

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

## **ΙΕΡΑ ΑΚΟΛΟΥΘΙΑ ΤΟΥ ΟΡΘΡΟΥ**

**ΙΕΡΕΥΣ:** Εύλογητὸς ὁ Θεὸς ἡμῶν,  
πάντοτε, νῦν καὶ ἀεί, καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων.

(Άπὸ 5<sup>ης</sup> Μαΐου μεχρόις 13<sup>ης</sup> Ιουνίου  
2023 ἵδετε σελ. 19 )

**ΨΑΛΤΗΣ:** Ἄμήν.

**ΙΕΡΕΥΣ:** Δόξα Σοι, Χριστὲ ὁ Θεός,  
ἡ ἐλπὶς ἡμῶν, δόξα Σοι.

Βασιλεῦ οὐρανίε, Παράκλητε, τὸ  
Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ  
παρὸν καὶ τὰ πάντα πληρῶν, ὁ  
Θησαυρὸς τῶν ἀγαθῶν καὶ ζωῆς  
χορηγός, ἐλθὲ καὶ σκήνωσον ἐν  
ἡμῖν, καὶ καθάρισον ἡμᾶς ἀπὸ  
πάσης κηλīδος, καὶ σῶσον, Ἀγαθέ,  
τὰς ψυχὰς ἡμῶν.

**ΑΝΑΓΝΩΣΤΗΣ:** Ἄμήν. Ἅγιος ὁ  
Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἀθάνατος, ἐλέησον ἡμᾶς. (3)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ  
Πνεύματι καὶ νῦν καὶ ἀεί, καὶ εἰς  
τοὺς αἰῶνας τῶν αἰώνων. Ἄμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς.  
Κύριε, ἵλασθητι ταῖς ἀμαρτίαις ἡμῶν.  
Δέσποτα, συγχώρησον τὰς ἀνομίας  
ἡμῖν. Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς  
ἀσθενείας ἡμῶν, ἔνεκεν τοῦ ὀνόματός  
σου.

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

## **THE HOLY OFFICE OF ORTHROS**

**PRIEST:** Blessed is our God, now  
and always, and forever and ever.

(From the 5th of May until June 13,  
2024 please go to page 19 )

**CANTOR:** Amen.

**PRIEST:** Glory to You, Christ our  
God, and our hope, glory to You.

Heavenly King, Comforter, the  
Spirit of truth, everywhere present  
and filling all things, Treasury of  
blessings and Giver of Life, come  
and dwell in us; cleanse us of every  
stain and save our souls, gracious  
One.

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

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

All Holy Trinity, have mercy on us.  
Lord, be gracious to us in our sins.  
Master, forgive our transgressions.  
Holy One, consider our weaknesses  
and heal them, for Your Name's sake.

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

## ORTHROS FOR SUNDAY

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

Δόξα Πατρί, καὶ Υἱῷ, καὶ Ἀγίῳ  
Πνεύματι καὶ νῦν καὶ ἀεί, καὶ εἰς  
τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

Πάτερ ἡμῶν, ὁ ἐν τοῖς οὐρανοῖς,  
ἀγιασθήτω 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 ἀφες ἡμῖν τὰ  
δψειλήματα ἡμῶν, ὡς καὶ ἡμεῖς  
ἀφίεμεν τοῖς δψειλέταις ἡμῶν. Καὶ μὴ  
εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ  
ὅῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**ΙΕΡΕΥΣ:** Ὅτι σοῦ ἔστιν ἡ βασιλεία  
καὶ ἡ δύναμις, καὶ ἡ δόξα, τοῦ  
Πατρός, καὶ τοῦ Υἱοῦ, καὶ τοῦ  
Ἀγίου Πνεύματος· νῦν καὶ ἀεί, καὶ  
εἰς τοὺς αἰῶνας τῶν αἰώνων.

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

Δόξα Πατρί, καὶ Υἱῷ, καὶ Ἀγίῳ  
Πνεύματι.

