been glorified.

Ode 3 (1). To the Son Who was begotten of the Father before the ages without change, and in these last days was without seed made flesh of the Virgin, to Christ our God let us cry aloud: Thou Who hast raised up our horn, holy art Thou, O Lord.

Ode 4 (1). Rod of the root of Jesse, and flower that blossomed from his stem, O Christ, Thou hast sprung from the Virgin; from the mountain densely overshadowed hast Thou come, O Praised One, made flesh of her that knew not wedlock. O Thou Who art immateriate and God, glory to Thy power, O Lord.

Ode 5 (1). Since Thou art the God of peace and the Father of mercies, Thou hast sent unto us Thine Angel of Great Counsel, granting us peace. Wherefore, having been guided to the light of divine knowledge, and watching by night, we glorify Thee, O Friend of man.

Ode 6 (1). The sea-monster spat forth Jonah as it had received him like a babe from the womb; while the Word, having dwelt in the Virgin and taken flesh, came forth from her yet kept her incorrupt. For being Himself not subject to corruption, He preserved His Mother free from harm.

Ode 7 (1). Scorning the impious decree, the Children brought up in godliness feared not the threat of fire, but standing in the midst of the flames, they chanted: O God of our Fathers, blessed art Thou.

We praise, we bless, and we worship the Lord.

Ode 8 (1). The furnace moist with dew was the image and figure of a wonder past nature; for it burned not the Youths whom it had received, even as the fire of the Godhead consumed not the Virgin's womb into which it had descended. Wherefore in praise let us sing: Let all creation bless the Lord, and supremely exalt Him unto all the ages.

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

MAGNIFICATIONS IN TONE ONE

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

Refrain: More honorable than the cherubim, and more glorious beyond compare than the seraphim, thou who without corruption didst bear God the Word, and art truly Theotokos, we magnify thee. *(Repeat after each verse.)*

+ For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. *(Refrain)*
+ For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. *(Refrain)*
+ He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (*Refrain*)
+ He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (*Refrain*)
+ He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (*Refrain*)

Ode 9 (1). (HTM) (KAZAN)

Magnify, O my soul, her that is more honorable and more glorious than the hosts on high.
A strange and marvelous mystery do I behold; the cave is a heaven; the Virgin a cherubic throne; the manger a space wherein Christ God the Uncontainable One hath reclined. Him do we praise and magnify.

THE LITTLE LITANY (KAZAN) (KARAM)

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

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

Choir: To thee, O Lord.

Priest: For all the powers of heaven praise thee, and unto thee do they ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.
Holy is the Lord our God. (thrice)
Exalt ye the Lord our God, and worship the footstool of His feet; for He is holy.

FOURTH EOTHINON EXAPOSTEILARION AND THEOTOKION IN TONE TWO

(****Upon that mount in Galilee****)

In flashing light of virtues clad, * let us behold the young men * who, at that tomb that beareth life, * appeared in flashing raiment * unto the myrrh-bearing women * who bowed their faces earthward; * and let us be instructed of * the arising of Heaven's * Master and Lord * and with Peter run to Life in the Lord's tomb; * and wond'ring at that which was wrought, * let us remain to see Christ.

When Thou, O Lord, didst say: Rejoice, * Thou didst transform the sorrow * of our forefathers, in its stead * bringing the world the gladness * of Thine Arising in glory. * Wherefore, through her that bare Thee, * send forth to us the light thereof, * that bright light of Thy mercies, * lighting our hearts, * so that we, O Life-giving Lord, might cry out: * O Friend of man, both God and man, * glory to Thine Arising.

AINOI (PRAISES) IN TONE ONE (**KAZAN**) (**KARAM**)

Choir: Let every breath praise the Lord. Praise the Lord from the heavens, praise Him in the highest. To Thee is due praise, O God.

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

For the Resurrection from the Octoechos in Tone One (**Kazan**) (**STAM**)

Verse 1. *To do among them the judgment that is written. This glory shall be to all His saints.*
We praise Thy saving Passion, O Christ, and we glorify Thy Resurrection.

Verse 2. *Praise ye God in His saints, praise Him in the firmament of His power.*
Thou Who didst endure the Cross, and didst abolish death, and didst arise from the dead: Make our life peaceful, O Lord, since Thou alone art omnipotent.

Verse 3. *Praise Him for His mighty acts, praise Him according to the multitude of his greatness.*
Thou Who didst despoil Hades, and didst raise up man by Thy Resurrection, O Christ: Deem us worthy to hymn and glorify Thee with purity of heart.

