



第一調式

主日八調贊詞

SUNDAY OCTOECHOS

TONS 1



Sunday Octoechos

Tone 1

第一调式

主日八调赞词





TONE 1

ON SATURDAY EVENING

AT GREAT VESPERS

After the Opening Psalm and the first Kathisma of the Psalter, at Lord I have cried, we insert 10 Stichera, and we sing 7 Resurrection Stichera and 3 of the Saint of the day, or 4 and 6 if the Saint is 'feasted'.

Resurrection Stichera. Tone 1.

Verse 10: Bring my soul out of prison, that I may confess your name.

Receive our evening prayers, O Holy Lord, and grant us forgiveness of sins; because you alone made known the Resurrection in the world.

Verse: The just will await me, until you reward me.

Go around Sion, you peoples, and encompass her, and give glory in her to him who rose from the dead; for he is our God, who has redeemed us from our iniquities.

Verse 8: Out of the depths I have cried to you, O Lord. Lord hear my voice.

Come you peoples, let us hymn and worship Christ as we glorify his Resurrection from the dead: because he is our God, who has redeemed us from the error of the foe.

Other Stichera, by Anatolios.

Verse: Let your ears be attentive, to the voice of my supplication.

Rejoice, you heavens! Sound the trumpet foundations of the earth! Shout aloud your joy, you mountains! For see, Emmanuel has nailed our sins to the Cross, and he who gives life, has slain death and raised up Adam, as he loves mankind.

Verse 6: If you, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

Let us sing the praise of him who was willingly crucified in the flesh for our sakes, suffered and was buried and rose from the dead, as we say: Establish your Church in right belief, O Christ, and give peace to our life, as you are good and love mankind.

Verse: For your name's sake I have waited for you, O Lord. My soul has waited on your word. My soul has hoped in the Lord.

As we the unworthy stand at your tomb which received life, we offer a hymn of glory to your ineffable compassion, Christ our God; because you accepted Cross and death, O sinless one, that you might give resurrection to the world, as you love mankind.

Verse 4: From the morning watch until night, from the morning watch, let Israel hope in the Lord.

Let us sing the praise of the Word, without beginning and co-eternal, with the Father, who came forth ineffably from a virgin womb, willingly accepted Cross and Death for us and rose in glory, as we say: Giver of life, Lord, glory to you, the Saviour of our souls.

Glory from the Menaion, if appointed otherwise:

Glory ..., Now & Ever ..., Theotokion Dogmatic:



第一调式

安息日晚

大暮时课

诵念开端圣咏（第一百零三篇圣咏）与圣咏集第一座圣咏、诵念吁主圣咏「主欸、我呼吁尔……」时、插入十段赞词：七段取自复活赞词、三段取自本日所纪念的圣人赞词、若遇庆节、则插入四段或六段圣人赞词。

复活行间赞词 第一调式

插入十句赞颂：拯提我灵出狱岸、为我克赞颂尔名。

圣主聆我等宵祈、赐我等罪赦、因尔乃独一显复活于普世者。

插入：尔以恩宠显于我时、义者将环我。

请众环攻锡安山而克之、于内赞荣由死复活者、因其乃我等上帝、救我等于罪中者。

插入八句赞颂：主欸、我自深渊呼吁尔、主欸、聆我声。

请众至前歌颂叩拜基督、赞美其由死中复活、因其乃我等上帝、救普世于魔之诱惑者。

其它赞词、阿纳托利作

插入：愿尔耳听我之祷声。

诸天宜喜悦、地基宜吹角、诸山宜发欢乐之声、盖以马内利将我等罪钉于十字架、施生活灭死、使亚当复生、因其系爱人者。

插入六句赞颂：主欸、若究察罪恶、主欸、则孰能立、第尔施救宥、愿人敬畏于尔前。

我众宜对越、为我等甘愿以肉躯被钉十字架受难被瘞、及由死复活者赞颂曰、祈基督以正道坚固圣教会、安慰我等度日、因尔乃至善爱人者。

插入：我望主、我灵望主、冀望主言。

我众不堪之人、环立于我等上帝基督受生活之枢、赞荣尔不可测之慈怜、尔系无罪者、为使普世复活、而受十字架苦及死、因尔系爱人者。

插入四句赞颂：我灵候主、逾于更漏之待旦、逾于更漏之待旦、愿以色列冀望主。

我众宜赞颂与上帝圣父同无始相偕永在之圣言、由童贞女不可测而生、为救我等甘愿受十字架苦及死、且以荣复活者、曰、施生活救我等灵之主、赞荣尔。

若《月份礼典》上载有指定的荣光赞词、则诵念「荣耀归于父……」后、咏唱荣光赞词、之后接念「自今至永远……」；若无指定的荣光赞词、则直接诵念「荣耀归于父…、自今至永远……」。生神女颂。

Let us hymn the whole world's glory, engendered from mankind and who gave birth to the Master, the Gate of heaven, Mary the Virgin, the song of the Bodiless Powers and adornment of the faithful; for she has been proclaimed Heaven and Temple of the Godhead. She by destroying the middle wall of enmity has brought peace instead and thrown open the King's palace. Therefore, holding fast to her as anchor of the faith, we have as champion the Lord born from her. Take courage therefore, take courage, people of God; for he will make war on the foe as All-powerful.

After the Entrance and O Joyful Light, the designated Monk makes a metania to the Superior and sings the Prokeimenon of the day.

The Lord is King: he has robed himself in majesty.

Verse 1: The Lord has robed and girded himself with power.

Verse 2: He has made the world firm; it will not be shaken.

Then the usual Litany, Grant Lord etc. and after the Ekphonesis we sing the idiomel Sticheron of the Saint of the Monastery as we process into the Narthex. After the usual prayers we return to the Church singing the Resurrection Stichera of the Aposticha.

Resurrection Stichera of the Aposticha. Tone 1.

By your Passion, O Christ, we have been freed from passions, and by your Resurrection we have been delivered from corruption. Lord, glory to you.

Other, alphabetical, Stichera.

Verse 1: The Lord is King: he has robed himself in majesty. The Lord has robed and girded himself with power.

All creation, let it rejoice, let the heavens be glad, let the nations clap their hands with gladness; for Christ our Saviour has nailed our sins to the Cross and by slaying death has granted us life, raising all Adam's fallen race, as he loves mankind.

Verse 2: He has made the world firm; it will not be shaken.

Being King of heaven and earth, O Incomprehensible, you were crucified willingly through love for mankind; when Hades met you he was embittered, and the souls of righteous receiving you rejoiced, while Adam, seeing you his Creator in the infernal regions, arose. O the marvel! How did the life of all taste death? Except that he wished to enlighten the world, which cries out and says: You who rose from the dead, Lord glory to you!

Verse 3: Holiness befits your house, O Lord, to length of days.

Carrying sweet spices the myrrhbearing women reached your tomb with haste and with lamentation; and not finding your most pure Body, but learning from the Angel the new and marvellous wonder, they said to the Apostles: The Lord has risen, granting the world his great mercy.

Glory of the Saint, if one is 'feasted'; otherwise

Glory. Both now. Theotokion.

See, Isaias' prophecy has been fulfilled; for as a Virgin you gave birth and after bearing child remained as before bearing child. For it was God who was born, therefore nature also is made new. But, Mother of God, do not despise the supplications of your servants, offered to you in your temple; but since you carry the Compassionate in your embrace, take pity on your servants, and intercede that our souls be saved.

And the rest of the Office of the Vigil.



我等将赞颂普世之荣、由人所生而产主宰之永贞玛利亚、称其为天门、受无形之颂扬、为诚信者之修饰、因其为天、为上帝性之堂、因其毁仇垣、降安和、启天国、我等以其为固我信者、以其所生之主、为我等之护佑、故主之民宜冀望、诚应冀望、缘主因其全能、将胜仇敌也。

圣入礼与禧光颂后、指定的修士向长上行一躬拜、咏唱本日的经前咏。

主为君、乃以威严为衣。

诗节一：主以能力服之、束系之。

诗节二：故世界乃坚固、必不摇撼。

之后诵念热诚连祷、「主、开恩护守……」等、司祭念完结束祷词后、咏唱本修道院主保圣人的专用赞词、列队进入教堂前厅。念完惯常的祷文后、回至教堂、咏唱：

复活后行间赞词

第一调式

基督欤、我等以尔受难免苦难、以尔复活救朽坏、主欤、荣光于尔。

其它赞词（按字母顺序）

诗节一：主为君、乃以威严为衣。主以能力服之、束系之。

万物宜欢乐、诸天宜喜悦、万民亦宜欣忭拍掌、盖我救世主基督以我等罪、钉于十字架、灭死而赐我等常生、复起坠落万民之祖亚当、因其系爱人者。

诗节二：故世界乃坚固必不摇撼。

不可测司天地之君、因爱人甘愿被钉十字架、降地狱、魔见之而惊惧、义者之灵候望之、而欣悦、亚当见造万物者在地狱而复活、异哉万物之生命、如何受死、因伊欲光照普世、而普世呼吁之曰、由死中复活之主、赞荣尔。

诗节三：主欤、圣德属尔之堂、直至永远。

携香液女、速携香膏以哭泣至尔枢前、而未见尔至洁之体、由天神获闻极奇妙之新迹、向使徒等曰、主复活施宏恩于普世。

荣耀归于父…… 本日所纪念的圣人赞词、若本日为「庆节」、则

荣耀归于父……自今至永远…… 生神女颂

今应以赛亚预言、缘童贞生育、娩后与产前无异、因其所生者、乃复新人本性之上帝、求圣母毋轻视尔仆于尔堂所献之祈祷、乃于己手怀抱慈衷之主、矜怜尔仆、代祈救我等灵。

继续举行守夜祈祷的其余部分。





ON SUNDAY MORNING

AT MATINS

After the Six Psalms we sing The Lord is God to Tone 1, and the Resurrection Apolytikion twice, but the Theotokion once. Then the usual Reading from the Psalter [Kathismata 2 and 3].

Resurrection Apolytikion.

When the stone had been sealed by the Jews, and while soldiers were guarding your spotless Body, you rose, O Saviour, on the third day, giving life to the world; and therefore the heavenly Powers cried out to you, Giver of life: Glory to your Resurrection, O Christ, glory to your Kingdom, glory to your Dispensation, only lover of mankind. *(twice)*

Theotokion.

When Gabriel addressed you, O Virgin, with his 'Hail', as he spoke the Master of all things became incarnate in you the holy Ark, as righteous David sang. You were proclaimed wider than the heavens, for you carried your Creator. Glory to him who dwelt in you, glory to him who came forth from you, glory to him who has set us free through your bearing child.

After the 1st reading from the Psalter [Kathisma 2], we sing Kathismata of the Resurrection.

Tone 1. Model Melody.

The soldiers watching your grave became as dead men at the lightning flash of the Angel who appeared and proclaimed to the Women the Resurrection. We glorify you, the destroyer of corruption; we fall down before you, risen from the grave and alone our God.

Verse: Arise, Lord my God, lift up your hand; do not forget your poor for ever.

You were willingly nailed to the Cross, O Merciful one, and laid in a tomb as a mortal, O Giver of life. By your death, O Powerful one, you smashed its might; for Hell's gatekeepers trembled before you; you raised with you the dead from every age, for you alone love mankind.

Glory. Both now. *Theotokion.*

All we who with longing flee for refuge to your goodness know you to be Mother of God and after childbirth still truly Virgin; for we sinners have you as protection; in temptations we have you as salvation, the only All-blameless one.

After the 2nd Psalter reading [Kathisma 3], Kathismata.

When the stone was sealed.

The women came to your tomb at dawn and when they saw a vision of an Angel they trembled; the tomb blazed forth life; the marvel amazed them; and so going back to the disciples they proclaimed the Resurrection: Christ has despoiled Hell, as alone mighty and powerful, and has raised up all those in corruption, dispelling the fear of condemnation by the power of the Cross.

Verse: I will praise you, Lord, with my whole heart; I will tell of all your marvellous works.

O Life of all, you were nailed to the Cross; O immortal Lord, you were numbered among the dead. you arose, O Saviour, on the third day, and raised Adam from corruption; therefore the heavenly Powers cried out to you, O Giver of life: Glory to your sufferings, O Christ; glory to your Resurrection; glory to your condescension, only lover of mankind.





主日上午

晨时课

诵念完六篇圣咏后、以第一调式咏唱「主是上帝」、接着咏唱复活遣散颂两遍、生神女颂一遍。之后、按惯例诵念圣咏集第二座与第三座。

复活遣散词

救世者、犹太人封石洞、及卒守尔至圣躯时、而第三日复活、以赐普世生活、因此天上军呼于尔施生活者曰、基督赞扬尔复活、赞扬尔国、赞扬尔司理、乃独一无二爱人者。（两遍）

生神女颂

圣女坎、加百列向尔报庆哉之时、万物之君降孕于尔圣券笥(音：序)、诚如成德大卫之所云、胎孕造尔之主、而显其较天为广大、赞荣于尔降孕者、赞扬于尔所生者、赞颂以己降生释我等者。

诵念完第一圣咏集选段（第二座）后、咏唱复活坐赞词。

第一调式 通用本调

救世者坎、兵卒守尔枢时、见天神显现发光耀而如死、天神报主复活之音于妇人、我众赞荣尔灭朽坏者、我众叩拜尔、我等独一无二上帝由死中复活者。

诗节：主坎、我上帝坎、起举尔手、莫忘尔之受窘迫者。

施宏恩者、甘愿被钉十字架、施生活者、为死而置于枢、全能者以己死败坏死权、司地狱门者、见尔而战栗、尔援原始已亡之众偕已复苏、因尔乃独一无二爱人者。

荣耀归于父…… 自今至永远……生神女颂

圣母坎、我众以爱慕投归尔之恩赐者、皆知尔乃降生后仍实为童贞、我众罪人遇灾祸、以尔独一无二者、为拯救之转达。

诵念完第二圣咏集选段（第三座）后、咏唱复活坐赞词。

通用调式 当巨石被密封时

清晨妇至主枢前、见天神显现而战栗、自枢发生命、睹其奇迹甚为骇异、故奔告复活之信于众使徒、基督系独一无二坚固及全能者、败地狱而令诸死朽者偕已复苏、借十字架之力、免原罪所定之死。

诗节：主坎、我将尽心称扬尔、而传扬尔之诸奇事。

万物之生命者、被钉于十字架、常生之主、参列于死人中、救世者、第三日复活、使亚当由朽坏偕已复苏、故天军向尔呼吁曰、独一无二爱人施生活之基督、赞荣尔复活、赞荣尔宽忍。



Glory. Both now. *Theotokion.*

Mary, holy vessel of the Master, raise us up who have fallen into the pit of dread despair, of offences and afflictions; for you are the salvation, the help and the mighty protection of sinners, and you save your servants.

After the reading of the 'Blameless' [Kathisma 17, Psalm 118], we sing the Evlogitaria. Then the little Litany and The Ypakoï.

The Thief's repentance plundered Paradise, but the Myrrh-bearers' lament disclosed the joy that you had risen, Christ God, granting the world great mercy.

The Anavathmi. 1st Antiphon.

When I am afflicted, I cry to you, O Lord, hearken to my pains.

For those who dwell in the desert the longing for God never ceases, for they are far from the world's vanity.

Glory. Both now.

To the Holy Spirit, as to the Father and the Son, are due honour and glory; and so let us sing to the Trinity, a single might.

2nd Antiphon.

Having lifted me up to the mountains of your laws, make me shine, O God, with virtues, that I may sing your praise.

Take me with your right hand, O Word, guard me and keep me, lest the fire of sin scorch me.

Glory. Both now.

In the Holy Spirit all creation is made new and hastens back to its first condition; for he is equal in strength to the Father and the Word.

3rd Antiphon.

With those who said to me: Let us journey to the courts of the Lord, my Spirit was glad and my heart rejoices.

Over the house of David is great fear; for there when thrones are placed, all the tribes and tongues of the earth will be judged.

Glory. Both now.

To the Holy Spirit must be offered honour, worship, glory and might, as befit also the Father and the Son; for the Trinity is a Unity, in nature, but not in persons.

Prokeimenon.

Now I shall arise, says the Lord, I shall set him in safety, and speak boldly in him.

Verse: The Lord's words are pure words, silver tried by fire, tested in earth, seven times refined.

Then: Let every breath praise the Lord: The appointed Matins Gospel

Stichera after the Gospel: Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. We venerate Thy Cross, O Christ, and Thy holy Resurrection we hymn 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 worship Christ's holy Resurrection, for, behold, through the Cross joy hath come to all the world. Ever blessing the Lord, we hymn His Resurrection; for, having endured crucifixion, He hath destroyed death by death.