Ο ύψωθεὶς ἐν τῷ Σταυρῷ ἐκουσίως,  
τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ,  
τοὺς οἰκτιόμούς σου δώρησαι, Χριστὲ  
ὁ Θεός εὑφραντὸν ἐν τῇ δυνάμει σου,  
τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας  
χορηγῶν αὐτοῖς, κατὰ τῶν πολεμίων  
τὴν συμμαχίαν ἔχοιεν τὴν σὴν δπλον  
εἰρήνης, ἀήττητον τρόπαιον.

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

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

Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας  
τῶν αἰώνων. Ἄμήν.

Προστασίᾳ φοβερὰ καὶ  
ἀκαταίσχυντε, μὴ παρίδης, Αγαθή,  
τὰς ἱκεσίας 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 ὁρθοδόξων Χριστιανῶν.

**ΨΑΛΤΗΣ:** Κύριε, ἐλέησον. (3)

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

**ΨΑΛΤΗΣ:** Κύριε, ἐλέησον. (3)

**ΙΕΡΕΥΣ:** Ὡτι ἐλεήμων καὶ  
φιλάνθρωπος Θεὸς ὑπάρχεις, καὶ σοὶ  
τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ,  
καὶ τῷ Υἱῷ, καὶ τῷ Ἀγίῳ Πνεύματι·  
νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων.

**ΨΑΛΤΗΣ:** Ἄμήν. Ἐν ὀνόματι

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.

**CANTOR:** Amen. In the Name of the

## *ORTHROS FOR SUNDAY*

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Κυρίου, εὐλόγησον, Πάτερ.

**ΙΕΡΕΥΣ:** Δόξα τῇ ἀγίᾳ καὶ  
όμοονσιῷ καὶ ζωοποιῷ καὶ  
ἀδιαιρέτῳ Τριάδι, πάντοτε, νῦν καὶ  
ἀεί, καὶ εἰς τοὺς αἰώνας τῶν αἰώνων.

**ΨΑΛΤΗΣ:** Αμήν.

### **Ο ΕΞΑΨΑΛΜΟΣ**

**ΑΝΑΓΝΩΣΤΗΣ:** Δόξα ἐν ὑψίστοις  
Θεῷ, καὶ ἐπὶ γῆς εἰρήνῃ, ἐν  
ἀνθρώποις εὐδοκίᾳ. (3)

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ  
στόμα μου ἀναγγελεῖ τὴν αἵνεσίν  
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 κεφαλήν  
μου.

-Φωνῇ μου πρὸς Κύριον ἐκένραξα,  
καὶ ἐπήκουσέ μου ἐξ ὅρους ἀγίου  
αὐτοῦ.

-Ἐγὼ δὲ ἐκοιμήθην καὶ ὑπνωσά·  
ἐξηγέρθην, ὅτι Κύριος ἀντιλήψεται  
μου.

-Οὐ φοβηθήσομαι ἀπὸ μυριάδων

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.

-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

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

λαοῦ, τῶν κύκλω συνεπιτιθεμένων μοι.

-Ἄναστα, Κύριε, σῶσόν με, ὁ Θεός μου, δτι σὺ ἐπάταξας πάντας τοὺς ἔχθραίνοντάς μοι ματαίως, ὀδόντας ἀμαρτωλῶν συνέτριψας.

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

*-(Καὶ πάλιν)*

-Ἐγὼ ἐκοιμήθην καὶ ὤπνωσα· ἔξηγέρθην, δτι Κύριος ἀντιλήψεται μου.

### ΨΑΛΜΟΣ λξ' (38)

-Κύριε, μὴ τῷ θυμῷ σου ἐλέγξῃς με, μηδὲ τῇ ὁργῇ σου παιδεύσῃς με.

-὾τι τὰ βέλη σου ἐνεπάγησάν μοι, καὶ ἐπεστήριξας ἐπ' ἐμὲ τὴν χεῖρά σου.