Verse 4. *Praise Him with the sound of the trumpet, praise Him with the psaltery and harp.*
Glorifying Thy God-befitting condescension, we praise Thee, O Christ; for Thou wast born of a Virgin, and yet Thou wast inseparable from the Father. Thou didst suffer as man and didst endure the Cross willingly. Thou didst rise from the grave as though coming forth from a bridal chamber, that Thou mightiest save the world. O Lord, glory be to Thee.

Verse 5. *Praise Him with the timbrel and dance, praise Him with strings and flute.*
When Thou wast nailed to the wood of the Cross, then was the dominion of the enemy put to death. Creation was shaken with fear of Thee, and Hades was despoiled by Thy might. Thou didst raise the dead out of the graves and Thou didst open Paradise unto the thief. O Christ our God, glory be to Thee.

Verse 6. *Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.*
The honorable women came with haste unto Thy tomb with lamentation. But finding the sepulcher open, and learning from the Angel of the new and strange miracle, they announced to the Apostles that the Lord is risen, granting unto the world great mercy.

Verse 7. *Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.*
We worship the divine wounding of Thy Passion, O Christ God, and Thy kingly and priestly service which was accomplished in Sion in the end of the ages, in a manner that made God manifest. For Thou, the Sun of Righteousness, didst enlighten those that slept in darkness, leading them by the hand unto the unwaning radiance. O Lord, glory be to Thee.

Verse 8. *I will confess Thee, O Lord, with my whole heart; I will tell of all Thy wonders.*
O ye tumult-loving race of the Jews, hearken. Where are they that came unto Pilate? Let the soldiers that kept guard speak. Where are the seals of the tomb? Whither was the Buried One removed? Where was He sold Who is beyond price? How was the treasure plundered? Why do ye defame the arising of the Crucified One, O ye lawless Jews? Risen is He that is free among the dead, and He doth grant unto the world great mercy.

THE FOURTH EOTHINON DOXASTICON IN TONE FOUR (KAZAN) (KARAM)

Glory to the Father and to the Son and to the Holy Spirit.
It was very early in the morning when the women came unto Thy sepulcher, O Christ, but Thy body which was precious to them was not found. Wherefore, as they were much perplexed, men in shining garments stood by them and said: Why seek ye the living among the dead? He is risen as He foretold. Why have ye forgotten His words? Being persuaded by them, the women proclaimed the things they had seen, but their glad tidings seemed as idle tales, for the disciples were yet without understanding. But Peter ran forth, and when he saw Thy wonders, he glorified them within himself.

THEOTOKION IN TONE FOUR (KAZAN) (EL MASSIH) (STAM)

Both now and ever, and unto ages of ages. Amen.
Most blessed art thou, O virgin Theotokos; for through Him Who was incarnate of thee, Hades was taken captive, Adam was recalled, the curse was annulled. Eve was freed, death was put to death, and we were brought to life. Wherefore, with hymns we cry aloud: Blessed art Thou, O Christ our God, Who hast been thus well pleased; glory be to Thee.

THE GREAT DOXOLOGY IN TONE FOUR (KAZAN) (STAM)

+ Glory to Thee, Who hast shown forth the light. Glory to God in the highest, and on earth peace, good will among men.
+ We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory.
+ O Lord King, heavenly God, Father almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.
+ O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world: have mercy on us, Thou Who takest away the sins of the world.
+ Receive our prayer, Thou Who sittest at the right hand of the Father, and have mercy on us.
+ For Thou alone art holy, Thou alone art the Lord, Jesus Christ, to the glory of God the Father. Amen.
+ Every day will I bless Thee, and I will praise Thy name forever, and unto the ages of ages.
+ Vouchsafe, O Lord, to keep us this day without sin.
+ Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name unto the ages. Amen.
+ Let Thy mercy be upon us, O Lord, even as we have hoped in thee.
+ Blessed art Thou, O Lord; teach me Thy statutes. (*thrice*)
+ Lord, thou hast been our refuge from generation to generation. I said: O Lord, have mercy on me; heal my soul, for I have sinned against Thee.
+ O Lord, to Thee have I fled for refuge; teach me to do Thy will, for Thou art my God.
+ For in Thee is the fountain of life; in Thy light we shall see light.
+ Continue Thy mercy unto those who know thee.
+ Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*thrice*)

+ Glory to the Father and to the Son and to the Holy Spirit,
+ Both now and ever, and unto ages of ages. Amen.
+ Holy Immortal: have mercy on us.
+ Holy God, Holy Mighty, Holy Immortal: have mercy on us.

TROPARION IN TONE FOUR (**KAZAN**) (**EL MASSIH**) (**STAM**)

Today is Salvation come unto the world. Let us sing unto the Author of our life Who arose from the tomb; for destroying death by death, He granted us the victory and Great Mercy.

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