Psalm 50

荣耀归于父…… 自今至永远…… 生神女颂

玛利亚系主宰至尊之宝藏、求援我等陷于失望罪恶忧郁之深渊者、因尔乃诸罪人之拯救扶持、坚固之转达、尔乃恒救尔仆。

诵念完「无瑕圣咏」（第十七座、圣咏第一百十八篇）后、咏唱复活「赞主颂」。之后诵念小连祷及聆听赞。

右盗痛悔而开天堂、携香液女哭泣而报喜、因尔上帝基督复活、以赐普世宏恩。

升阶赞 第一对经（圣咏119）

主欤、我于愁苦时呼吁尔、祈聆我之苦难。

隐士远离世冗、心志时常愿归向上帝。

荣耀归于父…… 自今至永远……

圣神宜同圣父偕圣子受尊崇荣光、故我众赞颂同一权之圣三。

第二对经（圣咏120）

上帝欤、举我跻尔法律之巍崇、求以德行光照我、为我克赞颂尔。

圣言欤、求尔以右手纳我、存守佑护我、不许罪恶火焰焚我。

荣耀归于父…… 自今至永远……

万物借圣神而复新、复畴昔之位置、因圣神与圣父及圣言系同能者。

第三对经（圣咏121）

人向我云、我侪可以进主堂、我灵欣喜、我心亦欢乐。

在大卫家有巨惊惧、盖其内建立宝座、而地上一切之族民受审判。

荣耀归于父…… 自今至永远……

圣神如圣父及圣子、尊崇叩拜荣光全能皆属之、因圣三乃三位一体者。

经前咏

主曰、我今欲起、将救彼为人所欲执者。

诗节：主言乃清洁者、如银于炉冶砂中所镕净、而煨经七次者。

凡有呼吸者、宜赞扬主

诵福音经：

我等既睹基督之复活、宜叩拜独一无罪圣主耶稣基督、我等叩拜尔十字架、赞荣称颂尔圣复活、缘尔乃我等上帝、尔之外我等弗识他主、我等既以尔名自称、请众诚信者至而叩拜基督圣复活、因借仗十字架而喜降至于普世、因此我等常感谢主、赞颂其复活、缘其为我等而被钉十字架、以死灭死。

圣咏经第五十章

Glory to the Father, and to the Son, and the Holy Spirit: Through the prayers of the apostles, O Merciful One, blot out the multitude of our transgressions.

Both now and ever, and unto the ages of ages. Amen: Through the prayers of the Theotokos, O Merciful One, blot out the multitude of our transgressions.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgressions.

And if there is a festal sticheron appointed at this place (for feasts of the Lord and the Theotokos, on any day, including Sundays; for saints, on weekdays only), it is sung. Otherwise, on Sundays outside the Lenten cycle we sing:

Jesus having risen from the grave, as He foretold, hath given us life eternal, and great mercy.

After O God, save your people and the Ekphonesis, we begin the Canons, singing the Resurrection Canon to 4, the Cross-Resurrection to 3, that of the Mother of God to 3, and that of the Saint of the day to 4. But if the Saint is 'feasted' to 6 or 8. Katavasia appointed. At the end of the 3rd and 6th Odes, the Short Litany.

Resurrection Canon.

Ode 1. Tone 1. The Irmos.

Your triumphant right hand, in a manner fitting God, has been glorified in strength, O Immortal; for in its infinite strength it broke in pieces the enemy, and made a strange new way for the Israelites in the deep.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

With immaculate hands working as God, you fashioned me in the beginning from dust, stretched out those hands on the Cross, calling back from the earth my corruptible body, which you had taken from the Virgin.

Refrain: Glory to Thy holy Resurrection O Lord.

He, who by divinely breathing placed a soul in me, submitted to being slain for me and delivered his soul to death; and having freed it from eternal bonds and raised it with himself, he glorified it with incorruption.

Theotokion

Refrain: Most holy Theotokos save us.

Hail source of grace, hail ladder and gate of heaven, hail lampstand and golden jar, and unhewn mountain, who bore for the world Christ the Giver of life.

Another Canon, of Cross and Resurrection.

Irmos. Christ is born, give glory!

Refrain: Glory to Thy precious Cross and Resurrection.

Christ incarnate makes me divine. Christ being humbled exalts me. Christ the Giver of life by suffering the passion in the flesh makes me dispassionate. Therefore I raise a song of thanksgiving, for he has been glorified.

Refrain: Glory to Thy precious Cross and Resurrection.

Christ being crucified lifts me up. Christ put to death raises me with himself. Christ grants me life. Therefore as I clap my hands in gladness I sing to the Saviour a song of victory, for he has been glorified.

Refrain: Most holy Theotokos save us.

All-pure Virgin, you conceived God; in virginity you gave birth to Christ who was incarnate from you, in person one only-begotten Son, known in two natures, for he has been glorified.

荣耀归于父、及子、及圣神

仁慈主、以使徒祈祷、洁净我等多罪。

自今至永远、及于万世、阿民。

仁慈主、以圣母转达、洁净我等多罪。

上帝欵、因尔大仁慈、矜怜我、以大怜惠、删除我诸愆尤。

此处诵唱庆日赞词(任何日子、包括在主日在内的主及圣母的庆日;平日圣人的庆日)。在四旬期之外的主日;

耶稣依预言由柩中复活者、赐我等常生及宏恩。

念完「上帝、求祢拯救祢的子民……」、司祭高声诵念完结束祝文之后、开始诵念圣颂典。圣颂典的念法如下:由复活圣颂典取四段圣颂、由十字复活圣颂典取三段圣颂、由向生神女的圣颂典取三段圣颂、由本日所纪念的圣人的圣颂典取四段圣颂。若本日乃圣人的「庆节」、则取六段或八段圣颂。第三及第六圣颂小连祷后、诵念指定合众词。

复活圣颂典。

圣歌一 第一调式 首节

圣常生者欵、尔常胜右手、以刚坚光荣赫着、因其全能拂灭敌仇、及为以色列民预辟渡海渊新途。

圣颂

节句:主欵、赞荣尔圣复活。

尔原始以奇妙至洁手、用土造我者、今伸臂于十字架、使借童贞所受由土所造可朽之人体获荣光。

节句:主欵、赞荣尔圣复活。

用上帝之嘘气赋我灵者、今为救我之故而被害、将己灵付于死、释彼永囚、使我偕之复苏、且以常生荣耀我。

生神女颂

节句:祈至圣母救我等。

庆哉、恩宠之泉源、庆哉升天之梯阶、及天门、庆哉、光烛、及金罇、及未凿之山、施生活基督所由降世者。

又圣颂典 十字架复活圣颂典

首节:基督诞生了、荣耀归于祂!

节句:主欵、赞荣尔尊十字架、及荣复活。

基督受人体、而使我体合于上帝之荣、基督自谦卑、而使我升举、基督施生活者、肉体受难、使我无私情、故我以感谢之词歌颂曰、缘其赫着矣。

节句:主欵、赞荣尔尊十字架、及荣复活。

基督被钉十字架、而使我升高、基督受死、而使我偕伊复活、基督赐我常生、故我快乐拍掌凯歌救世主之颂曰、缘其赫著矣。

节句:祈至圣母救我等。

至洁童贞欵、尔孕上帝、及由尔所受人体之基督存童贞而生、伊系独一之子、一位兼两性者、缘其赫着矣。

Another Canon, to the Mother of God.

Irmos. Your triumphant right hand.

Refrain: Most holy Theotokos save us.

What hymn worthy of you can our weakness offer? Unless the joyful one which Gabriel revealed to us: Hail Mother of God, Virgin Mother without bride-groom!

Refrain: Most holy Theotokos save us.

To the Ever-virgin and Mother of the King of the Powers above let us the faithful cry in spirit from hearts most pure: Hail Mother of God, Virgin Mother without bridegroom!

Refrain: Most holy Theotokos save us.

Infinite the abyss of your incomprehensible childbearing, All-pure one; therefore with unhesitating faith we offer you our song, as we say sincerely: Hail Mother of God, Virgin Mother without bridegroom!

Ode 3. The Irmos

You alone know the weakness of mortals and in compassion took its form; gird me with power from on high, to cry to you: Holy the living temple of your ineffable glory, O lover of mankind!

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

As you are my God, O Good one, you pitied me, fallen as I was, and were well pleased to come down to me. You have raised me up through your crucifixion to cry to you: Holy the Lord of glory, in goodness beyond compare!

Refrain: Glory to Thy holy Resurrection O Lord.

O Christ as Life empersonned and as compassionate God, having clothed yourself with me, corrupted one, you came down, Master, to the dust of death, tearing apart mortality, and rising on the third day you clothed the dead with incorruption.

Theotokion

Refrain: Most holy Theotokos save us.

Having conceived God in the womb through the All-holy Spirit, O Virgin, you remained unconsumed by the flame; for to Moses the lawgiver the bush burning yet unconsumed clearly foretold you who received the unendurable fire.

Of Cross and Resurrection.

To the Son begotten.

Refrain: Glory to Thy precious Cross and Resurrection.

To Christ God, who took the wandering sheep upon his shoulders and through a tree destroyed his sin, let us cry aloud, you that exalt our horn, Holy are you, O Lord!

Refrain: Glory to Thy precious Cross and Resurrection.

To the One who brought from Hell Christ the great shepherd and by his priestly power, through the Apostles, shepherded in wisdom all the nations, let us in truth by the divine Spirit give adoration.

Theotokion

Refrain: Most holy Theotokos save us.

To the Son who without seed was incarnate by his will from a Virgin, and who by his divine power kept her a pure Virgin after bearing child, to the God of all, let us cry aloud, Holy are you, O Lord!

又圣颂典 生神女圣颂典

首节：祢得胜的右手

节句：祈至圣母救我等。

我济劣弱、何能以如量之词献尔、除彼加百列奥秘所诲快乐之词曰、庆哉圣母、聘而未婚之童贞女。

节句：祈至圣母救我等。

我众诚信者、应以洁心赞颂永贞系天军君之母曰、庆哉圣母、聘而未婚之童贞女。

节句：祈至圣母救我等。

至洁者欤、借尔降生者、不可测其奥秘、实无限量、故我众信之无疑、献尔以极洁之词曰、庆哉圣母、聘而未婚之童贞女。

圣歌三 首节

独一识人性体之弱者、因尔大仁慈、故亦受之、求尔自上以力束我、为我克向尔吁曰、爱人者欤、尔乃不可测威荣神灵之圣堂。

圣颂

节句：主欤、赞荣尔圣复活。

至善之上帝、尔宽忍我坠落者、施恩降临于我、借被钉十字架升举我、为我克向尔吁曰、圣威荣之主、尔爱人系不可量者。

节句：主欤、赞荣尔圣复活。

基督乃己位之常生我被朽败、尔系慈怜之主亦服受之、主宰入于地中、以死灭死之权、借第三日复活、使诸死者复苏、而衣以不朽。

生神女颂

节句：祈至圣母救我等。

聖童貞藉至聖之神、胎孕上帝、係不燼者、蓋昔設法律之摩西所見焚不燼之荊棘、明預像爾領納不可忍受之火而弗燼。

又圣颂典 十字架复活圣颂典

首节：向受生的圣子

节句：主欤、赞荣尔尊十字架、及荣复活。

请众向上帝基督负失羊、而以十字架灭其罪者、呼吁曰、举升我等品位之主、系诚圣者。

节句：主欤、赞荣尔尊十字架、及荣复活。

我众诚信者、宜事奉上帝圣神、令大牧首基督出地狱、而借使徒所立之神品、以公义牧万民者。

生神女颂

节句：祈至圣母救我等。

请众向万物之上帝、系甘愿由童贞洁孕受人体之子、以上帝能力、令至洁女产后存童贞者呼吁曰、主系诚圣者。

*Another, of the Mother of God.
You alone know.*

Refrain: Most holy Theotokos save us.

Truthfully, O Virgin, following the words of the Prophet, we name you the light cloud; for on you the Lord came to destroy the Egypt's idols of error and to enlighten those who served them.

Refrain: Most holy Theotokos save us.

The choir of Prophets truly named you the sealed fountain and the shut gate, clearly depicting for us the symbols of your virginity, O All-praised, which you preserved even after childbirth.

Refrain: Most holy Theotokos save us.

All-blameless Virgin, Gabriel, enabled as far as is lawful to know the mind of God, brought you a message of great gladness, plainly disclosing the conception of the Word, and proclaiming your ineffable childbearing.

Ode 4. The Irmos.

Avvakoum with foreseeing eyes perceived you as a mountain overshadowed by the grace of God, from which, he foretold, the Holy one of Israel would come, for our salvation and refashioning.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Who is this Saviour who comes from Edom, crowned with thorns, his garments reddened, hanging on a tree? This is the Holy one of Israel, for our salvation and refashioning.

Refrain: Glory to Thy holy Resurrection O Lord.

See, disobedient people, and be ashamed! The One whom you insanely begged Pilate to hang upon a cross as a malefactor has abolished the power of death, and in a manner fitting God has risen from the tomb.

Theotokion

Refrain: Most holy Theotokos save us.

We know you to be the tree of life, O Virgin; for from you there did not bud the fruit which bore death when eaten, but the enjoyment of eternal life for the salvation of us who sing your praise.

*Another, of Cross and Resurrection.
Rod out of Jesse's root.*

Refrain: Glory to Thy precious Cross and Resurrection.

Who is this fair one from Edom, and the scarlet of his garments from the vine of Bosor? He is fair as God and as a mortal he has reddened his robe with the blood of his flesh. To him we faithful sing, Glory to your power, O Lord!

Refrain: Glory to Thy precious Cross and Resurrection.

Christ, appearing as high priest of the blessings to come, scattered our sin, and, showing a strange way by his blood, he hastened into a greater and more perfect tabernacle, our forerunner into the Holy Place.

Theotokion

Refrain: Most holy Theotokos save us.

You paid the ancient debt of Eve, O All-praised, by the new Adam who was made manifest for our sake. For uniting to himself from a pure conception rational and animate flesh Christ came forth from you, Lord over both natures.

又圣颂典 生神女圣颂典

首节：惟有你知道

节句：祈至圣母救我等。

我众按先知之预言、称尔圣女实为彩云、因主携尔抵埃及解彼偶像之惑、且光照其人。

节句：祈至圣母救我等。

满被赞扬者欤、先知之会诚称尔为印封之泉及关键、用以为尔产后仍童贞之印记。

节句：祈至圣母救我等。

无玷圣女欤、加百列得恩、见尊异超性之上帝、报尔嘉音、明示尔降孕之言、及传报不可测之降生。

圣歌四 首节

哈巴谷以慧目瞻尔如上帝恩宠所庇荫之山、先言由尔应出以色列之圣者、为救赎复新我等。

圣颂

节句：主欤、赞荣尔圣复活。

其自以东来、冠刺冠、衣赭衣、悬于十字架之救世者为谁、乃以色列之圣者、为救赎复新我等。

节句：主欤、赞荣尔圣复活。

尔众叛逆者宜观之而发愧、因尔愚昧求彼拉多如暴逆而钉于十字架者、彼已灭死权、因系上帝、由死复活矣。

生神女颂

节句：祈至圣母救我等。

聖女歟、我眾以爾為生命之樹、因由爾所生之果、非致人死乃使人永享常生福樂之果、為救贖我等歌頌爾者。

又圣颂典 十字架复活圣颂典

发自耶西之根的枝条

节句：主欤、赞荣尔尊十字架、及荣复活。

此从以东来之美姿容者、厥衣鲜红、如以沃索尔之葡萄汁所染者为谁、其华美如上帝、其肉躯如人、服以血所染之红衣、我众诚信者向之吁曰、主欤、赞荣尔能力。

节句：主欤、赞荣尔尊十字架、及荣复活。

基督为来世福之司祭首、消灭原罪、以己血示我奇妙之途、携我侪入较前广且备之帷幄、而为之先驱。

生神女颂

节句：祈至圣母救我等。

满被赞扬者、尔借为我等降世之新亚当、偿往古夏娃之债、盖由尔所产生之基督、将其灵形、借尔洁孕体合于上帝性、而为一位两性之主。

*Another, of the Mother of God.
Avvakoum with foreseeing eyes.*

Refrain: Most holy Theotokos save us.

Hear wonders, O heaven, take note, O earth, for a daughter of the earthly, fallen Adam has been declared God's daughter, and mother of her own Creator, for our salvation and refashioning.

Refrain: Most holy Theotokos save us.

We praise your great and awe-inspiring mystery; for unknown to the Captains of the armies beyond the world, the One Who Is came down upon you, like dew upon a fleece, O All-praised, for our salvation and refashioning.

Refrain: Most holy Theotokos save us.

All-praised Mother of God, Holy of Holies, expectation of the nations, salvation of the faithful, from you has dawned the redeemer and Giver of life and Lord. Entreat him that your servants may be saved.

Ode 5. The Irmos.

O Christ, who enlightened the ends of the world by the brightness of your coming, and made them radiant by your Cross, enlighten with the light of your divine knowledge the hearts of those who sing your praise with right belief.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The Jews put to death through the wood of the cross the great shepherd and Lord; but from death's might he rescued like sheep the dead buried in Hell.

Refrain: Glory to Thy holy Resurrection O Lord.

When you announced the glad tidings of peace by your cross and proclaimed deliverance for captives, my Saviour, then, O Christ, you put to shame him who held them in thrall and showed him naked and destitute by your Divine Rising.

Theotokion

Refrain: Most holy Theotokos save us.

All-praised, do not despise the prayers of those who faithfully entreat you, but receive and present them. O Pure one, to your Son, our God and only benefactor; for in you we have gained a protector.

*Another, of Cross and Resurrection.
As you are God of peace.*

Refrain: Glory to Thy precious Cross and Resurrection.

O the riches and depth of the wisdom of God! The Lord who catches the wise has ransomed us from their trickery; for having suffered willingly through the weakness of the flesh, through his own strength he has been raised, a life-giving corpse.

Refrain: Glory to Thy precious Cross and Resurrection.

Being God Christ is united to flesh for our sake, and is crucified and dies and is buried and rises up again, and goes up in splendour to the Father with his own flesh, with which he will come and save those who devoutly adore him.

Theotokion

Refrain: Most holy Theotokos save us.

Pure Virgin, Holy of Holies, you gave birth to the Holy of Holies, who hallows all, Christ the Redeemer. And so we proclaim you as Queen and Sovereign Lady of all things, as Mother of the Creator of all that has been made.