-Οὐκ ἔστιν ἴασις ἐν τῇ σαρκὶ μου, ἀπὸ προσώπου τῆς ὁργῆς σου· οὐκ ἔστιν εἰρήνη ἐν τοῖς ὀστέοις μου ἀπὸ προσώπου τῶν ἀμαρτιῶν μου.

-὾τι αἱ ἀνομίαι μου ὑπερῆραν τὴν κεφαλήν μου, ὥσει φροτίον βαρὺ ἐβαρύνθησαν ἐπ' ἐμέ.

-Προσώζεσαν καὶ ἐσάπησαν οἱ μώλωπές μου, ἀπὸ προσώπου τῆς ἀφροσύνης μου.

-Ἐταλαιπώρησα καὶ κατεκάμφθην ἔως τέλους· ὅλην τὴν ἡμέραν σκυθρωπάζων ἐπορευόμην.

-὾τι αἱ ψόαι μου ἐπλήσθησαν ἐμπαιγμάτων, καὶ οὐκ ἔστιν ἴασις ἐν

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.

-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

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τῇ σαρκὶ μου.

-Ἐκακώθην, καὶ ἐταπεινώθην ἔως σφόδρα· ὥρυσμην ἀπὸ στεναγμοῦ τῆς καρδίας μου.

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

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

-Ὄτι οἱ φίλοι μου καὶ οἱ πλησίον μου ἔξ ἐναντίας μου ἤγγισαν καὶ ἔστησαν, καὶ οἱ ἔγγιστά μου ἀπὸ μακρόθεν ἔστησαν.

-Καὶ ἔξεβιάζοντο οἱ ζητοῦντες τὴν ψυχήν μου, καὶ οἱ ζητοῦντες τὰ κακά μοι ἐλάλησαν ματαιότητας, καὶ δολιότητας ὅλην τὴν ἡμέραν ἐμελέτησαν.

-Ἐγὼ δὲ ὥσεὶ κωφὸς οὐκ ἤκουον, καὶ ὥσεὶ ἄλαλος οὐκ ἀνοίγων τὸ στόμα αὐτοῦ.

-Καὶ ἐγενόμην ὥσεὶ ἀνθρωπος οὐκ ἀκούων καὶ οὐκ ἔχων ἐν τῷ στόματι αὐτοῦ ἐλεγμούς.

-Ὄτι ἐπὶ σοί, Κύριε, ἤλπισα· σὺ εἰσακούσῃ, Κύριε, ὁ Θεός μου. Ὄτι εἶπον·

-Μήποτε ἐπιχαρῶσί μοι οἱ ἔχθροὶ μου, καὶ ἐν τῷ σαλευθῆναι πόδας μου, ἐπ' ἐμὲ ἐμεγαλοργήμόνησαν.

-Ὄτι ἐγὼ εἰς μάστιγας ἔτοιμος, καὶ ἡ ἀλγηδών μου ἐνώπιόν μού ἔστι διαπαντός.

-Ὄτι τὴν ἀνομίαν μου ἐγὼ ἀναγγελῶ,

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,

-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

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

καὶ μεριμνήσω ὑπὲρ τῆς ἀμαρτίας μου.

-Οἱ δὲ ἔχθροί μου ζῶσι καὶ κεκραταίωνται 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. Πρόσχες εἰς τὴν βοήθειάν μου, Κύριε τῆς σωτηρίας μου.

-(Καὶ πάλιν)

-Μὴ ἐγκαταλίπης με, Κύριε, ὁ Θεός μου, μὴ ἀποστῆς ἀπ' ἐμοῦ. Πρόσχες εἰς τὴν βοήθειάν μου, Κύριε τῆς σωτηρίας μου.

### ΨΑΛΜΟΣ 63 (63)

-Ὦ Θεός, ὁ Θεός μου, πρὸς σὲ ὀρθρίζω.

-Ἐδίψησέ σε ἡ ψυχή μου, ποσαπλῶς σοι ἡ σάρξ μου ἐν γῇ ἐρήμῳ καὶ ἀβάτῳ καὶ ἀνύδρῳ.