又圣颂典 生神女圣颂典

首节：哈巴谷以预见之目

节句：祈至圣母救我等。

天宜听奇迹、地宜侧耳、因由土所造陷于罪亚当之裔、称为造伊之上帝之母、为救赎复新我等。

节句：祈至圣母救我等。

满被赞扬者、我众赞扬尔极大威严之奥秘、因永在之主、系超世诸天军所不可测者、如雨滴润于羊皮、而降临于尔、为救赎复新我等。

节句：祈至圣母救我等。

超诸圣满被赞扬之圣母、系万民之冀望、及诚信者之拯救、因施生活救赎之主、由尔发光照、求代祈彼、拯救尔诸仆。

圣歌五 首节

基督以降世光及尔圣架照耀辉煌普世界、求以尔上帝智慧、启牖诚赞颂尔者之心。

圣颂

节句：主欸、赞荣尔圣复活。

犹太人借十字架击死大牧首、即主、第彼在地狱所系者之灵、如羊获免于死权。

节句：主欸、赞荣尔圣复活。

救我之基督欸、尔以十字架传安和于普世、告被掳者得释、借尔复活辱有死权者、明显其劣弱无权。

生神女颂

节句：祈至圣母救我等等。

祈满被赞扬者、勿轻视以诚心祈祷尔者、求至洁者聆纳之、而代白于尔子、系独一施恩之上帝、因尔乃我等之转达。

又圣颂典 十字架复活圣颂典

首节 因祢是和平之上帝

节句：主欸、赞荣尔尊十字架、及荣复活。

大哉、上帝荣光智慧之渊、主欲愧彼智慧者、故拯救我等于伊之诡计、甘愿以劣弱之人体受难、以上帝全能受死而复苏、为施生活者。

节句：主欸、赞荣尔尊十字架、及荣复活。

基督乃永在之上帝、为我众受人体、被钉十字架死而瘞复活、及以荣光偕肉躯升至天父、而偕此将来拯救凡真心事奉之者。

生神女颂

节句：祈至圣母救我等。

超诸圣至洁童贞欸、尔生超诸圣之圣、成圣万物之救世基督、故我众赞扬宰后造万物者之母。

*Another, of the Mother of God.
O Christ, who enlightened.*

Refrain: Most holy Theotokos save us.

Seeing you the Powers of heaven are glad, and the ranks of mortals rejoice with them; for they have been united, Virgin Mother of God, by your offspring; whom we fittingly glorify.

Refrain: Most holy Theotokos save us.

Let every mortal tongue and mind be roused to the praise of mortal man's true ornament; the Virgin clearly stands by the Lord, glorifying those who with faith sing the praise of her marvels.

Refrain: Most holy Theotokos save us.

Every song and every praise of the wise offered to the Virgin and Mother of God is glorified. For the temple of God's glory she has become; whom we fittingly glorify.

Ode 6. The Irmos.

The deepest abyss has surrounded us, there is none to deliver, we have been counted as sheep for the slaughter; save your people, O God, for you are the strength and restoration of the weak.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

By the fault of the first-formed man, O Lord, we were grievously wounded; but by your stripes, by which you were wounded for our sakes, O Christ, we have been healed; for you are the strength and restoration of the weak.

Refrain: Glory to Thy holy Resurrection O Lord.

You have brought us up from Hell, Lord, by worsting the all-devouring monster of the deep, O All-powerful, and destroying his power by your might; for you are life and light and resurrection.

Theotokion

Refrain: Most holy Theotokos save us.

The Forefathers of the race rejoice in you, immaculate Virgin, for through you they regain Eden, which they lost through transgression; for you are pure both before childbearing and after giving birth.

Another, of Cross and Resurrection.

The monster from the deep.

Refrain: Glory to Thy precious Cross and Resurrection.

Christ God, being Mind dispassionate and immaterial, mingles with the human mind that stands midway between the divine nature and the solidity of flesh; and was wholly united to the whole of me without change, that by being crucified he might hand salvation to the whole of me, who had fallen.

Refrain: Glory to Thy precious Cross and Resurrection.

Tripped, Adam falls and is crushed, cheated of his hope of being made divine, but he arises, deified by the union of the Word, by the Passion gains dispassion, and, as the Son, enthroned with the Father and the Spirit, is glorified.

Theotokion

Refrain: Most holy Theotokos save us.

Not leaving the bosom of his Begetter, who is without beginning, he lodges and comes to rest in the bosom of a pure Maiden, he that is without mother incarnate without father, the God of righteousness who reigns as king. His fearful and ineffable generation is without genealogy.

又圣颂典 生神女圣颂典

首节 基督、祢光照

节句：祈至圣母救我等。

童贞圣母欸、天军见尔而喜乐、会众偕彼而快愉、伊等翕然同声、缘尔所生者、我众亦赞荣之。

节句：祈至圣母救我等。

愿众以思念言语赞美尔系人类之真淑媛、盖圣女明立赐荣光与秉信赞美其奇迹者。

节句：祈至圣母救我等。

诸智慧者、因献歌颂赞美词于童贞圣母获荣光、因伊乃上帝荣光之堂、故我众合伊所宜赞颂之。

圣歌六 首节

深渊环围我等、无人援拯我等、似应屠之羊、求我等上帝救尔民、因尔坚固及助扶诸荏弱者。

圣颂

节句：主欸、赞荣尔圣复活。

主欸、缘原祖之罪、我众受甚重伤痕、而以尔基督为我众所受之伤、我众获医治、因尔坚固及助扶诸荏弱者。

节句：主欸、赞荣尔圣复活。

全能之主欸、尔提出我等于地狱、灭全吞之魔、及以尔权柄败坏其能力、因尔乃常生荣光及复活。

生神女颂

节句：祈至圣母救我等。

至洁圣女欸、原祖因犯罪而失地堂、今借尔复获之而喜、尔乃产前产后均系童贞。

又圣颂典 十字架复活圣颂典

首节 来自深渊的怪物

节句：主欸、赞荣尔尊十字架、及荣复活。

基督乃永在无形无私之神灵、体合于人灵、而以上帝性体、结合于人肉躯、不易本性成全为人、欲借被钉十字架、而施拯救于我罪人。

节句：主欸、赞荣尔尊十字架、及荣复活。

昔亚当欲僭上帝反自悞、被惑坠陷于罪而焦虑、今上帝圣言受人体、始克体合于上帝、及偕上帝圣父与圣神坐于荣宝座之圣子之苦难而赦难。

生神女颂

节句：祈至圣母救我等。

不离无始圣父之怀者、今居于至洁童贞女怀中、诸世前无母而生者、今无父而受孕、乃以公义司掌之上帝、其来历谱系不载乃系威严莫测者。

*Another, of the Mother of God.
The deepest abyss.*

Refrain: Most holy Theotokos save us.

The heavenly Ranks stand beside your Offspring like servants, fittingly struck with amazement at your child-bearing without seed, O Ever-virgin; for you are pure both before bearing child and after giving birth.

Refrain: Most holy Theotokos save us.

The Word, who before was without flesh, who made the universe by his will, who brought the armies of the Bodiless ones into being out of nothing, as All-powerful, became incarnate from you, O All-pure.

Refrain: Most holy Theotokos save us.

The foe has been slain by your life-bearing Fruit, O Full of God's grace, and Hell has been manifestly trampled down, and we who were in chains have been freed; and so I cry out: Do away with the passions of my heart!

*Kontakion.
When you come upon the earth.*

You rose from the grave in glory as God and raised the world up with you; mortal nature sang your praise as God, and death disappeared; Adam dances, Master, and now Eve, freed from her chains, rejoices as she cries: It is you, O Christ, who grant Resurrection to all.

The Ikos.

Let us praise as God of all power the One who rose on the third day, smashed the gates of Hell and roused the age-long dead from the grave, who appeared to the Myrrhbearers, as it was his good pleasure to say to them first of all: Rejoice! and so revealing joy to the Apostles, as alone Giver of life. Therefore with faith the Women proclaim the tokens of victory to the Disciples; Hell groans, Death laments, the world exults and all rejoice together: For you, O Christ, have granted Resurrection to all.

Ode 7. The Irmos.

We the faithful recognise you, O Mother of God, as a spiritual furnace; for as he, the highly exalted, saved the three Youths, so he wholly refashioned me, humanity, in your womb, the God of our Fathers. praised and glorified above all.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The earth shuddered, the sun was turned back and with it the light was darkened, the sacred veil of the Temple was rent in two and the rocks were split; for the Just One had been made away with through a cross; the God of our Fathers. praised and glorified above all.

Refrain: Glory to Thy holy Resurrection O Lord.

When you, the highly exalted, had willingly for ours sakes become as one with no help and a slain corpse among the dead, you freed us all and raised us up with you with a mighty hand, the God of our fathers. praised and glorified above all.

Theotokion

Refrain: Most holy Theotokos save us.

Hail, spring of ever-living water! Hail, Paradise of pleasure! Hail, wall for the faithful! Hail, Bride without bridegroom! Hail, joy of all the world! through whom there has dawned for us: the God of our fathers. praised and glorified above all.

又圣颂典 生神女圣颂典

首节 深渊环绕着我们

节句：祈至圣母救我等。

永贞女欤、尔娩时天军如仆侍尔面前、惊异尔净孕之产、因尔至洁者、产前产后均系童贞。

节句：祈至圣母救我等。

至洁者欤、自原始系无形、随意创万物、且以全能造无形天军之圣言、今由尔受人体。

节句：祈至圣母救我等。

满被上帝之宠者、借尔施生活之果、魔被灭、地狱被践、而我众被囚者得释、故我呼吁曰、求灭我心之私情。

集祷颂

通用调式 当祢降临世界

主宰欤、尔如上帝以荣光由柩中复活、俾世界偕尔复活、凡属人体者俱赞荣尔如上帝、死化灭、而亚当欣喜、夏娃今日以囚获释、欢乐而吁曰、尔乃基督赐万物复活者。

行述赞

请众赞颂全能之上帝、系第三日复活者、败坏地狱门者、复苏诸自原始已亡者、及以恩赐首先显现于携香液女曰庆哉者、而伊独一施生活者、借此传告喜信于使徒、是以携香液女秉信往告使徒获胜之据、地狱呻吟、死亡哭泣、普世喜悦、而众偕之快乐、因尔基督乃赐万物复活者。

圣歌七 首节

圣母欤、我等诚信者、于火窑睹尔预像、盖如昔满被赞扬之主、救援三幼童、今孕于尔腹者、亦复新普世、兹乃祖父之主、满被称颂赞扬者。

圣颂

节句：主欤、赞荣尔圣复活。

地震、日蚀、光晦、堂幔自裂、磐石亦崩、缘义德者被钉十字架、兹乃祖父之主、满被称颂赞扬者。

节句：主欤、赞荣尔圣复活。

崇高者欤、尔为我等如无力者、死后且受茅伤、而施众以解释之救援、及以全能之掌、使众偕尔复活、兹乃祖父之主、满被称颂赞扬者。

生神女颂

节句：祈至圣母救我等。

庆哉永生活之泉、庆哉喜悦之天堂、庆哉诚信者之墙垣、庆哉婚而不媾者、庆哉普世之喜乐、因借尔发光于我等中、兹乃祖父之主、满被称颂赞扬者。

*Another, of Cross and Resurrection.**The youths brought up together.**Refrain: Glory to Thy precious Cross and Resurrection.*

Of old the earth was cursed, made crimson with the blood of Abel by a brother's murdering hand; but watered by your blood that flowed from God it is blessed and leaping for joy cries out, God of our Fathers, blessed are you!

Refrain: Glory to Thy precious Cross and Resurrection.

Let the people of the Jews, opposed to God, lament the reckless deed of putting Christ to death; but let the nations be glad and clap their hands and shout, God of our Fathers, blessed are you!

Refrain: Glory to Thy precious Cross and Resurrection.

Lo, the dazzling Angel cried out to the Myrrhbearing Women, Come, see the tokens of Christ's Resurrection, the graves clothes and the tomb, and cry out, God of our Fathers, blessed are you!

*Another, of the Mother of God.**We the faithful recognise.**Refrain: Most holy Theotokos save us.*

Jacob in prophecy discerned you in the ladder, O Mother of God; for through you the Highly Exalted was well-pleased to appear and to live among men: the God of our fathers. praised and glorified above all.

Refrain: Most holy Theotokos save us.

Hail, most revered, Adam's fleece! The Shepherd, the highly exalted, came forth from you, truly clothed in my whole humanity, through his ineffable compassion: the God of our fathers. praised and glorified above all.

Refrain: Most holy Theotokos save us.

The God before the ages truly bears the name new Adam, from your pure blood; pray to him now to make me, old and worn out, new, as I cry: O God of our fathers. praised and glorified above all.

Ode 8. The Irmos.

In the furnace as in a smelter the Israelite Youths shone with the beauty of godliness brighter than gold as they said: All you his works bless the Lord, praise and highly exalt him throughout all the ages.

*Troparia**Refrain: Glory to Thy holy Resurrection O Lord.*

O Word of God, maker and transformer of all things by your will, changing the shadow of death into everlasting life by your Passion, unceasingly we, all your works, praise you as Lord, and highly exalt you throughout all the ages.

Refrain: Glory to Thy holy Resurrection O Lord.

By rising on the third day, O Christ, you destroyed the misery and wretchedness within the gates and strongholds of Hell. Unceasingly all your works praise you as Lord, and highly exalt you throughout all the ages.

*Theotokion**Refrain: Most holy Theotokos save us.*

Let us praise her who without seed and beyond nature brought forth Christ the precious pearl from the divine lightning as we say: All you his works bless the Lord, praise and highly exalt him throughout all the ages.

又圣颂典 十字架复活圣颂典

首节 青年人一起受教育长大

节句：主欸、赞荣尔尊十字架、及荣复活。

昔地以杀弟之手所流亚伯之血而被诅咒、今以由主所流注之血被降福、是以极喜悦呼吁曰、祖父之上帝、系被赞扬者。

节句：主欸、赞荣尔尊十字架、及荣复活。

敌上帝之犹太民、既敢击毙基督、则宜哀泣、而他邦人宜喜悦拍掌、及呼吁曰、祖父之上帝、系被赞扬者。

节句：主欸、赞荣尔尊十字架、及荣复活。

天神显见于携香液女、报基督之复活曰、请观其印记、即臬布及枢、且赞美之曰、祖父之上帝、系被赞扬者。

又圣颂典 生神女圣颂典

首节 我们信友宣认

节句：祈至圣母救我等。

圣母欸、昔雅各所见之梯、乃尔之预像、因崇高者甘愿降现于地、居于世间、兹乃祖父之主、满被称颂赞扬者。

节句：祈至圣母救我等。

庆哉至洁者、由尔生崇高之牧、以不可测之仁慈、实受亚当之形体、即全人之形体、兹乃祖父之主、满被称颂赞扬者。

节句：祈至圣母救我等。

永在上帝、由尔至洁血受人体、而实为新亚当、今求代祈之复新我被朽坏者、为我克赞颂之曰、兹乃祖父之主、满被称颂赞扬者。

圣歌八 首节

以色列幼童等于火窑如在冶、因虔诚之美、较金为光耀、歌颂曰、主所造之诸物、应赞美主、且歌颂称扬之于无穷世。

圣颂

节句：主欸、赞荣尔圣复活。

随意造化万物之上帝圣言、以尔苦难易死之幽暗为常生、故我众为主所造者、不绝歌颂主、且称扬之于无穷世。

节句：主欸、赞荣尔圣复活。

基督以第三日由死复活、败坏地狱之监、及其门内之灭亡、及苦难、故主所造之诸物、不绝歌颂主、且称扬之于无穷世。

生神女颂

节句：祈至圣母救我等。

请众赞颂以洁孕奇妙、借圣神降临所生尊贵珍珠、即基督、曰、主所造之诸物、应赞美主、且歌颂称扬之于无穷世。

*Another, of Cross and Resurrection.**The furnace moist with dew.**Refrain: Glory to Thy precious Cross and Resurrection.*

Come, peoples, let us worship the place on which stood Christ's immaculate feet, and where his divine, life-giving palms were stretched out on a tree for the salvation of all mortals; and we circle the tomb of life let us raise the song, Let all creation bless the Lord, and highly exalt him to all the ages.

Refrain: Glory to Thy precious Cross and Resurrection.

The lawless slander of the Jews who slew God has been refuted; for the One they called a deceiver, has been raised as one with power, making a mockery of the seals of the lawless. And so with gladness let us raise the song, Let all creation bless the Lord, and highly exalt him to all the ages.

Refrain: Most Holy Trinity, our God, glory to Thee.

The most pure Seraphim, as they praise the glory of the one lordship in thrice-holy hymns, like slaves they glorify with fear the three-personned Godhead. With them we too devoutly raise the song, Let all creation bless the Lord, and highly exalt him to all the ages.

*Another, of the Mother of God.**In the furnace.**Refrain: Most holy Theotokos save us.*

Let us all sing the praise of the Bridal Chamber filled with light, from whom Christ, the Master of all, came forth as a bridegroom, as we cry: All you his works bless the Lord, praise and highly exalt him to all the ages.

Refrain: Most holy Theotokos save us.

Hail, glorious throne of God! Hail wall of the faithful, through whom Christ, the light, has dawned for those in darkness, who call you blest and cry: All you his works bless the Lord, praise and highly exalt him throughout all the ages.

Refrain: Most holy Theotokos save us.

Cause of our salvation, who bore the Lord, Virgin all-praised, intercede for all who devoutly cry: All you his works bless the Lord, praise and highly exalt him throughout all the ages.