-Οὕτως ἐν τῷ ἀγίῳ ὕφθην σοι, τοῦ ἰδεῖν τὴν δύναμίν σου καὶ τὴν δόξαν σου,

-Ὄτι κρείσσον τὸ ἔλεός σου ὑπὲρ ζωᾶς τὰ χεῖλη μου ἐπαινέσουσί σε.

-Οὕτως εὐλογήσω σε ἐν τῇ ζωῇ μου, καὶ ἐν τῷ ὄνόματί σου ἀρῷ τὰς χεῖράς μου.

-Ως ἐκ στέατος καὶ πιότητος ἐμπλησθείη ἡ ψυχή μου· καὶ χεῖλη

I will live in anguish because of my sin.

-But my enemies survive and overpower me, and those who hate me without cause are multiplied.

-Those who, rendering evil for good, opposed me when I sought but justice.

-O Lord God, forsake me not! Stay not afar from me.

-Hasten to help me, O Lord of my salvation!

(Again)

-O Lord God, forsake me not! Stay not afar from me.

-Hasten to help me, O Lord of my salvation!

### 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

## ORTHROS FOR SUNDAY

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

ἀγαλλιάσεως αἰνέσει τὸ στόμα μου.

-Εἰ ἐμνημόνευσόν σου ἐπὶ τῆς στρωμνῆς μου, ἐν τοῖς δρόθροις ἐμελέτων εἰς σέ.

-Ὄτι ἐγενήθης βοηθός μου, καὶ ἐν τῇ σκέπῃ τῶν πτερύγων σου ἀγαλλιάσομαι.

-Ἐκολλήθη ἡ ψυχή μου ὅπίσω σου, ἔμοι δὲ ἀντελάβετο ἡ δεξιά σου.

-Αὐτοὶ δὲ εἰς μάτην ἐζήτησαν τὴν ψυχήν μου· εἰσελεύσονται εἰς τὰ κατώτατα τῆς γῆς

-Παραδοθήσονται εἰς χεῖρας δόμφαίας, μερίδες ἀλωπέκων ἔσονται.

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

*-(Καὶ πάλιν)*

-Ἐν τοῖς δρόθροις ἐμελέτων εἰς σέ, ὅτι ἐγενήθης βοηθός μου, καὶ ἐν τῇ σκέπῃ τῶν πτερύγων σου ἀγαλλιάσομαι.

-Ἐκολλήθη ἡ ψυχή μου ὅπίσω σου, ἔμοι δὲ ἀντελάβετο ἡ δεξιά σου.

Δόξα Πατρί, καὶ Υἱῷ, καὶ Ἀγίῳ Πνεύματι· καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰώνας τῶν αἰώνων. Ἄμην.

Ἄλληλούϊα, Ἄλληλούϊα, Ἄλληλούϊα.  
Δόξα Σοι, ὁ Θεός. (3)

Κύριε, ἐλέησον, Κύριε, ἐλέησον,

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.

-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. (3)

Lord, have mercy. Lord, have mercy.

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

Κύριε, ἐλέησον.

Δόξα Πατρί, καὶ Υἱῷ, καὶ Ἀγίῳ  
Πνεύματι· καὶ νῦν καὶ ἀεί, καὶ εἰς  
τοὺς αἰώνας τῶν αἰώνων. Ἄμήν.

**ΨΑΛΜΟΣ πζ' (88)**

-Κύριε ὁ Θεὸς τῆς σωτηρίας μου,  
ἥμερας ἐκέρδαξα καὶ ἐν νυκτὶ<sup>1</sup>  
ἐναντίον σου.

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

-Οτι ἐπλήσθη κακῶν ἡ ψυχή μου, καὶ  
ἡ ζωὴ μου τῷ Ἄδῃ ἤγγισε.

-Προσελογίσθην μετά τῶν  
καταβαινόντων εἰς λάκκον· ἐγενήθην  
ἀσεὶ ἄνθρωπος ἀβοήθητος, ἐν νεκροῖς  
ἔλευθερος.