Then we sing the song of the Virgin: My soul magnifies the Lord: with the refrain: More honorable than the Cherubim:

Ode 9. The Irmos.

The burning bush that was not consumed was a type of your childbearing; quench for us now the raging furnace of temptations we pray, O Mother of God, that we may unceasingly magnify you.

*Troparia**Refrain: Glory to Thy holy Resurrection O Lord.*

O how the lawless and disobedient people, having plotted evil, justified the ungodly malefactor, but condemned the Just, the Lord of glory, to the tree! him we fittingly magnify.

Refrain: Glory to Thy holy Resurrection O Lord.

O Saviour, the unblemished Lamb who takes away the sin of the world, we glorify you, risen on the third day, with the Father and the divine Spirit; and acknowledging you as God, as Lord of glory we magnify you.

又圣颂典 十字架复活圣颂典

首节 甘露使火窑凉爽

节句：主欸、赞荣尔尊十字架、及荣复活。

请众叩拜主洁净之膝所立、及为救众施生之手所舒于刑木之处、而周环伊施生活之枢、应歌颂曰、愿万物赞美主、且称扬之于无穷世。

节句：主欸、赞荣尔尊十字架、及荣复活。

害主之犹太人以谤主而违理、且与以诳骗之名、因愚而封闭之、第主以全能复活、而折服此毁谤、故我众宜喜悦歌颂曰、愿万物赞美主、且称扬之于无穷世。

节句：至圣圣三一、我等上帝、荣光于尔。

至洁塞拉芬等敬畏如仆、赞扬三位一体之上帝、承认其为圣三中之独一主、我众偕伊等亦虔恭歌颂曰、愿万物赞美主、且称扬之于无穷世。

又圣颂典 生神女圣颂典

首节 在火窑之中

节句：祈至圣母救我等。

我众宜歌颂万物主宰基督如新郎所出之光宫曰、主所造之诸物、宜歌颂主、且称扬之于无穷世。

节句：祈至圣母救我等。

庆哉上帝之荣宝座、庆哉诚信者之垣、借尔基督之光、照坐于黑暗者、乃赞扬尔曰、主所造之诸物、宜歌颂主、且称扬之于无穷世。

节句：祈至圣母救我等。

满被赞扬之童贞女、尔生主、乃我众得救之缘、求代祈一切尽心呼吁者曰、主所造之诸物、宜歌颂主、且称扬之于无穷世。

于圣第九歌颂前唱至圣生神女之歌：我灵惟感颂主、我神惟悦上帝救我者。

节句：我等赞扬尔革鲁宾而尊、逾塞拉芬、荣光无比、无损而生上帝言、诚上帝之母云。

圣歌九 首节

圣母乎、以火焚而不烬之棘、系尔洁净孕生之预像、今求熄惊吓我等危难之火窑、为我等赞荣尔不绝。

圣颂

节句：主欸、赞荣尔圣复活。

违理不顺之人、异哉谲谋、为凶恶者鸣冤、而义德荣光之主、反被拟钉于十字架、故我众诚应赞荣之。

节句：主欸、赞荣尔圣复活。

救世主系肩普世诸罪无玷之羔者、我众赞美尔第三日复活荣光之主、偕上帝圣父及圣神而如上帝以赞荣尔。

Theotokion

Refrain: Most holy Theotokos save us.

Save your people, Lord, whom you purchased with your precious blood, strengthening our Sovereign against enemies, and bestowing peace on your Churches, O Lover of mankind, at the entreaties of the Mother of God.

Another, of Cross and Resurrection.

A strange and wonderful.

Refrain: Glory to Thy precious Cross and Resurrection.

Your Cross, O Lord, has been glorified with ineffable power; for your weakness was revealed to all as above power. Through it the powerful have been cast down to earth, while paupers have been brought safely to heaven.

Refrain: Glory to Thy precious Cross and Resurrection.

Our unsmiling death has been slain, for when you appeared to those in Hell, O Christ, you granted resurrection from the dead. And so as life and resurrection and empersonned life in hymns we magnify you.

Refrain: Most Holy Trinity, our God, glory to Thee.

The nature that is without beginning and without limit is acknowledged in three single divine hypostases; one Godhead in Father, Son and Spirit, trusting in which the Sovereign wise in God is saved.

Another, of the Mother of God.

The burning bush.

Refrain: Most holy Theotokos save us.

O Virgin, fulfilling prophecy, you sprang from David's root; yet David too you truly glorified in giving birth to him that was foretold, the Lord of glory whom fittingly we magnify.

Refrain: Most holy Theotokos save us.

All-pure one, every law of praise is defeated by the greatness of your glory; yet, Lady, graciously accept from unworthy suppliants, O Mother of God, the praise they offer you with love.

Refrain: Most holy Theotokos save us.

O what wonders are yours beyond the mind's conceiving! For you, O Virgin, alone higher than the sun, have granted to all to contemplate the newest wonder of your incomprehensible birth-giving. Therefore we all magnify you.

After katavasia there is a small litany. Then we sing Holy is the Lord our God.

Exapostilarion, the prescribed Eothinon. At Lauds, Let everything that has breath. We insert 8 Stichera.

Resurrection Stichera. Tone 1.

Verse 8: To execute upon them the judgement that is decreed; such glory will be for all his holy ones.

We sing the praise of your saving Passion, O Christ, and we glorify your Resurrection.

Verse: Praise God in his saints; praise him in the firmament of his power.

Having endured the Cross, destroyed death and risen from the dead, give peace to our life, O Lord, as you alone are All-powerful.

生神女颂

节句：祈至圣母救我等。

求爱人之主、借圣母代祈、救以尔尊血所得之民、求坚固皇帝败仇敌、及赐安和于尔圣教会。

又圣颂典 十字架复活圣颂典

首节 可奇而神妙

节句：主欸、赞荣尔尊十字架、及荣复活。

主欸、尔十字架以不可言之能力赫着矣、尔劣弱超逾一切刚毅、借尔世之刚毅者被陷坠、而神贫者被举向天。

节句：主欸、赞荣尔尊十字架、及荣复活。

基督欸、以尔由死之复活、我众幽暗之死渐消弱、因尔显现于地狱、施生命于其内者、故我众称颂尔乃生命及复活及已位之光者。

节句：至圣圣三一、我等上帝、荣光于尔。

上帝无原无限之性体、以三位所通彻者、系三位一体之上帝、曰、圣父圣子及圣神、虔诚皇帝倚赖之得救。

又圣颂典 生神女圣颂典

首节 焚烧的荆棘

节句：祈至圣母救我等。

圣女欸、尔依先知预言、由主祖大卫支派所生、亦使大卫获荣福、因依先知预言生荣光之主、故我众诚应赞扬之。

节句：祈至圣母救我等。

至洁者欸、凡人之赞美词、虽在尔荣光之前俱无力、第求宰后圣母、聆纳尔不堪之仆、以爱慕及热心所献之赞美词。

节句：祈至圣母救我等。

异哉、尔超人明悟之奇迹、尔惟独一至洁之童贞、发逾日之光、尔已予众悟尔不测所生之新迹、故我众赞美元尔。

合众词后小连祷、后唱：圣哉、上主、我众之上帝。（三次）

差遣颂、指定的味爽赞词。诵念赞美圣咏「凡有呼吸者……」时、插入八段赞词。

复活行间赞词 第一调式

插入八句赞颂：为以所纪录之审判、行于伊等、斯荣耀皆属其圣人。

基督欸、我等颂扬尔施救赎之难、及赞荣尔复活。

诗节：众宜赞美主于其圣所、赞美其荣福穹苍。

求被钉十字架灭死、及由死中复活之主、安慰我等之度日、因尔乃独一全能者。

Verse: Praise him for his mighty acts; praise him according to the greatness of his majesty.

Having despoiled Hell and raised humanity by your Resurrection, O Christ, grant that with pure hearts we may praise and glorify you.

Verse: Praise him with the sound of the trumpet; praise him with lute and harp.

As we glorify your divine condescension, we praise you, O Christ: you were born of a Virgin, yet you were not separated from the Father; as man you suffered and willingly endured the Cross; you rose from the grave, as though coming out of your bridal chamber, that you might save the world. Lord, glory to you!

Other Stichera by Anatolios

Verse: Praise him with timbrel and dance; praise him with strings and pipe.

When you were nailed to the Tree of the Cross, then the might of the enemy was put to death; creation was shaken in fear of you, and Hell was despoiled by your might. You raised the dead from the tombs and opened Paradise to the Thief. Christ our God, glory to you!

Verse: Praise him with tuneful cymbals; praise him with loud cymbals. Let everything that has breath praise the Lord.

Grieving the holy women came with haste to your grave; but finding the tomb opened and learning from the Angel the new and marvellous wonder, they announced to the Apostles, 'The Lord has risen, granting the world his great mercy'.

Verse: Arise, O Lord, my God, lift up your hand: do not forget your poor for ever.

We bow down before the divine stripes of your sufferings, Christ God, and royal sacrifice that took place divinely revealed in Sion at the end of the ages; for you, the Sun of righteousness, enlightened those who slept in darkness, leading them by the hand to the radiance that knows no evening. Lord, glory to you!

Verse: I will give you thanks, O Lord, with my whole heart: I will tell of all your wonders.

Tumultuous race of the Jews, give ear. Where are those who approached Pilate? Let the soldiers who kept watch say, where are the seals of the grave? Where has the one who was buried been moved to? Where has the One who is not for sale been sold? How has the treasure been burgled? Lawless Jews, why do you slander the Rising of the Crucified? He has risen, the One free among the dead, and grants the world his great mercy.

Glory. The Eothinon.

Both now. Theotokion.

You are most blessed, O Virgin Mother of God, for through him who took flesh from you, Hell has been captured, Adam recalled, the curse slain, Eve set free, death put to death, and we given life. Therefore in praise we cry: Blessed are you, Christ our God, who have been thus well-pleased, glory to you.

Then the Great Doxology and after it the Resurrection Troparion.

Today salvation has come to the world. Let us sing to him who rose from the tomb, the Author of our life. For destroying death by death, he has given us the victory and his great mercy.

The Litanies and Dismissal.



插入四节赞词：因其全能赞美之、因其宏威赞美之。

求胜地狱、及以尔复活复苏人之基督、赐我等以净心歌颂赞荣尔。

诗节：以角声赞美、以琴以瑟赞美。

基督欤、我众赞荣尔合上帝所宜之宽忍、尔为救普世、与上帝父不相离而由童贞女降生、以人体受难、甘愿被钉十字架、由枢复活如由宫出、主欤赞荣尔。

又行间赞词 阿纳托利作

诗节：以鼓及侗赞美、以弦及笙笛赞美。

我等上帝基督欤、尔被钉十字架时、魔权被灭、万物以惊惧而战栗、地狱以尔全能被战败、尔使诸死者由死复活、且为右盗启天堂、我等赞荣尔。

诗节：以和声之钹赞美、以大声之铙赞美、凡有呼吸者、宜赞扬主。

携香液女哭泣急趋至尔墓、见枢已启、而自天神获新奇妙奇迹之信、使传告于使徒曰、主复活矣、施宏恩于普世。

诗节：主欤、我上帝欤、起举尔手、莫忘尔之受窘迫者。

上帝基督、我众俯伏于尔施救重伤之难、及尔在锡安山所立主宰之机密事、系顺上帝旨、宜存至末世者、盖尔乃义德之日、光照寝于黑暗者、引之蒙受永光、吾主我等赞荣尔。

诗节：主欤、我将尽心称扬尔、而传扬尔之诸奇事。

尔好扰乱之犹太民宜听之、向彼拉多来之人安在哉、尔守卒宜曰、墓之印封安在、其已葬者曾有移于何处者乎、不可卖者、何能卖之、宝藏何可窃哉、背理之犹太人欤、何为谤主之复活、伊由死复活矣、及施宏恩于普世。

荣耀归于父…… 咏唱主日昧爽赞词

自今至永远…… 生神女颂

童贞上帝圣母、尔系被赞扬者、因由尔受人体者掳地狱、召苏亚当灭诅詈、释夏娃灭死、而我等获生、故赞颂曰、如此行之上帝基督、寔宜受赞扬、故我等赞荣尔。

咏唱大荣耀颂、之后咏唱复活圣颂：

今普世得救赎、我等歌颂吾等生命之帅、由枢而复活者、因其以死灭死、赐凯胜及宏恩于我众。

连祷及遣散词





AT THE LITURGY

Typika and Beatitudes.

on 8. Blessed are the merciful, for they shall obtain mercy.

Through food the foe led Adam out of Paradise; but through the Cross Christ led back in the Thief as he cried: Remember me when you come in your Kingdom.

on 7. Blessed are the pure in heart, for they shall see God.

I venerate your sufferings and I glorify your Resurrection; with Adam and the Thief I cry aloud with radiant voice: Remember me, Lord, when you come in your Kingdom.

on 6. Blessed are the peacemakers, for they shall be called sons of God.

You were crucified, O sinless one, and willingly laid in a grave, but you arose as God; raised Adam with yourself as he cried: Remember me when you come in your Kingdom.

on 5. Blessed are they that are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

Raising the temple of your body by your burial for three days, Christ God, you raised with Adam those who came from Adam as they cried: Remember me when you come in your Kingdom.

on 4. Blessed are ye when men shall revile and persecute you and say all manner of evil against you falsely for My sake.

Myrrhbearers came weeping to your grave, Christ God, very early in the morning, and found an Angel sitting clothed in white, who cried: What do you seek? Christ has risen, mourn no longer.

on 3. Rejoice and be exceeding glad, for your reward is great in the Heavens.

Your Apostles, Lord, coming to the mountain that you, O Saviour, had appointed for them, saw you and worshipped you. And you sent them out to teach the nations and baptise them.

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

Let us all worship the Father and glorify the Son, and with them praise the all-holy Spirit, as we cry and say: All-holy Trinity, save us all.

Both now and for ever, and to the ages of ages. Amen. Theotokion.

Your people, O Christ, brings you your Mother to intercede; at her entreaties, O Good One, grant us your compassion, that we may glorify you, who dawned for us from the tomb.





事奉圣礼

真福颂赞词

八、哀矜者诚福、因伊等将蒙哀矜。

魔借食物令亚当出地堂、基督借十字架令右盗进天堂、其乃呼吁曰、于尔国来时怜念我。

七、心净者诚福、因伊等将得见上帝。

我叩拜尔之受难、偕亚当及右盗赞荣尔复活、且以宏声呼吁曰、于尔国来时怜念我。

六、敷和者诚福、因伊等将称为上帝子。

尔乃无罪者、甘愿被钉十字架而受瘞、尔因系上帝故复活、令亚当偕尔复活、其乃呼吁曰、于尔国来时怜念我。

五、为义被窘害者福、因天国属伊等。

上帝基督欵、尔借三日之瘞、令尔肉躯之堂复活、偕亚当及其裔一同复活、伊等呼吁曰、于尔国来时怜念我。

四、既人因我而诽谤尔、迫害尔、诸妄言诅詈尔、则尔诚福。

上帝基督欵、携香液女哭泣清晨赴尔墓、见其内一衣白衣之天神曰、尔寻谁、毋哭泣、基督复活矣。

三、尔当欣喜悦乐、因在天尔之赏厚。

救世主欵、使徒至尔所谕之山既见尔则拜、尔遣其传教于万民及授洗。

荣耀归于父及子及圣神：

我众宜叩拜圣父、赞荣圣子、其歌颂至圣神、吁曰、至圣三者、求救我众。

自今至永远及于万世。阿民：生神女颂

基督欵、众借尔母为转达、求至善之主、借其代祈、赐尔宏恩于我等、为我等克赞扬尔由枢中发光耀者。



Resurrection Apolytikion. Model Melody.

When the stone had been sealed by the Jews, and while soldiers were guarding your most pure Body, you rose, O Saviour, on the third day, giving life to the world; therefore the heavenly Powers cried out to you, Giver of life: Glory to your Resurrection, O Christ! Glory to your Kingdom! Glory to your Dispensation, only lover of mankind!

Kontakion. When you come upon the earth.

You rose from the tomb as God in glory, and raised the world up with you. Mortal nature sang your praise as God; death disappeared. Adam dances, Master, and Eve, now freed from her chains, rejoices as she cries: It is you, O Christ, who grant resurrection to all.

Prokeimenon. Psalm 32

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

Verse: Rejoice in the Lord, O ye righteous; praise is meet for the upright.

Alleluia. Psalm 17

Verse: O God Who givest avengement unto me and hast subdued peoples under me.

Verse: It is He that magnifieth the salvation of His king and worketh mercy for His anointed, for David, and for his seed unto eternity.

The communion hymn on sundays: Praise the Lord from heaven, praise him in the highest. Alleluia, alleluia, alleluia.



复活遣散颂 通用本调

救世者、犹太人封石洞、及卒守尔至圣躯时、而第三日复活、以赐普世生活、因此天上军呼于尔施生活者曰、基督赞扬尔复活、赞扬尔国、赞扬尔司理、乃独一无二爱人者。

集祷颂 通用调式 当祢降临世界

主宰欤、尔如上帝以荣光由柩中复活、俾世界偕尔复活、凡属人体者俱赞荣尔如上帝、死化灭、而亚当欣喜、夏娃今日以囚获释、欢乐而吁曰、尔乃基督赐万物复活者。

经前咏 圣咏32

主欤、以我侪冀望尔、祈尔恩临于我侪之上。

诗节：义者尔侪必欣忭于主、正直者合当赞颂。

阿利鲁伊亚 圣咏17

上帝系代我报复者、使诸邦归服我者。

诗节：尔系大救君、及施宏恩于尔所傅之大卫、并其后嗣于后世者。

主日各调式领主颂：赞主于天中、赞主于苍穹。阿利路亚、阿利路亚、阿利路亚。



第一调

主日小赞词

救世主，猶太人蓋封印于巨石之上，
Jiu - shi Zhu, you - tai - ren gai - feng yin yu ju shi zhi shang,

兵士看守 著祢至潔無瑕的遺體，
bing - shi kan - shou zhe Mi zhi - jie wu - xia - de yi - ti,

祢在第三天復活，
Mi zai di - san tian fu - huo,

賦予普世生命。
fu - yu pu - shi sheng-ming.

因此，天國的軍旅向祢賦予生命者高呼：
Yin - ci, Tian-guo-de jun - lv xiang Mi fu - yu sheng-ming-zhe gao - hu:

基督，榮耀歸於祢的復活，
Ji - du, rong - yao gui - yu Mi - de fu - huo,

榮耀歸於祢的國度，榮耀歸於祢的聖意，
rong - yao gui - yu Mi - de Guo - du, rong - yao gui - yu Mi - de sheng - yi,

祢是惟一熱愛世人者。
Mi shi wei - yi re - ai shi - ren - zhe.

第一调

主日副赞词

10
作為上帝，祢在榮耀中從墳墓復活，
Zuo - wei Shang - di, Mi zai rong - yao zhong cong fen - mu fu - huo,

11
並使世界與祢一同複起。
bing shi shi - jie yu Mi yi - tong fu qi.

12
人性歌贊作為上帝的祢，
Ren - xing ge zan zuo - wei Shang - di de Mi,

13
死亡也已消失。
si - wang ye yi xiao - shi.

14
君宰，亞當舞蹈，
Jun zai, Ya - dang wu - dao,

15
現今厄娃也從束縛中得到釋放，
xian - jin E - wa ye cong shu - fu zhong de - dao shi - fang,

16
她歡欣踴躍道：
ta huan - xin yong - yue dao:

17
是祢，基督，賜予眾人復活。
Shi Mi, Ji - du, ci - yu zhong - ren fu - huo.

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第二調式

主日八調贊詞

SUNDAY OCTOECHOS

TONS 2



Sunday Octoechos

Tone 2

第二调式

主日八调赞词





TONE 2

ON SATURDAY EVENING

AT GREAT VESPERS

After the Opening Psalm and the first Kathisma of the Psalter, at Lord I have cried, we insert 10 Stichera, and we sing 7 Resurrection Stichera and 3 of the Saint of the day, or as the Typikon directs.

Resurrection Stichera. Tone 2

Verse 10: Bring my soul out of prison, that I may confess your name.

Come let us worship God the Word, begotten of the Father before the ages, incarnate of the Virgin Mary; for having endured the Cross, he was handed over for burial, as he himself wished, and having risen from the dead he saved me, mankind that had gone astray.

Verse: The just will await me, until you reward me.

Christ our Saviour by nailing the record against us to the Cross annulled it, and destroyed the might of death. We worship his Rising on the third day.

Verse 8: Out of the depths I have cried to you, O Lord. Lord hear my voice.

With Archangels let us sing the praise of the Resurrection of Christ; for he is the Redeemer and the Saviour of our souls; and with dread glory and mighty power he is coming again to judge the world which he fashioned.

Other Stichera, by Anatolios.

Verse: Let your ears be attentive, to the voice of my supplication.

An Angel proclaimed you, the crucified and buried Master, and said to the women; ‘Come, see where the Lord was lying. For he has risen as he said, as all-powerful’. Therefore we worship you, the only immortal. O Christ, giver of life, have mercy on us.

Verse 6: If you, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

By your Cross you destroyed the curse of the tree; by your burial you slew the might of death; by your Rising you enlightened the human race; therefore we cry out to you; ‘Benefactor, Christ our God, glory to you!’

Verse: For your name’s sake I have waited for you, O Lord. My soul has waited on your word. My soul has hoped in the Lord.

The gates of death opened to you Lord, in fear; Hades’ gate-keepers shuddered when they saw you; for you smashed the gates of brass, crushed to powder the iron bars, led us out of darkness and the shadow of death and tore our bonds asunder.

Verse 4: From the morning watch until night, from the morning watch, let Israel hope in the Lord.

As we sing the hymn of salvation, let this song rise from our lips; ‘Come all in the Lord’s house, let us fall down in worship as we say; ‘You who were crucified on the Tree, rose from the dead and are in the bosom of the Father, have mercy on our sins!’.

Glory from the Menaion, if appointed otherwise:



第二调式

安息日晚

大暮时课

诵念开端圣咏（圣咏一〇三）与圣咏集第一座圣咏、诵念吁主圣咏「上主、我已向祢呼求……」时、插入十段赞词：七段取自复活赞词、三段取自本日所纪念的圣人赞词、或按礼规的指示指示相应的赞词。

复活行间赞词 第二调式

插入十句赞颂：拯提我灵出狱岸、为我克赞颂尔名。

请众至叩拜诸世前由父所生及由童贞女玛利亚借人体之上帝圣言、缘其甘愿受十字架之难乃瘞、由死中复活、并救我等迷途之人。

插入：尔以恩宠显于我时、义者将环我。

我等救世之基督、以被钉十字架勾销我等罪券、及灭死权、故我等叩拜其第三日复活。

插入八句赞颂：主欸、我自深渊呼吁尔、主欸、聆我声。

请众偕差役首等、赞颂基督之复活、因其乃我灵提拔及拯救者、以威严荣光及宏能、将来审判其所造之普世。

其它赞词、阿纳托利作

插入：愿尔耳听我之祷声。

天神传报尔被钉十字架及被瘞之主宰于携香液女曰、请观主所卧之处、因其按前言以全能复活矣、故我众叩拜尔独一常生者、并求施生活之基督矜怜我等。

插入六句赞颂：主欸、若究察罪恶、主欸、则孰能立、第尔施救宥、愿人敬畏于尔前。

借十字架则无虞食果之诅詈、借埋葬而灭死权、借尔复活光照人类、故我众向尔呼吁曰、我等施恩之上帝基督赞荣尔。

插入：我望主、我灵望主、冀望主言。

主欸、死亡之门、因地震向尔而启、司地狱门者见尔而惧、盖尔劈铜门、折铁扇、提拔我等于死之阴翳、毁我等桎梏。

插入四句赞颂：我灵候主、逾于更漏之待旦、逾于更漏之待旦、愿以色列冀望主。

请众至主堂叩拜主、启口赓扬感谢主之词曰、求被钉刑架由死复活、及永在圣父怀者、洁净我等罪恶。

若《月份礼典》上载有指定的荣光赞词、则诵念「荣耀归于父……」后、咏唱荣光赞词、之后接念「自今至永远……」；若无指定的荣光赞词、则直接诵念「荣耀归于父…、自今至永远……」。

Glory ..., Now & Ever ..., *Theotokion Dogmatic:*

The shadow of the law has passed now that grace has come, for as the Bush in flames was not consumed, so as a Virgin you bore a Child and remained a Virgin; instead of a pillar of fire the Sun of righteousness has dawned, instead of Moses Christ, the salvation of our souls.

After the Entrance and O Joyful Light, the designated Monk makes a metania to the Superior and sings the Prokeimenon of the day.

The Lord is King: he has robed himself in majesty.

Verse 1: The Lord has robed and girded himself with power.

Verse 2: He has made the world firm; it will not be shaken.

Then the usual Litany, Grant Lord etc. and after the Ekphonesis we sing the idiomel Sticheron of the Saint of the Monastery as we process into the Narthex. After the usual prayers we return to the Church singing the Resurrection Stichera of the Aposticha.

Resurrection Stichera of the Aposticha. Tone 2.

Your Resurrection, O Christ Saviour, has enlightened the whole inhabited world; and you have called back your own creation. All-powerful Lord, glory to you!

Other, alphabetical, Stichera.

Verse 1: The Lord is King: he has robed himself in majesty. The Lord has robed and girded himself with power.

Destroying the curse of the tree through a tree, O Saviour, you slew the might of death by your burial, while you enlightened our race by your Rising; therefore we cry out to you; 'Giver of life, Christ our God, glory to you!'

Verse 2: He has made the world firm; it will not be shaken.

Even as you appeared nailed to the Cross, O Christ, you altered the beauty of created things; and while the soldiers showed their inhumanity by piercing your side with a lance, the Hebrews asked that your tomb be sealed, not understanding your power; but in your pitying compassion you accepted burial and rose on the third day. Lord, glory to you!

Verse 3: Holiness befits your house, O Lord, to length of days.

For the sake of mortals, O Christ, Giver of life, willingly you underwent the Passion; as Powerful you descended into Hell, snatched as from the hand of a mighty one the souls of those who were waiting there for your coming and instead of Hades you granted them to dwell in Paradise. And so to us who glorify your Rising on the third day grant pardon of our sins and your great mercy.

Glory

of the Saint, if one is 'feasted'; otherwise

Glory. Both now. *Theotokion.*

O new wonder, greater than all the wonders of old! For who has ever known of a Mother who without a man has borne a child and carried in her arms the One who holds fast all creation? The Child conceived is the Counsel of God, whom you, All-pure, carried in your embrace and towards whom you have gained a mother's freedom to speak. Therefore do not cease to intercede with him on behalf of those who honour you, that he take pity and save our souls.

And the rest of the Office of the Vigil.



生神女颂

恩宠至时、法律影已逝、如昔棘焚于火而弗烬、今童贞生育、产后仍童贞、代火柱光照乃义德日、代摩西乃来救我等灵之基督。

圣入礼与禧光颂后、指定的修士向长上行一躬拜、咏唱本日的经前咏。

主为君、乃以威严为衣。

诗节一：主以能力服之、束系之。

诗节二：故世界乃坚固必不摇撼。

之后诵念热诚连祷、「主、开恩护守……」等、司祭念完结束祷词后、咏唱本修道院主保圣人的专用赞词、列队进入教堂前厅。念完惯常的祷文后、回至教堂、咏唱：

复活后行间赞词

第二调式

救世基督尔复活、光照普世、及救尔所造者、全能主欤、赞荣尔。

其它赞词（按字母顺序）

诗节一：主为君、乃以威严为衣。主以能力服之、束系之。

救世者借木架无虞食果之诅詈、借埋葬而灭死权、借尔复活光照我辈、故我众向尔呼吁曰、我等施生活之上帝基督赞荣尔。

诗节二：故世界乃坚固必不摇撼。

基督欤、以显然被钉十字架而变易所造之物为美善、兵卒以忍心刺尔胁、希伯来人不晓尔力、而禀求严封尔墓、被瘞及第三日复活之主、赞扬尔慈怜之心。

诗节三：主欤、圣德属尔之堂、直至永远。

施生活之基督、为救人甘愿受难、及降地狱、并以尔全能从魔手夺彼在地狱望尔降生者、赐天堂以代地狱、故我众赞美尔第三日复活者、求赦我等罪而施宏恩。

荣耀归于父……

本日所纪念的圣人赞词、若本日为「庆节」、则

荣耀归于父……自今至永远…… 生神女颂

异哉新奇迹、较历古诸奇迹为大、孰曾闻有母无男而生育、又抱持造万物者、斯乃上帝旨、至洁者欤、尔捧主如婴、因借母位求为恭敬尔者代祈不绝、为我获鸿恩及灵之救。

继续举行守夜祈祷的其余部分。





ON SUNDAY MORNING

AT MATINS

After the Six Psalms we sing The Lord is God to Tone 2, and the Resurrection Apolytikion twice, but the Theotokion once. Then the usual Reading from the Psalter [Kathismata 2 and 3].

Resurrection Apolytikion.

When you went down to death, O immortal Life, then you slew Hell with the lightning flash of your Godhead; but when from the depths below the earth you raised the dead, all the Powers in the heavens cried out, ‘Giver of life, Christ our God, glory to you!’ *(twice)*

Theotokion.

All your mysteries are beyond understanding, all beyond glory, Mother of God; sealed in purity and guarded in virginity you were known without deception to be a Mother, in giving birth to the true God: implore him that our souls may be saved.

After the 1st reading from the Psalter [Kathisma 2], we sing Kathismata of the Resurrection.

Tone 2.

The noble Joseph taking down your spotless Body from the tree, wrapped it in a clean shroud with sweet spices and laid it for burial in a new grave; but on the third day you arose, O Lord, granting the world your great mercy.

Verse: Arise, Lord my God, lift up your hand; do not forget your poor for ever.

The Angel standing by the grave cried to the women bearing myrrh, ‘Myrrh is fitting for the dead, but Christ has been shown to be a stranger to corruption. But cry aloud: The Lord has risen, granting the world his great mercy!’

Glory. Both now. *Theotokion.*

You are highly glorified, Virgin Mother of God, and we sing your praise, for through the Cross of your Son Hell has been overthrown, Death has died, we who were dead have risen and been granted life. We have received Paradise, our ancient delight, therefore with thanksgiving we glorify Christ our God as mighty and alone full of mercy.

After the 2nd Psalter reading [Kathisma 3], Kathismata.

You did not prevent the grave stone from being sealed, and risen you granted to all the rock of the Faith. Lord, glory to you!

Verse: I will praise you, Lord, with my whole heart; I will tell of all your marvellous works.

The choir of your Disciples rejoices in harmony with the Myrrh-bearing women; for with them we celebrate a common feast to the glory and honour of your Resurrection. Through them, O Lord who love humankind, grant your people your great mercy.

Glory. Both now. *Theotokion.*

You are highly blessed, Virgin Mother of God, for through him who was incarnate from you Hell has been taken captive, Adam recalled, the curse slain, Eve set free, death has been put to death and we have been given life; therefore with hymns we cry: Blessed are you Christ our God who have been thus well-pleased, glory to you!





主日上午

晨时课

诵念完六篇圣咏后、以第二调式咏唱「主是上帝」、接着咏唱复活遣散颂两遍、诞神女颂一遍。之后、按惯例诵念圣咏集第二座与第三座。

复活遣散词

永生活者尔降死时、以上帝性之光灭地狱、尔援诸死者由暗地下提出时、众天军于尔呼曰、赞扬尔我等施生活之上帝基督。（两遍）

生神女颂

圣女坎、加百列向尔报庆哉之时、万物之君降孕于尔圣券笥(音：序)、诚如成德大卫之所云、胎孕造尔之主、而显其较天为伟大、赞荣于尔降孕者、赞扬于尔所生者、赞颂以己降生释我等者。

诵念完第一圣咏集选段（第二座）后、咏唱复活坐赞词。

第二调式

约瑟尊贵者、于刑木请下主洁体、殓以白布、傅以美膏、葬于新墓、第主第三日复活、施宏恩于普世。

诗节：主坎、我上帝坎、起举尔手、莫忘尔之受窘迫者。

天神于墓前、显现于携香液女谓之曰、此美膏宜于死人、基督乃不属死朽者、尔宜吁曰、主复活矣、施宏恩于普世。

荣耀归于父……自今至永远…… 生神女颂

童贞圣母系被赞扬者、我众歌尔、盖借尔子之十字架地狱被败坏、死受灭、死者复活、及获常生、我众得享天堂之福、故以感谢之心赞荣尔、我等全能上帝基督系独一无二慈者。

诵念完第二圣咏集选段（第三座）后、咏唱复活坐赞词。

主坎、尔不禁印封尔墓之石、而借复活赐众以信德之石、故我众赞荣尔。

诗节：主坎、我将尽心称扬尔、而传扬尔之诸奇事。

尔使徒之会、偕携香液女等同心喜乐、盖伊等恭庆尔荣贵之复活、故我众呼吁尔曰、求爱人之主、赐宏恩于尔民。

荣耀归于父……自今至永远…… 生神女颂

童贞上帝圣母、尔系被赞扬者、因由尔受人体者掳地狱、召苏亚当、灭诅詈、释夏娃、灭死、而我等获生、故赞颂曰、如此行之上帝基督实宜受赞扬、故我等赞荣尔。



After the reading of the 'Blameless' [Kathisma 17, Psalm 118], we sing the Evlogitaria. Then the little Litany and The Ypakoï.

The women coming to your grave after the Passion to anoint your body, Christ God, saw Angels in the tomb and were amazed, for they heard a message from them message, 'The Lord has risen, granting the world his great mercy'.

The Anavathmi. 1st Antiphon.

I raise the eyes of my heart to you in heaven, O Saviour. Save me by your radiance.

Have mercy, O my Christ, on us who fail you hour by hour in many ways, and give us the means to turn back to you in repentance before the end.

Glory. Both now.

To the Holy Spirit belong kingship, sanctification and the guidance of creation, for he is God, consubstantial with the Father and the Word.

2nd Antiphon.

If the Lord was not among us, who could be kept safe from the one who is both foe and murderer?

Do not hand your servant over to their teeth, my Saviour. Like a lion they come against me, for they too are my foes.

Glory. Both now.

To the Holy Spirit belong the source of life and honour, for, being God, he gives all creatures power and watches over them in the Father through the Son.

3rd Antiphon.

Those who trust in the Lord are like the holy mountain: they are utterly unshaken by the assaults of Beliar.

Let not those who live for God stretch out their hands in lawlessness; for with his rod Christ forbids his lot.

Glory. Both now.

By the Holy Spirit all wisdom flows forth, from which grace comes to the Apostles, the Martyrs are crowned for their struggles, and the Prophets see.

Prokeimenon Tone 2. [Psalm 7].