-Ωσεὶ τραυματίαι καθεύδοντες ἐν  
τάφῳ, ὃν οὐκ ἔμνήσθης ἔτι, καὶ αὐτοὶ  
ἐκ τῆς χειρός σου ἀπώσθησαν.

-Ἐθεντό με ἐν λάκκῳ κατωτάτῳ, ἐν  
σκοτεινοῖς καὶ ἐν σκιᾷ θανάτου.

-Ἐπ' ἐμὲ ἐπεστηρίχθη ὁ θυμός σου,  
καὶ πάντας τοὺς μετεωρισμούς σου  
ἐπήγαγες ἐπ' ἐμέ.

-Ἐμάκρυνας τοὺς γνωστούς μου ἀπ'  
ἐμοῦ· ἔθεντό με βδέλυγμα ἑαυτοῖς.

-Παρεδόθην καὶ οὐκ ἔξεπορευόμην·  
οἵ δοφθαλμοί μου ἦσθενησαν ἀπὸ  
πτωχείας.

-Ἐκέρδαξα πρὸς σὲ Κύριε, ὅλην τὴν  
ἥμέραν, διεπέτασα πρὸς σὲ τὰς χεῖρας

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.

-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.

## ORTHROS FOR SUNDAY

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

μου.

-Μή τοῖς νεκροῖς ποιῆσεις θαυμάσια;  
ἢ ἵατροὶ ἀναστήσουσι καὶ  
ἔξιμοι λογήσονται σοι;

-Μή διηγήσεται τις ἐν τῷ τάφῳ τὸ  
ἔλεός σου, καὶ τὴν ἀλήθειάν σου ἐν  
τῇ ἀπωλείᾳ;

-Μή γνωσθήσεται ἐν τῷ σκότει τά  
θαυμάσιά σου, καὶ ἡ δικαιοσύνη σου  
ἐν γῇ ἐπιλελημένῃ;

-Κάγὼ πρὸς σέ, Κύριε, ἐκένδραξα, καὶ  
τὸ πρῶτον ἡ προσευχή μου προφθάσει  
σε.

-Ἴνα τί, Κύριε, ἀπωθεῖς τὴν ψυχήν  
μου, ἀποστρέψεις τὸ πρόσωπόν σου  
ἀπ' ἐμοῦ;

-Πτωχός εἰμι ἐγώ, καὶ ἐν κόποις ἐκ  
νεότητός μου ὑψωθεὶς δὲ  
ἐταπεινώθην καὶ ἐξηποργήθην.

-Ἐπ' ἐμὲ διῆλθον αἱ ὁργαί σου, οἱ  
φοβερισμοί σου ἐξετάραξάν με.

-Ἐκύκλωσάν με ὥσει ὕδωρ, δλην τὴν  
ἡμέραν περιέσχον με ἄμα.

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

*-(Καὶ πάλιν)*

-Κύριε, ὁ Θεός τῆς σωτηρίας μου,  
ἡμέρας ἐκένδραξα, καὶ ἐν νυκτὶ<sup>1</sup>  
ἐναντίον σου.

-Εἰσελθέτω ἐνώπιόν σου ἡ προσευχή  
μου· κλίνον τὸ οὖς σου εἰς τὴν δέησίν

-But will you work wonders for the  
dead? Or can physicians raise them up  
to sing your praise?

-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.

*(Again)*

-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.

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

μου.

**ΨΑΛΜΟΣ ρβ' (103)**

-Εὐλόγει, ἡ ψυχή μου, τὸν Κύριον, καὶ πάντα τά ἐντός μου τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

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

-Τὸν εὐīλατεύοντα πάσας τὰς ἀνομίας σου, τὸν ἵωμενον πάσας τὰς νόσους σου.

-Τὸν λυτρούμενον ἐκ φθορᾶς τὴν ζωῆν σου, τὸν στεφανοῦντά σε ἐν ἔλεει καὶ οἰκτιῷ μοῖς.