Rise up, O Lord my God, according to the decree which you enjoined:* and an assembly of peoples will surround you.

Verse: O Lord my God, I have hoped in you. Save me from all who pursue me and deliver me.

Then: Let every breath praise the Lord: The appointed Matins Gospel

Stichera after the Gospel: Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. We venerate Thy Cross, O Christ, and Thy holy Resurrection we hymn 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 worship Christ's holy Resurrection, for, behold, through the Cross joy hath come to all the world. Ever blessing the Lord, we hymn His Resurrection; for, having endured crucifixion, He hath destroyed death by death.

Psalm 50

Glory to the Father, and to the Son, and the Holy Spirit: Through the prayers of the apostles, O Merciful One, blot out the multitude of our transgressions.

Both now and ever, and unto the ages of ages. Amen: Through the prayers of the Theotokos, O Merciful One, blot out the multitude of our transgressions.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgressions.

诵念完「无瑕圣咏」（第十七座、圣咏第一百十八篇）后、咏唱复活「赞主颂」。之后诵念小连祷及聆听赞。

上帝基督欤、尔死后携香液女往尔墓、为傅尔体、见天神于柩而惊惧、因闻其言曰、主复活矣、施宏恩于普世。

升阶赞 第一对经

救世者欤、我举灵目望尔、以尔光照救我。

异哉我主基督、因我时犯多罪、求矜怜我于未终时、赐我以痛悔之法。

荣耀归于父…… 自今至永远……

统辖成圣感动万物俱属圣神、因伊乃偕上帝圣父及圣言一体之上帝。

第二对经

若非主偕我侪、谁克保全仇敌毆毙之害。

救世者欤、我诸仇敌如狮搏执我、弗以尔仆付于其齿而啣之。

荣耀归于父…… 自今至永远……

万生活之源及尊贵俱属圣神、因伊偕上帝圣父及子以上帝之能力、保存万物。

第三对经

赖主者似圣山、敌仇之诱惑、永弗摇撼。

愿义者弗舒手往作恶、因基督不使杖在其业。

荣耀归于父…… 自今至永远……

借圣神涌发诸智慧、使徒等获圣宠、诸致命者因苦难得冠冕、先知得预见。

经前咏 第二调式 圣咏7

主我等上帝欤、为我起行尔前所许之审判、大众将环向之。

诗节：主欤、我上帝欤、我倚恃尔、救我于一切窘迫我者、而援拔之。

凡有呼吸者、宜赞扬主

诵福音经：我等既睹基督之复活、宜叩拜独一无罪圣主耶稣基督、我等叩拜尔十字架、赞荣称颂尔圣复活、缘尔乃我等上帝、尔之外我等弗识他主、我等既以尔名自称、请众诚信者至而叩拜基督圣复活、因借仗十字架而喜降至于普世、因此我等常感谢主、赞颂其复活、缘其为我等而被钉十字架、以死灭死。

圣咏经第五十章

荣耀归于父、及子、及圣神

仁慈主、以使徒祈祷、洁净我等多罪。

自今至永远、及于万世、阿民。

仁慈主、以圣母转达、洁净我等多罪。

上帝欤、因尔大仁慈、矜怜我、以大怜惠、删除我诸愆尤。

And if there is a festal sticheron appointed at this place (for feasts of the Lord and the Theotokos, on any day, including Sundays; for saints, on weekdays only), it is sung. Otherwise, on Sundays outside the Lenten cycle we sing:

Jesus having risen from the grave, as He foretold, hath given us life eternal, and great mercy.

After O God, save your people and the Ekphonesis, we begin the Canons, singing the Resurrection Canon to 4, the Cross-Resurrection to 3, that of the Mother of God to 3, and that of the Saint of the day to 4. But if the Saint is 'feasted' to 6 or 8. Katavasia appointed. At the end of the 3rd and 6th Odes, the Short Litany.

Resurrection Canon.

Ode 1. Tone 1. The Irmos.

His overwhelming might once laid low in the deep all Pharaoh's host; but the incarnate Word, the glorious Lord, has wiped out malignant sin: for he has been greatly glorified.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The ruler of the world, O Good One, to whom we were enrolled by not obeying your commandment, has been judged by your Cross; for having attacked you as a mortal he has fallen by the might of your authority, and has been proved weak.

Refrain: Glory to Thy holy Resurrection O Lord.

You came into the world as Redeemer of the race of mortals and prince of the life without corruption; for you tore apart death's winding sheets by your Resurrection, which we all glorify; for it has been greatly glorified.

Theotokion

Refrain: Most holy Theotokos save us.

You have appeared higher than every creature, visible and invisible, O Pure and Ever-Virgin; for you gave birth to the Creator, as he was well pleased to become incarnate in your womb; with your freedom to speak implore him that our souls may be saved.

Another Canon, of Cross and Resurrection,

of which the Acrostic, including the Irmis, is: I sing my praise to the life-giving Word.

Irmos. Israel the chosen.

Refrain: Glory to Thy precious Cross and Resurrection.

O Christ you have become strength for the weak, resurrection for the fallen and incorruption for the dead by the suffering of your flesh: for it has been glorified.

Refrain: Glory to Thy precious Cross and Resurrection.

God the Fashioner and Restorer took pity on his fallen image and raised it up when it was crushed, having himself been put to death; for he has been glorified.

Another Canon of the most holy Mother of God,

of which the Acrostic is: I sing my praise to the life-giving Maiden.

The same Irmos.

Refrain: Most holy Theotokos save us.

Of old an immaterial ladder and a path in the sea strangely made dry revealed your giving birth, O Pure One. We all sing its praise, for it has been glorified.

Refrain: Most holy Theotokos save us.

The Power of the Most High, the perfect Substance and Wisdom of God, took a body from you, O Immaculate, and conversed with mortals; for he has been glorified.

此处诵唱庆日赞词（任何日子、包括在主日在内的主及圣母的庆日；平日圣人的庆日）。在四旬期之外的主日；

耶稣依预言由柩中复活者、赐我等常生及宏恩。

念完「上帝、求祢拯救祢的子民……」、司祭高声诵念完结束祝文之后、开始诵念圣颂典。圣颂典的念法如下：由复活圣颂典取四段圣颂、由十字复活圣颂典取三段圣颂、由向生神女的圣颂典取三段圣颂、由本日所纪念的圣人的圣颂典取四段圣颂。若本日乃圣人的「庆节」、则取六段或八段圣颂。第三及第六圣颂小连祷后、诵念指定合众词。

复活圣颂典。

圣歌一 第二调式 首节

昔以逾干戈之力、排仆法老之全军于渊海、今借人体之圣言、灭至恶之罪、主宜赞扬者、缘其骏声赫着矣。

圣颂

节句：主欸、赞荣尔圣复活。

至善者欸、我众因不遵尔诫命、归附于世之魔王、其因尔十字架被定拟、彼愿攻尔如属死者、反被尔全能之力败、明显其劣弱。

节句：主欸、赞荣尔圣复活。

尔系人类之救援、及常生之首帅、降世而以复活断死之縲继、故我众赞美尔复活曰、缘其骏声赫着矣。

生神女颂

节句：祈至圣母救我等。

至洁永贞女超越诸所见所不见之万物、因尔生甘愿于尔胎受人体之造万物者、故代祈救我等灵。

又圣颂典、十字架复活圣颂典

藏头诗（包括首节）：我歌唱赞美赐予生命者圣言。

首节：蒙选的以色列人

节句：主欸、赞荣尔尊十字架、及荣复活。

基督欸、借受人体之苦、尔为劣弱者之坚固、为坠落者之复活、为灭死者之无朽坏、缘其赫着矣。

节句：主欸、赞荣尔尊十字架、及荣复活。

求创造及复新诸物之主、因已受死俾众复苏、宽忍坠落之形、复生焦虑者、缘其赫着矣。

又圣颂典、诞神女圣颂典

藏头诗：我歌唱赞美赐予生命者贞女。

同一首节

节句：祈至圣母救我等。

至洁者欸、曩古虚灵之梯、及奇妙所干之海路、乃预像尔所生者、故我众赞颂曰、缘其赫着矣。

节句：祈至圣母救我等。

至洁者欸、藉由尔所受人体乃至上者之能力、成全之位、上帝之智慧、宣示于众人、缘其赫着矣。

Refrain: Most holy Theotokos save us.

The Sun of righteousness came through the closed untrodden gateway of your womb, O Pure One, and shone upon the world: for he has been glorified.

Ode 3. The Irmos

The desert, the barren Church from the nations, flowered like a lily, O Lord, at your coming, by which my heart has been established.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

At your passion creation was changed when it saw you, who had done all things by your divine bidding, mean in appearance and sneered at by lawless men.

Refrain: Glory to Thy holy Resurrection O Lord.

You fashioned me from dust by your own hand according to your image, and when I was crushed back again to the dust of death through sin, you descended with me to hell, O Christ, and raised me up again with you.

Theotokion

Refrain: Most holy Theotokos save us.

The ranks of Angels were amazed, and the hearts of mortals trembled at your birth-giving, O All-Pure; therefore in faith we honour you as Mother of God.

*Another, of Cross and Resurrection.
The bow of mighty men was smashed.*

Refrain: Glory to Thy precious Cross and Resurrection.

Christ, who is beyond all, has been made a little lower than the Angels by his suffering in the flesh.

Refrain: Glory to Thy precious Cross and Resurrection.

Dead you were numbered with the lawless, O Christ, but you appeared to the Women shining with the crown of the glory of your Rising.

*Another, of the Mother of God.
The same Irmos.*

Refrain: Most holy Theotokos save us.

The One beyond all time, as Maker of time, was fashioned of his own will as a babe from you, O Virgin.

Refrain: Most holy Theotokos save us.

Let us, the faithful, praise the womb that is wider than the heavens; for through it Adam, rejoicing, has become a citizen of heaven.

Ode 4. The Irmos.

From a Virgin you came, not an ambassador, not an Angel, but the Lord himself incarnate, and you saved me, humanity, entirely; therefore I cry to you: Glory to your power, O Lord!

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

As one condemned, my God, you stood before the tribunal and did not cry out, O Master, pronouncing a judgement for the nations, the salvation which you wrought for the world through your passion, O Christ.

Refrain: Glory to Thy holy Resurrection O Lord.

The swords of the foe failed at your passion; but by your descent into Hell the cities of your opponents were sacked and the arrogance of the tyrant was brought low.

节句：祈至圣母救我等。

至洁者欤、义德之日蹙尔整腹不可过之门、乃光照于普世、缘其赫着矣。

圣歌三 首节

吾主、因尔降世、旷野弗结果异民之会、今皆发荣如百合花、我信心恒愿在兹。

圣颂

节句：主欤、赞荣尔圣复活。

尔受难时、万物见依上帝旨创造万有者、稟谦抑之形、被叛道者所诽谤而战栗。

节句：主欤、赞荣尔圣复活。

基督欤、尔以亲手用土仿尔形造我、我因犯罪复陷于死地、尔降地狱、使我偕尔复活。

生神女颂

节句：祈至圣母救我等。

至洁者欤、以由尔所生者天军诧异、人心惶惧、故我众以诚信称颂尔为圣母。

又圣颂典 十字架复活圣颂典

首节 有能力之人的弓被粉碎

节句：主欤、赞荣尔尊十字架、及荣复活。

基督系超诸万物者、因受人体之苦难、稍逊于天神。

节句：主欤、赞荣尔尊十字架、及荣复活。

基督死后与强悍者有分、复活后以荣光显现于携香液女。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

超越诸时及造定时者、甘愿由童贞如婴孩降生。

节句：祈至圣母救我等。

我众诚信者、宜赞扬较天宽宏之腹、因借之亚当在天享福乐。

圣歌四 首节

借童女来者非保人、非钦差、亦非天使、乃吾主躬亲降生、而救我全人、故我向尔吁曰、吾主赞扬尔能力云。

圣颂

节句：主欤、赞荣尔圣复活。

吾主主宰基督欤、尔被控者于受审时、默然无言、因预定借受难、拯救普世万民。

节句：主欤、赞荣尔圣复活。

基督欤、借尔受难诸仇敌失尽兵刃、借尔降地狱、毁敌党之城、及灭苛虐之苦权。

*Theotokion**Refrain: Most holy Theotokos save us.*

All we believers know you to be a harbour of salvation and an unshakeable wall, Sovereign Lady, Mother of God, for by your prayers you deliver our souls from dangers.

*Another, of Cross and Resurrection.**I have heard, Lord, of your glorious.**Refrain: Glory to Thy precious Cross and Resurrection.*

Seeing you nailed to the Cross, O Christ, the Virgin who had borne you without pains, endured a mother's pains.

Refrain: Glory to Thy precious Cross and Resurrection.

Death is conquered, a corpse despoils the gates of Hell; for now that the all-devouring has been rent open, all that is above nature has been given me.

*Another, of the Mother of God.**The same Irmos.**Refrain: Most holy Theotokos save us.*

See, the divine mountain for the house of the Lord, the Mother of God, is being most manifestly exalted above the Powers of heaven.

Refrain: Most holy Theotokos save us.

O Virgin, who alone bore the Master of creation beyond the laws of nature, you have been granted the epithet divine.

Ode 5. The Irmos.

O Christ you have become the Mediator between God and mortals, for through you, O Master, from the night of ignorance we have access to your Father, the source of light.

*Troparia**Refrain: Glory to Thy holy Resurrection O Lord.*

Like a cedar, O Christ, you crushed the insolence of the foe, when of your own will as you were well-pleased, you were raised up with your flesh, O Master, on cypress, pine and cedar.

Refrain: Glory to Thy holy Resurrection O Lord.

They laid you, O Christ, as a lifeless corpse in the lowest pit, but by your own stripes, O Saviour, you raised with yourself the slain who slept forgotten in the tombs.

*Theotokion**Refrain: Most holy Theotokos save us.*

Beseech your Son and Lord, pure Virgin, to grant deliverance to prisoners and peace from hostile circumstances to those who trust in you.

*Another, of Cross and Resurrection.**The Coal once seen by Isaia.**Refrain: Glory to Thy precious Cross and Resurrection.*

The former Adam, refusing to fast, tasted of the tree that brought death; but the Second, by being crucified, wipes out his sin.

Refrain: Glory to Thy precious Cross and Resurrection.

O Christ, impassible in your immaterial godhead, you became passible and mortal in nature. Giving incorruption to the dead, you raised them from the vaults of Hell.

生神女颂

节句：祈至圣母救我等。

我众诚信者、以尔圣母宰后为拯救投归之处、及不可动摇之垣、因借尔祈祷、我等灵获拯救于灾祸。

又圣颂典 十字架复活圣颂典

首节 上主、我听说了你的荣耀

节句：主欸、赞荣尔尊十字架、及荣复活。

基督欸、无恙而生尔之童贞女、见尔悬于木架如母心受忧煎。

节句：主欸、赞荣尔尊十字架、及荣复活。

死已被胜、死者拆毁地狱之门、全吞之魔被灭、而我获超性体之恩。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

圣母如主殿之山、显然超诸天军。

节句：祈至圣母救我等。

超性体而生司掌万物者之独一童贞、而获上帝位位置之恩。

圣歌五 首节

上帝基督欸、尔乃上帝及人间之中保、君宰欸、借尔我众由不识之黯夕、移至光辉之源、即谓尔圣父。

圣颂

节句：主欸、赞荣尔圣复活。

主宰基督欸、尔如松败坏强御之骄傲、盖甘愿被举于松柏刺松。

节句：主欸、赞荣尔圣复活。

基督欸、尔系死而无气息者、被置于深下之坎内、而以尔伤使所遗忘被伤寝于墓者、偕已复苏。

生神女颂

节句：祈至圣母救我等。

求至洁童贞女、代祈尔子及主、救释被掳者、保佑于敌仇之攻击、及赐安和于凡冀望尔者。

又圣颂典 十字架复活圣颂典

首节 以赛亚曾见到的煤炭

节句：主欸、赞荣尔尊十字架、及荣复活。

第一之亚当因逆禁戒、即食毒树之果、而第二亚当因被钉刑架、消灭第一亚当之罪。

节句：主欸、赞荣尔尊十字架、及荣复活。

据上帝性体不可受难、反以人体受难死之基督使众死者得常生、及出地狱。

*Another, of the Mother of God.
The same Irmos.*

Refrain: Most holy Theotokos save us.

You clouds, rain down the sweetness of joy for those on earth, for a Child has been given, who is our God before the ages, incarnate from the Virgin.

Refrain: Most holy Theotokos save us.

When the Most High became incarnate from the Virgin without seed in the last times, the light shone on my life and flesh, and destroyed the gloom of sin.

Ode 6. The Irmos.

Surrounded by a depth of offences, I call upon the unsearchable depth of your compassion: lead me up from corruption, O God.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The Just is judged as a malefactor and nailed with the lawless to the tree, by his own blood granting forgiveness to the guilty.

Refrain: Glory to Thy holy Resurrection O Lord.

Through one man, the first Adam, death entered the world of old; and through one, the Son of God, Resurrection has been revealed.

Theotokion

Refrain: Most holy Theotokos save us.

Without knowing man you bore a child, O Virgin, and you remain ever virgin, showing the proofs of the godhead of your Son and God.

*Another, of Cross and Resurrection.
The sound of thanksgiving prayers.*

Refrain: Glory to Thy precious Cross and Resurrection.

You placed the Cherubim as guards of the tree of life against fallen man; but on seeing you they opened the gates; for you appeared guiding the Thief to Paradise.

Refrain: Glory to Thy precious Cross and Resurrection.