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

-Ποιῶν ἐλεημοσύνας ὁ Κύριος, καὶ κρῆμα πᾶσι τοῖς ἀδικουμένοις, Ἐγνώρισε τὰς ὁδοὺς αὐτοῦ τῷ Μωϋσῇ, τοῖς υἱοῖς Ἰσραὴλ τὰ θελήματα αὐτοῦ.

-Οἰκτίᾳ μων καὶ ἐλεήμων ὁ Κύριος, μακρόθυμος καὶ πολυελεος οὐκ εἰς τέλος ὁργισθήσεται, οὐδὲ εἰς τὸν αἰῶνα μηνιεῖ.

-Οὐ κατὰ τὰς ἀνομίας ἡμῶν ἐποίησεν ἡμῖν, οὐδὲ κατὰ τὰς ἀμαρτίας ἡμῶν ἀνταπέδωκεν ἡμῖν.

-὾τι κατὰ τὸ ὑψος τοῦ οὐρανοῦ ἀπὸ τῆς γῆς, ἐκραταίωσε Κύριος τὸ ἔλεος αὐτοῦ ἐπὶ τοὺς φοβουμένους αὐτόν.

**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.

-For as high as the heavens stand over the earth, so far has the Lord extended his love for those who fear him.

## ORTHROS FOR SUNDAY

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

-Καθόσον ἀπέχουσιν ἀνατολαὶ ἀπὸ δυσμῶν, ἐμάκρυνεν ἀφ' ἡμῶν τὰς ἀνομίας ἡμῶν.

-Καθὼς οἰκτείρει πατὴρ υἱούς, ὥκτείρησε Κύριος τοὺς φοβουμένους αὐτὸν·

-Ὄτι αὐτὸς ἔγνω τὸ πλάσμα ἡμῶν, ἔμνήσθη δτι χοῦς ἐσμέν.

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

-Ὄτι πνεῦμα διῆλθεν 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 τὸν φοβουμένους αὐτόν.

-Καὶ ἡ δικαιοσύνη αὐτοῦ ἐπὶ υἱοῖς νιῶν, τοῖς φυλάσσουσι τὴν διαθήκην αὐτοῦ, καὶ μεμνημένοις τῶν ἐντολῶν αὐτοῦ, τοῦ ποιῆσαι αὐτάς.

-Κύριος ἐν τῷ οὐρανῷ ἡτούμασε τὸν θόρον αὐτοῦ, καὶ ἡ βασιλεία αὐτοῦ πάντων δεσπόζει.

-Εὐλογεῖτε τὸν Κύριον πάντες οἱ Ἀγγελοι αὐτοῦ, δυνατοὶ ἵσχυΐ ποιοῦντες τὸν λόγον αὐτοῦ, τοῦ ἀκοῦσαι 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

-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.

-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.

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

δεσποτείας αὐτοῦ· εὐλόγει, ἡ ψυχή μου, τὸν Κύριον.

-(*Kai πάλιν*)

-Ἐν παντὶ τόπῳ τῆς δεσποτείας αὐτοῦ· εὐλόγει, ἡ ψυχή μου, τὸν Κύριον.

### **ΨΑΛΜΟΣ ρυθμός (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 δικαιωθήσεται ἐνώπιόν σου πᾶς ζῶν.

-὾τι κατεδίωξεν ὁ ἔχθρός τὴν ψυχήν μου ἐταπείνωσεν εἰς γῆν τὴν ζωήν μου.

-Ἐκάθισέ με ἐν σκοτεινοῖς, ὡς νεκροὺς αἰῶνος καὶ ἥκηδίασεν ἐπ’ ἐμὲ τὸ πνεῦμά μου, ἐν ἐμοὶ ἐταράχθη ἡ καρδία μου.

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

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

-Ταχὺ εἰσάκουσόν μου, Κύριε ἔξελπε τὸ πνεῦμά μου

-Μή ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ’ ἐμοῦ, καὶ ὅμοιωθήσομαι τοῖς καταβαίνουσιν εἰς λάκκον.