By the death of one man Hell was deserted and without resource, for the great wealth that one man had amassed, Christ emptied on behalf of us all.

*Another, of the Mother of God.
The same Irmos.*

Refrain: Most holy Theotokos save us.

Human nature enslaved through sin found freedom through you, pure Lady; for your Son was sacrificed like a lamb on behalf of all.

Refrain: Most holy Theotokos save us.

We all call on you the true Mother of God to deliver the servants who provoke to anger; for you alone have acquired boldness towards the Son.

Kontakion.

Seeking the things on high.

You rose from the tomb, all-powerful Saviour, and seeing the marvel Hell was struck with fear, and the dead arose, and creation, seeing, rejoices with you, Adam shares in the joy; and the world ever praises you, my Saviour.

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

诸喜乐之云、宜发吉庆于在地者、盖以诸世前在者之我等上帝、由童贞受人体、如婴赐于我侪。

节句：祈至圣母救我等。

至上者末时由童贞女净孕而受人体、灭罪之猛烈、而发光于我生命及肉身。

圣歌六 首节

我乃罪恶渊中沉溺之人、惟望主无穷海量慈恩而祷曰、吾主援我于灭亡云。

圣颂

节句：主欸、赞荣尔圣复活。

无罪者乃如犯人被定罪、偕恶者被钉十字架、为以己血赦免恶人之罪。

节句：主欸、赞荣尔圣复活。

昔缘一人即第一亚当死入世、而缘独一上帝子显复活。

生神女颂

节句：祈至圣母救我等。

圣母不识夫而生产及永存童贞、明显尔子及主真上帝位之理。

又圣颂典 十字架复活圣颂典

首节 感恩祈祷之声

节句：主欸、赞荣尔尊十字架、及荣复活。

原祖犯罪后、尔立基路伯等守护生命树、伊等见尔引右盗入天堂、即启其门。

节句：主欸、赞荣尔尊十字架、及荣复活。

借独一者之死、地狱空如无能为也、因基督夺彼所聚敛之宝藏。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

至洁宰后欸、被罪所制之人性、借尔得救、盖尔子如羔代众被屠。

节句：祈至圣母救我等。

我众干犯尔怒之人、向尔真圣母呼吁、求救援我等、因尔乃惟一毅然代祈尔子。

集祷颂

通用调式 寻求天上的事物

全能救世者、尔由柩中复活矣、地狱睹此奇迹而惊惧、诸死者苏起、万物见之同尔欣喜、亚当偕尔而欢乐、世界常赞颂尔为我救世者。

The Ikos.

You are the light of those in darkness, you are the resurrection of all and the life of mortals and you have raised up all with yourself, despoiling the might of death, O Saviour, and smashing the gates of Hell, O Word; and mortals when they saw marvelled at the wonder, and all creation rejoices in your Resurrection, O Lover of humankind. Therefore we all glorify and hymn your condescension; and the world ever praises you, my Saviour.

Ode 7. The Irmos.

The godless order of a lawless tyrant fanned the soaring flame; but Christ let fall the dew of the Spirit upon the God-fearing children. He is blessed and highly exalted.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

O Master through your compassion you could not bear to see humankind tyrannised by death, but, becoming man, you came and saved it by your own blood. You are blessed and highly exalted.

Refrain: Glory to Thy holy Resurrection O Lord.

O Christ, the gate-keepers of Hell, seeing you clothed in the robe of vengeance, trembled; for you had come, Master, to worst the foolish tyrant, your servant. You are blessed and highly exalted.

Theotokion

Refrain: Most holy Theotokos save us.

We acknowledge you as the Holy of Holies, O Virgin undefiled, Mother without bridegroom, as her who alone bore the unchangeable God; for you have become the source of incorruption for all the faithful by your divine child-bearing.

Another, of Cross and Resurrection.

Youths were once revealed.

Refrain: Glory to Thy precious Cross and Resurrection.

Of old disobedience condemned the Forefather in Eden; but willing he was condemned, annulling the charge against the offender, the God of our fathers, supremely divine and most glorious.

Refrain: Glory to Thy precious Cross and Resurrection.

You saved him who was wounded by the envenomed tongue in Eden; for you cured the bite willingly incurred by your willing passion, O God of our fathers, supremely divine and most glorious.

Refrain: Glory to Thy precious Cross and Resurrection.

You called me back to light as I walked in the shadow of death when you struck shadowy darkness of Hell with the blaze of your Godhead, O God of our fathers, supremely divine and most glorious.

Another, of the Mother of God.

The same Irmos.

Refrain: Most holy Theotokos save us.

Jacob in the night, as in a riddle, saw God incarnate; but he appeared from you in the beacon-fire to those who sang: God of our fathers, supremely divine and most glorious.

Refrain: Most holy Theotokos save us.

Profane the one who does not proclaim you, the Virgin's Son, one of the Trinity, nor cries with unwavering mind and tongue: O God of our fathers, supremely divine and most glorious.

行述赞

救世者欤、尔乃在黑暗者之光、尔乃众人之复活及常生、圣言者灭死权、及败坏地狱之门、而使众偕已复活、诸死者睹此奇迹而诧异、万物见尔爱人者复活均同欣喜、故我众赞扬称颂尔宽忍、世界亦常赞颂尔为我救世者。

圣歌七 首节

不知理陵虐之人、谤侮上帝之命、焚极大火、乃基督为虔诚幼童自天降清露、诚乃极荣被赞扬者。

圣颂

节句：主欤、赞荣尔圣复活。

主宰以大仁慈、不忍视人类受死荼毒、乃降世受人体、而以尔血救人、诚乃极荣被赞扬者。

节句：主欤、赞荣尔圣复活。

基督欤、司地狱门者、见尔服报复之衣而惊惧、盖主宰降至罚愚昧陵虐之仆、诚乃极荣被赞扬者。

生神女颂

节句：祈至圣母救我等。

无玷童贞聘而未婚之圣母欤、我众称尔为超诸圣者、因尔独一生永不变易之上帝、及借尔所生者、涌发永生于众诚信者。

又圣颂典 十字架复活圣颂典

首节 青年们曾受到启示

节句：主欤、赞荣尔尊十字架、及荣复活。

昔原祖在伊甸园因违诫被定罪、今甘愿被定罪之主、赦原祖之罪、满被赞扬我等祖父之上帝、系被赞扬者。

节句：主欤、赞荣尔尊十字架、及荣复活。

尔拯救在伊甸园以毒言被伤者、尔以甘愿之受难医痊其甘愿所得之伤、满被赞扬我等祖父之上帝、系被赞扬者。

节句：主欤、赞荣尔尊十字架、及荣复活。

尔召我行于死之翳暗者蒙光、及以尔上帝之光耀、光照于黑暗之地狱、满被赞扬我等祖父之上帝、系被赞扬者。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

至洁者欤、伊与雅各摔跤、预像尔不可言之合、以此甘愿与人类结合者、乃满被赞扬我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

圣女欤、凡不承认尔独一子系满被赞扬圣三之一位、及不以无疑之明悟及言呼吁曰、满被赞扬我等祖父之上帝、系被赞扬者、乃为毁谤上帝之人。

Ode 8. The Irmos.

A furnace once in Babylon, by divine decree, divided its action, burning up the Chaldeans but refreshing the faithful who sang: All you works of the Lord, bless the Lord.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

When they saw the robe of your flesh, O Christ, made scarlet with your blood, the ranks of Angels were aghast with awe at your great long-suffering and they cried: All you works of the Lord, bless the Lord.

Refrain: Glory to Thy holy Resurrection O Lord.

O merciful, by your Rising you have clothed my mortality in immortality; therefore rejoicing your chosen people sings to you, O Christ, and cries: Death is truly swallowed up in victory.

Theotokion

Refrain: Most holy Theotokos save us.

Without seed you conceived and bore ineffably him who though inseparable from the Father, dwelt in your womb as God and man, O all-pure Mother of God; therefore we all acknowledge you as the salvation of us all.

*Another, of Cross and Resurrection.**Disdaining the golden image.*

Refrain: Glory to Thy precious Cross and Resurrection.

O rich in mercy, you were seen nailed to a Cross; willingly you were buried and arose on the third day, and you delivered, O lover of humankind, all mortals who sing to you in faith: Let all creation hymn the Lord, and highly exalt him to all the ages.

Refrain: Glory to Thy precious Cross and Resurrection.

O Word of God, you went down to the lowest parts of the earth to deliver the one you had fashioned by your power, O my Christ, from corruption, and when you had made him incorruptible you made him a partaker in your eternal glory, as he cries: Let all creation hymn the Lord and highly exalt Christ to all the ages.

*Another, of the Mother of God.**The same Irmos.*

Refrain: Most holy Theotokos save us.

Through you he who is incomparable in goodness and power, was seen on earth and lived among men, to whom all we faithful sing as we cry: Let all creation that has been given existence hymn the Lord, and highly exalt him to all the ages.

Refrain: Most holy Theotokos save us.

Rightly proclaiming you pure we glorify you, Mother of God, for you bore one of the Trinity incarnate, to whom with the Father and the Spirit we all sing: Let all creation hymn the Lord, and highly exalt him to all the ages.

Then we sing the song of the Virgin: My soul magnifies the Lord: with the refrain: More honorable than the Cherubim:

Ode 9. The Irmos.

The Son of the Father without beginning, God and Word, incarnate of a Virgin, has appeared to us, to give light to what is darkened, to gather what is scattered; therefore we magnify the all-hymned Mother of God.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

O Saviour the thrice-blessed tree of your immaculate Cross was planted on Calvary as in Paradise, and watered by the divine blood and water from your divine side, O Christ, it has blossomed with life for us.

圣歌八 首节

昔巴比伦之火窑遵上帝命各异其势、焚毁加色丁之人、施清露于虔诚幼童、其乃歌颂曰、主所造之物、应赞扬主。

圣颂

节句：主欸、赞荣尔圣复活。

基督欸、天军见尔身服被血所染之衣而战栗、且诧异尔极大之宽忍曰、主所造之物、应赞扬主。

节句：主欸、赞荣尔圣复活。

鸿恩者欸、尔以尔复活、将我能死之体而衣以常生、故我为尔所选之民、欢欣感谢呼吁曰、诚哉死已被胜、且吞灭之矣。

生神女颂

节句：祈至圣母救我等。

至洁圣母欸、不离上帝圣父之有上帝性兼有人性者、借尔净孕不可测而生、故我众借尔得拯救。

又圣颂典 十字架复活圣颂典

首节 无视金像

节句：主欸、赞荣尔尊十字架、及荣复活。

施宏恩爱人者、尔被钉十字架、甘愿受埋葬、第三日复活、且救援诸诚信歌颂尔者曰、万物宜歌颂称扬主于无穷世。

节句：主欸、赞荣尔尊十字架、及荣复活。

上帝圣言基督欸、尔降地狱、为救由朽坏以尔上帝能力所造者、赐其常生、及使其获分于常生之荣光、故万物宜歌颂称扬基督于无穷世。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

借尔而慈善全能无比者显现于地、与人同居、故我众诚信者歌颂曰、主所造之物宜歌颂称扬之于无穷世。

节句：祈至圣母救我等。

我众诚应赞荣尔、至洁圣母、因尔所生受人体者乃圣三之一、故我众歌颂之、与圣父及圣神无异曰、万物宜歌颂称扬主于无穷世。

于圣第九歌颂前唱至圣生神女之歌：我灵惟感颂主、我神惟悦上帝救我者。

节句：我等赞扬尔革鲁宾而尊、逾塞拉芬、荣光无比、无损而生上帝言、诚上帝之母云。

圣歌九 首节

無原始父之子、上帝主宰、由童女降生而现於我等中、特光照於黑暗及集聚分散者、故宜歌颂满被讚扬之上帝母。

圣颂

节句：主欸、赞荣尔圣复活。

救世之基督欸、尔尊贵十字架至福之木、植于法场如植于地堂然、由尔胁如上帝之泉源所流尊血及水以灌溉之、而萌发我等之常生。

Refrain: Glory to Thy holy Resurrection O Lord.

Crucified, O all-powerful, you laid low the mighty, and exalting human nature which lay below in Hell's prison, you placed it on your Father's throne: as you are coming with that nature we worship and magnify you.

Of the Trinity.

Refrain: Most Holy Trinity, our God, glory to Thee.

As with right belief we the faithful hymn the triple Unity, the consubstantial Trinity, let us glorify the inseparable nature, supremely divine, triple light, radiance without evening, alone uncompounded which sheds light upon us.

Another, of Cross and Resurrection.

Of God God the Word.

Refrain: Glory to Thy precious Cross and Resurrection.

In the midst of the condemned you were hung up like a lamb, O Christ, on the Cross on Calvary, your side pierced by a lance; in your goodness you have granted to us who are made of dust but who honour you in faith your divine Resurrection.

Refrain: Glory to Thy precious Cross and Resurrection.

Let us the faithful all worship God, who by his own death destroyed with might the power of death; for he raised with him the age-long dead, and to all he grants life and Resurrection.

Another, of the Mother of God.

Wholly art Thou, O Lord, the desire.

Refrain: Most holy Theotokos save us.

A rod of strength has been given to our rotten nature: the Word of God in your womb, O Pure One, and he raised it up when it had fallen into Hell; therefore, all-pure, as Mother of God we magnify you.

Refrain: Most holy Theotokos save us.

Master receive with compassion as ambassador on our behalf your Mother whom you chose, and all things will be filled with your goodness, that we may all magnify you as our benefactor.

After katavasia there is a small litany. Then we sing Holy is the Lord our God.

Exapostilarion, the prescribed Eothinon. At Lauds, Let everything that has breath. We insert 8 Stichera.

Resurrection Stichera. Tone 2.

Verse 8: To execute upon them the judgement that is decreed; such glory will be for all his holy ones.

Everything that has breath and every creature glorifies you, O Lord, for through your Cross you destroyed death to show the peoples your Resurrection from the dead, as you alone love humankind.

Verse: Praise God in his saints; praise him in the firmament of his power.

Let the Jews say how the soldiers lost the King they were guarding. Why did the stone not guard the rock of life? Either let them give up the one who was buried or praise him risen, saying with us: Glory to the multitude of your mercies: Saviour, glory to you!

Verse: Praise him for his mighty acts; praise him according to the greatness of his majesty.

Rejoice you peoples and be glad: An Angel sat upon the grave stone; he gave us good tidings saying: Christ has risen from the dead and filled the universe with sweet fragrance. Rejoice you peoples and be glad!

节句：主欸、赞荣尔圣复活。

全能者欸、以尔被钉十字架、有权者黜其位、而以封闭于地狱底之人性体、举升于上帝圣父宝座之上、故我众偕之叩拜赞美尔降临者。

圣三颂

节句：至圣三者、我等上帝荣光尔。

我众正信者、歌颂赞美三位一体之圣三、系不相离之上帝性体、三妙永昼之光、独一常在发辉于我众者。

又圣颂典 十字架复活圣颂典

首节 出自上帝的上帝圣言

节句：主欸、赞荣尔尊十字架、及荣复活。

基督如羔被举于十字架、在强盗中间、在法场被枪刺胁、以尔慈善施常生于我等属地之人、即以诚信赞美尔复活者。

节句：主欸、赞荣尔尊十字架、及荣复活。

我众诚信者、宜叩拜以已死灭死权之主、因其使众死者偕已复苏、并赐之以常生及复活。

又圣颂典 生神女圣颂典

首节 上主称是全部的希望

节句：祈至圣母救我等。

至洁者欸、于尔腹所孕之上帝圣言、以能力之杖赐于属死之人性、复活彼陷于地狱者、故我众赞美尔系至洁圣母。

节句：祈至圣母救我等。

求主宰施恩、聆纳尔所喜悦之圣母、为我众之转达、以尔宏恩普施万物、为众克赞扬尔系施恩之主。

合众词后小连祷、后唱：圣哉、上主、我众之上帝。（三次）

差遣颂、指定的味爽赞词。诵念赞美圣咏「凡有呼吸者……」时、插入八段赞词。

复活行间赞词 第二调式

插入八句赞颂：为以所纪录之审判行于伊等、斯荣耀皆属其圣人。

主欸、凡有呼吸者及万物赞荣尔、因以十字架灭死、为使众睹尔由死中复活、因乃独一爱人者。

诗节：众宜赞美主于其圣所、赞美其荣名穹苍。

犹太人应言、何以守主宰之兵而反失之、何为墓石不能巩固生命之磐石、伊等或宜呈献所葬者、或宜叩拜复活者、偕我侪曰、我等救世者赞荣尔宏恩、赞荣尔。

插入四节赞词：因其全能赞美之、因其宏威赞美之。

众宜以喜悦快乐、因坐于墓石上之天神传报之曰、救普世之基督由死中复活矣、施庆幸充满万物、故众宜喜悦快乐。

Verse: Praise him with the sound of the trumpet; praise him with lute and harp.

Before your conception, Lord, an Angel brought the greeting 'Hail' to the one full of grace: at your Resurrection an Angel rolled the stone from your glorious grave. The one revealed the signs of joy instead of sorrow; the other instead of death proclaimed to us a Master, giver of life. Therefore we cry to you, 'Benefactor of all humankind, Lord, glory to you!'

Other Stichera by Anatolios

Verse: Praise him with timbrel and dance; praise him with strings and pipe.

The women sprinkled sweet spices with their tears upon your grave, and their mouths were filled with joy as they said, 'The Lord has risen!'

Verse: Praise him with tuneful cymbals; praise him with loud cymbals. Let everything that has breath praise the Lord.