-Ἀκουστὸν ποίησόν μοι τὸ πρῶτὸν ἔλεός σου, ὅτι ἐπὶ σοὶ ἥλπισα.

-Γνώρισόν μοι, Κύριε, ὅδὸν ἐν ᾧ

-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.

-I recalled the days of old, I meditated on all your deeds, I pondered the works of your hands.

-I stretched out my hand to you; like a parched land, my soul thirsts for you.

-Make haste to answer me, O Lord: my spirit has failed me.

Turn not your face away from me, lest I be like those in the pit.

-Grant that I may hear your steadfast love at dawn, for I have placed my hope in you.

-O Lord, teach me the way I should go,

## ORTHROS FOR SUNDAY

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

πορεύσομαι, δτι πρὸς σὲ ἤρα τὴν ψυχήν μου.

-Ἐξελοῦ με ἐκ τῶν ἔχθρῶν μου, Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, δτι σὺ εἶ ὁ Θεός μου.

-Τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῇ εὐθείᾳ· ἐνεκεν τοῦ ὄνοματός σου, Κύριε, ζήσεις με.

-Ἐν τῇ δικαιοσύνῃ σου, ἐξάξεις ἐκ θλίψεως τὴν ψυχήν μου, καὶ ἐν τῷ ἐλέει σου ἐξολοθρεύσεις τοὺς ἔχθρούς μου.

-Καὶ ἀπολεῖς πάντας τοὺς θλίβοντας τὴν ψυχήν μου, δτι ἐγὼ δοῦλός σου εἰμί.

*-(Καὶ πάλιν)*

-Εἰσάκουσόν μου, Κύριε, ἐν τῇ δικαιοσύνῃ σου, καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου.

-Τὸ Πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῇ εὐθείᾳ.

Δόξα Πατρί, καὶ Υἱῷ, καὶ Ἀγίῳ Πνεύματι· καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἄμην.

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

Ἄλληλούϊα, Ἄλληλούϊα, Ἄλληλούϊα· δόξα σοι, ὁ Θεός, ἡ ἐλπὶς ἡμῶν, Κύριε, δόξα σοι.

**IEPEYΣ:** Ἐν εἰρήνῃ, τοῦ Κυρίου δεηθῶμεν.

**ΨΑΛΤΗΣ:** Κύριε, ἐλέησον.

**IEPEYΣ:** Υπὲρ τῆς ἄνωθεν εἰρήνης

for I have lifted up my soul to you.

-O Lord, deliver me from my enemies: it is to you that I have fled. Teach me to do your will, for you are my God.

-May your good Spirit lead me on a straight path. For the sake of your name, O Lord, you will keep me alive;  
-In your righteousness, you will deliver me from affliction. And in your loving kindness, you will destroy my enemies.

-And bring to nought all those who oppress me, for I am your servant.

*(Again)*

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

-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

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

**καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν,  
τοῦ Κυρίου δεηθῶμεν.**

**ΨΑΛΤΗΣ:** Κύριε, ἐλέησον.

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

**ΨΑΛΤΗΣ:** Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ:** Ὑπὲρ τοῦ ἀγίου οἴκου  
τούτου, καὶ τῶν μετὰ πίστεως,  
εὐλαβείας καὶ φόβου Θεοῦ εἰσιόντων  
ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

**ΨΑΛΤΗΣ:** Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ:** Ὑπὲρ τοῦ Ἀρχιεπισκόπου  
ἡμῶν (Ν.), τοῦ τιμίου πρεσβυτερίου,  
τῆς ἐν Χριστῷ διακονίας, παντὸς  
τοῦ Κλήρου καὶ τοῦ Λαοῦ, τοῦ  
Κυρίου δεηθῶμεν.

**ΨΑΛΤΗΣ:** Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ:** Ὑπὲρ τοῦ ἔθνους ἡμῶν,  
τοῦ Προέδρου, πάσης Ἀρχῆς καὶ  
Ἐξουσίας ἐν αὐτῷ, τοῦ Κυρίου  
δεηθῶμεν.

**ΨΑΛΤΗΣ:** Κύριε, ἐλέησον.

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

**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.

**PRIEST:** For this holy house, and all  
who enter it with faith, reverence  
and godly fear, let us pray to the  
Lord.

**CANTOR:** Lord, have mercy.

**PRIEST:** For our Archbishop (N.),  
the worthy priesthood, the deacons  
in Christ, for all the clergy and the  
people, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**PRIEST:** For our country, the  
President, and all in public service,  
let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**PRIEST:** For this city and this  
Parish, for every city and land, and  
for the faithful who live in them, let  
us pray to the Lord.

## *ORTHROS FOR SUNDAY*

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

ΨΑΛΤΗΣ: Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ:** Ὅτι μακρασίας ἀέρων,  
εὐφορίας τῶν καρπῶν τῆς γῆς, καὶ  
καιρῶν εἰρηνικῶν, τοῦ Κυρίου  
δεηθῶμεν.

ΨΑΛΤΗΣ: Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ:** Ὅτι πλεόντων,  
ὅδοι ποδούντων, ἀεροπορούντων,  
νοσούντων, καμνόντων, αἰχμαλώτων  
καὶ τῆς σωτηρίας αὐτῶν, τοῦ  
Κυρίου δεηθῶμεν.

ΨΑΛΤΗΣ: Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ:** Ὅτι τοῦ όυσθηναι ἡμᾶς  
ἀπὸ πάσης θλίψεως, ὁργῆς,  
κινδύνου καὶ ἀνάγκης, τοῦ Κυρίου  
δεηθῶμεν.

ΨΑΛΤΗΣ: Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ:** Αντιλαβοῦ, σῶσον,  
ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ  
Θεός, τῇ σῇ χάριτι.

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

ΨΑΛΤΗΣ: Σοί, Κύριε.

**ΙΕΡΕΥΣ:** Ὄτι πρέπει σοι πᾶσα  
δόξα, τιμὴ καὶ προσκύνησις, τῷ

CANTOR: Lord, have mercy.

**PRIEST:** For temperate weather,  
abundance of the goods of the earth,  
and for peaceful times, let us pray to  
the Lord.

CANTOR: Lord, have mercy.

**PRIEST:** For those who travel, by  
land, sea and air, for those who are  
sick or suffering or in captivity, and  
for their safe-keeping, let us pray to  
the Lord.

CANTOR: Lord, have mercy.

**PRIEST:** That we may be spared all  
affliction, wrath, danger and want,  
let us pray to the Lord.

CANTOR: Lord, have mercy.

**PRIEST:** Help us, save us, have  
mercy on us and keep us, O God in  
Your grace.

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

CANTOR: To You, O Lord.

**PRIEST:** For all glory, honor and  
worship are Your due, Father, Son

**ORTHROS FOR SUNDAY**

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

**Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ Ἅγιῳ  
Πνεύματι· νῦν καὶ ἀεί, καὶ εἰς τὸν  
αἰῶνας τῶν αἰώνων.**

ΨΑΛΤΗΣ: Ἄμήν.

(*Eἰς τὸν ἥχον τοῦ Ἀπολυτικίου*)

ΨΑΛΤΗΣ: Θεὸς Κύριος, καὶ  
ἐπέφανεν ἡμῖν εὐλογημένος ὁ  
ἔρχομενος ἐν ὀνόματι Κυρίου.

**Στιχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ,  
καὶ ἐπικαλεῖσθε τὸ Ὄνομα τὸ ἄγιον  
αὐτοῦ.**

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

**Στιχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν  
με, καὶ τῷ ὀνόματι Κυρίου ἡμινάμην  
αὐτοὺς.**

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

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

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

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

and Holy Spirit, now and always,  
and forever and ever.

CANTOR: Amen.

(*In the tone of the Dismissal hymn*)

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

*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.**