Let nations and peoples praise Christ our God, who willingly endured the Cross for us and spent three days in hell; and let them worship his Resurrection from the dead, through which all the ends of the world have been filled with light.

Verse: Arise, O Lord, my God, lift up your hand: do not forget your poor for ever.

You were crucified, you were buried, O Christ, as you willed; you despoiled death as God and Master, granting the world eternal life and your great mercy.

Verse: I will give you thanks, O Lord, with my whole heart: I will tell of all your wonders.

In truth, lawless ones, by sealing the tomb you have granted us a greater marvel; the guards have the knowledge; today he came from the grave, and they said: You said that while we slept the Disciples came and stole him. And who steals a corpse, especially one that is naked? But he has risen by his own authority as God, leaving behind his grave-clothes in the tomb. Come, O Jews, see how he did not burst the seals the One who trampled on death and grants the human race life without end and his great mercy.

Glory. The Eothinon.

Both now. Theotokion.

You are most blessed, O Virgin Mother of God, for through him who took flesh from you, Hell has been captured, Adam recalled, the curse slain, Eve set free, death put to death, and we given life. Therefore in praise we cry: Blessed are you, Christ our God, who have been thus well-pleased, glory to you.

Then the Great Doxology and after it the Resurrection Troparion.

Having risen from the tomb, and having burst the bonds of Hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

The Litanies and Dismissal.



诗节：以角声赞美、以琴以瑟赞美。

主欤、尔未降孕之先、天神传报满被赞扬者曰、庆哉云、尔荣复活时、天神启尔墓石、第一代忧报喜乐、第二代死传告施生活之主宰、故我众向主呼吁曰、施恩万物之主赞荣尔。

又行间赞词 阿纳托利作

诗节：以鼓及佾赞美、以弦及笙笛赞美。

携香液女等、以哭泣注香液于尔墓、而喜悦充满其口曰、主复活矣。

诗节：以和声之钹赞美、以大声之铙赞美、凡有呼吸者、宜赞扬主。

诸异邦人、偕我众宜赞荣缘我等甘愿被钉十字架及三日居地狱之我等上帝基督、宜叩拜其由死之复活、盖因此八埏俱被光照。

诗节：主欤、我上帝欤、起举尔手、莫忘尔之受窘迫者。

基督欤、尔甘愿被钉十字架及埋瘞、而如主宰上帝灭死、施常生及宏恩于普世。

诗节：主欤、我将尽心称扬尔、而传扬尔之诸奇事。

违理印封墓石者欤、尔实予我侪得见奇怪之事、守卒知晓主今出墓、而尔曹曰、尔可云我侪正眠、彼徒夜窃其躯云、谁能窃尸且赤身者、伊系上帝以己能而复活、遗殓布于墓中、犹太人宜至前考验、何以败死施常生及宏恩于人类者不毁印封。

荣耀归于父…… 咏唱主日味爽赞词

自今至永远…… 生神女颂

童贞上帝圣母、尔系被赞扬者、因由尔受人体者掳地狱、召苏亚当灭诅詈、释夏娃灭死、而我等获生、故赞颂曰、如此行之上帝基督、寔宜受赞扬、故我等赞荣尔。

咏唱大荣耀颂、之后咏唱复活圣颂：

吾主尔由柩而起、败坏地狱之缚、灭死之詈、拯众由敌仇之网、尔独一大仁慈者、显现尔使徒、遣伊等传教、并借伊等赐安和于普世。

连祷及遣散词





AT THE LITURGY

Typika and Beatitudes.

on 8. Blessed are the merciful, for they shall obtain mercy.

We bring you the prayer of the Thief, and we cry to you: Remember us, O Saviour, in your Kingdom.

on 7. Blessed are the pure in heart, for they shall see God.

We bring you, for pardon of offences, the Cross, which you accepted for our sake, O lover of humankind.

on 6. Blessed are the peacemakers, for they shall be called sons of God.

We worship your burial and your Rising, Master, through which you have redeemed the world from corruption, O Lover of humankind.

on 5. Blessed are they that are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

By your death, Lord, death has been swallowed up, and by your Resurrection, O Saviour, you have saved the world.

on 4. Blessed are ye when men shall revile and persecute you and say all manner of evil against you falsely for My sake.

Those who slept in darkness, O Christ, seeing you the Light in the lowest depths of Hell, rose up.

on 3. Rejoice and be exceeding glad, for your reward is great in the Heavens.

On rising from the grave you met the Myrrhbearers and ordered them to tell your Disciples of your Rising.

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

Let us all now glorify the Father, worship the Son and praise with faith the Holy Spirit.

Both now and for ever, and to the ages of ages. Amen. Theotokion.

Hail throne formed of fire; hail Bride without bridegroom; hail Virgin who bore God for humankind!





事奉圣礼

真福颂赞词

八、哀矜者诚福、因伊等将蒙哀矜。

我众以右盗之言祈求曰、救世者于尔国怜念我。

七、心净者诚福、因伊等将得见上帝。

爱人者欵、我众以尔为我等所受十字架之苦为罪赦。

六、敷和者诚福、因伊等将称为上帝子。

主宰欵、我众叩拜尔埋葬及复活、因借此爱人者救普世于朽坏。

五、为义被窘害者福、因天国属伊等。

救世之主欵、借尔死而死被灭、以尔复活而普世获救。

四、既人因我而诽谤尔、迫害尔、诸妄言诅詈尔、则尔诚福。

基督欵、寝于黑暗者、见尔系光降地狱即复活。

三、尔当欣喜悦乐、因在天尔之赏厚。

尔出墓时、迎接携香液女等、命之传告使徒尔复活。

荣耀归于父及子及圣神：

我众宜赞荣圣父、叩拜圣子、秉虔心歌颂圣神。

自今至永远及于万世。阿民：生神女颂

庆哉如火之宝座、庆哉聘而未婚之童贞女、庆哉使上帝借之生于人者。



Resurrection Apolytikion.

When you went down to death, O immortal Life, then you slew Hell with the lightning flash of your Godhead; but when from the depths below the earth you raised the dead, all the Powers in the heavens cried out, 'Giver of life, Christ our God, glory to you!'

Kontakion. When you come upon the earth.

You rose from the tomb, all-powerful Saviour, and seeing the marvel Hell was struck with fear, and the dead arose, and creation, seeing, rejoices with you, Adam shares in the joy; and the world ever praises you, my Saviour.

Prokeimenon. Psalm 117

The Lord is my strength and my song, and He is become my salvation.

Verse: With chastisement hath the Lord chastened me, but He hath not given me over unto death.

Alleluia. Psalm 19

Verse: The Lord hear thee in the day of affliction; the Name of the God of Jacob defend thee.

Verse: O Lord, save the king, and hearken unto us in the day when we call upon Thee.

The communion hymn on sundays: Praise the Lord from heaven, praise him in the highest. Alleluia, alleluia, alleluia.



复活遣散颂

永生活者尔降死时、以上帝性之光灭地狱、尔援诸死者由暗地下提出时、众天军于尔呼曰、赞扬尔我等施生活之上帝基督。

集祷颂 通用调式 当祢降临世界

全能救世者、尔由柩中复活矣、地狱睹此奇迹而惊惧、诸死者苏起、万物见之同尔欣喜、亚当偕尔而欢乐、世界常赞颂尔为我救世者。

经前咏 圣咏117

主乃我之力、我之歌颂、其为我之救。

诗节：主已厉责我、惟未以我付于死。

阿利鲁伊亚 圣咏19

诗节：愿主聆尔于忧患之日、愿雅各之上帝名护佑尔。

诗节：主欤、救君、而于我侪吁尔之时聆纳之。

主日各调式领主颂：赞主于天中、赞主于苍穹。阿利路亚、阿利路亚、阿利路亚。



第二调式

主日小赞词



不 朽 之 生 命， 當 祢 降 至 死 亡，
Bu - xiu zhi sheng-ming, dang Mi jiang zhi si - wang,

2
即 以 神 性 之 光 耀 致 死 了 陰 府；
ji yi shen xing zhi guang - yao zhi - si - le yin fu;

3
當 祢 由 大 地 深 處 復 活 了 死 者，
dang Mi you da - di shen chu fu - huo - le si - zhe,

4
所 有 天 軍 則 高 呼：
suo - you tian jun ze gao hu:

5
基 督 啊， 我 們 的 上 帝， 賦 予 生 命 者， 榮 耀 歸 於 祢！
Ji - du a, wo - men de Shang - di, fu - yu sheng-ming zhe, rong-yao gui - yu Mi!

第二调式

主日副赞词

6
大 能 的 救 主， 祢 從 墳 墓 中 復 活，
Da neng de Jiu Zhu, Mi cong fen - mu zhong fu - huo,

7
地 獄 見 到 這 一 奇 跡， 恐 懼 戰 兢， 死 者 複 起；
di - yu jian dao zhe yi qi - ji, kong - ju zhan jing, si - zhe fu qi;

9
一 切 受 造 物 見 此 與 祢 一 起 歡 躍，
yi - qie shou zao - wu jian ci yu Mi yi - qi huan - yue,

10
亞 當 也 同 為 喜 樂， 我 的 救 主 啊，
Ya - dang ye tong wei xi - le, wo de Jiu Zhu a,

12
世 界 永 不 停 歇 地 讚 美 祢。
shi - jie yong bu ting - xie de zan mei Mi.

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第三調式

主日八調贊詞

SUNDAY OCTOECHOS

TONE 3



Sunday Octoechos

Tone 3

第三
调式

主
日
八
调
赞
词





TONE 3

ON SATURDAY EVENING

AT GREAT VESPERS

After the Opening Psalm and the first Kathisma of the Psalter, at Lord I have cried, we insert 10 Stichera, and we sing 7 Resurrection Stichera and 3 of the Saint of the day, or 4 and 6 if the Saint is 'feasted'.

Resurrection Stichera. Tone 3.

Verse 10: Bring my soul out of prison, that I may confess your name.

By your Cross, Christ Saviour, death's might has been abolished, the devil's deception destroyed, while the human race, saved by faith, each evening offers you its hymn.

Verse: The just will await me, until you reward me.

By your Resurrection, Lord, the universe has been filled with light and Paradise has been opened again, while all creation as it sings your praise, each evening offers you its hymn.

Verse 8: Out of the depths I have cried to you, O Lord. Lord hear my voice.

I glorify the power of the Father and the Son, and I praise the authority of the Holy Spirit, undivided, uncreated Godhead, consubstantial Trinity, that reigns from age to age.

Other Stichera, by Anatolios.

Verse: Let your ears be attentive, to the voice of my supplication.

We worship your precious Cross, O Christ, and we praise and glorify your Resurrection, for by your stripes we have all been healed.

Verse 6: If you, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

We praise the Saviour who took flesh from the Virgin; for he was crucified for us and rose on the third day, granting us his great mercy.

Verse: For your name's sake I have waited for you, O Lord. My soul has waited on your word. My soul has hoped in the Lord.

Going down to those in Hell, Christ proclaimed the good tidings, saying, 'Be of good courage; now have I conquered! I am the Resurrection; I will bring you up, abolishing the gates of death'.

Verse 4: From the morning watch until night, from the morning watch, let Israel hope in the Lord.

We who stand unworthily in your most pure house sing an evening hymn, as we cry out of the depths, 'Christ God, who enlightened the world by your Resurrection on the third day, deliver your people from the hand of your foes, O Lover of mankind'.

Glory from the Menaion, if appointed otherwise:



第三调式

安息日晚

大暮时课

诵念开端圣咏（第一百零三篇圣咏）与圣咏集第一座圣咏、诵念吁主圣咏「主欤、我呼吁尔……」时、插入十段赞词：七段取自复活赞词、三段取自本日所纪念的圣人赞词、若遇庆节、则插入四段或六段圣人赞词。

复活行间赞词 第三调式

插入十句赞颂：拯提我灵出狱岸、为我克赞颂尔名。

救世之基督、尔十字架拆毁死之权衡、使魔之诱惑衰息、而人类赖信获救者、以永歌颂献于尔。

插入：尔以恩宠显于我时、义者将环我。

主欤、借尔复活普世被光照、天堂复启、万物赞扬尔者、以永歌颂献于尔。

插入八句赞颂：主欤、我自深渊呼吁尔、主欤、聆我声。

我赞美圣父及子之能力、赞颂圣神之权柄、乃不相离非受造三位一体永宰之上帝。

其它赞词、阿纳托利作

插入：愿尔耳听我之祷声。

基督欤、我等叩拜尔尊刑架、并赞荣歌颂尔复活、因以尔伤、我众获医治。

插入六句赞颂：主欤、若究察罪恶、主欤、则孰能立、第尔施救宥、愿人敬畏于尔前。

我众赞颂由童贞女受人体之救世者、因其为我众被钉十字架、第三日复活、而施宏恩于我众。

插入：我望主、我灵望主、冀望主言。

基督降在地狱、宣示于其内者曰、宜冀望、我今获胜、我乃复活、将毁死门、必使尔升天。

插入四句赞颂：我灵候主、逾于更漏之待旦、逾于更漏之待旦、愿以色列冀望主。

我众不堪立于尔圣堂者、献尔抵暮之词、及自深渊呼吁曰、借尔第三日复活、光照普世之上帝基督、求脱尔民于尔仇敌之手、因尔系爱人者。

若《月份礼典》上载有指定的荣光赞词、则诵念「荣耀归于父……」后、咏唱荣光赞词、之后接念「自今至永远……」；若无指定的荣光赞词、则直接诵念「荣耀归于父…、自今至永远……」。

Glory ..., Now & Ever ..., *Theotokion Dogmatic:*

How should we not marvel at your Offspring, who is both God and man, all-honoured one? For without knowing man, O all-blameless, you gave birth in the flesh to a Son without father, begotten from the Father before the ages without mother, in no way undergoing change, or mixture or separation, but preserving intact the identity of either nature. Therefore, Sovereign Lady, Virgin Mother, implore him that the souls may be saved of those who with right belief acknowledge you as Mother of God.

After the Entrance and O Joyful Light, the designated Monk makes a metania to the Superior and sings the Prokeimenon of the day.

The Lord is King: he has robed himself in majesty.

Verse 1: The Lord has robed and girded himself with power.

Verse 2: He has made the world firm; it will not be shaken.

Then the usual Litany, Grant Lord etc. and after the Ekphonesis we sing the idiomel Sticheron of the Saint of the Monastery as we process into the Narthex. After the usual prayers we return to the Church singing the Resurrection Stichera of the Aposticha.

Resurrection Stichera of the Aposticha. Tone 3.

By your passion, O Christ, you darkened the sun, and by the light of your Resurrection you made the whole universe radiant. Accept our evening hymn, O Lover of humankind.

Other, alphabetical, Stichera.

Verse 1: The Lord is King: he has robed himself in majesty. The Lord has robed and girded himself with power.

Gracious Lord, your Rising that received life has enlightened the world, and recalled your own fashioning which had become corrupt. And so, delivered from Adam's curse, we cry, 'All-powerful Lord, glory to you!'

Verse 2: He has made the world firm; it will not be shaken.

How be it that as God you are unchanging, yet by suffering in the flesh you changed. Creation, unable to bear seeing you hanging on a cross, was shaken with fear, and it groaned as it sang the praise of your long-suffering; but having descended into Hell, you arose on the third day, granting life to the world and your great mercy.

Verse 3: Holiness befits your house, O Lord, to length of days.

In order to ransom our race from death, O Christ, you underwent death; and rising on the third day from the dead you raised with yourself those who acknowledged you as God, and you enlightened the world. Lord, glory to you!

Glory

of the Saint, if one is 'feasted'; otherwise

Glory. Both now. *Theotokion.*

By the Father's will, without seed you conceived from the divine Spirit the Son of God, who from before the ages is from the Father without mother. But you gave birth in the flesh and suckled as a babe him who for our sake had come from you without father. Therefore do not cease to intercede that our souls may be delivered from dangers.

And the rest of the Office of the Vigil.



生神女颂

至尊贵者、我等何能弗谔尔所产受人体之上帝、缘尔至无玷者、不识男之感、而生无父之子、乃诸世前无母而由父所生、毫不变易、并不交合、不分离、二性兼全者、求永贞圣母宰后代祈伊、为救真识尔诚系圣母者之灵。

圣入礼与禧光颂后、指定的修士向长上行一躬拜、咏唱本日的经前咏。

主为君、乃以威严为衣。

诗节一：主以能力服之、束系之。

诗节二：故世界乃坚固必不摇撼。

之后诵念热诚连祷、「主、开恩护守……」等、司祭念完结束祷词后、咏唱本修道院主保圣人的专用赞词、列队进入教堂前厅。念完惯常的祷文后、回至教堂、咏唱：

复活后行间赞词

第三调式

基督欤、以尔所受之难、使日晦黯、而以复活之光照耀并普世、祈爱人者聆我宵间之歌颂。

其它赞词（按字母顺序）

诗节一：主为君、乃以威严为衣。主以能力服之、束系之。

主欤、尔受生命之复活光照普世、及救尔所造被朽坏之人、故我获亚当之诅骂者、呼吁曰、赞荣尔全能之主。

诗节二：故世界乃坚固必不摇撼。

上帝永不变易者、以人性受难而变易、万物不忍见尔悬于刑架、故惊惧呻吟、且称颂尔宽忍曰、尔降狱及第三日复活、为施常生及宏恩于普世。

诗节三：主欤、圣德属尔之堂、直至永远。

基督欤、为救我等人于永死、尔受死第三日由死中复活、使凡信己为主者偕已复活、及光照普世、主欤赞荣尔。

荣耀归于父……

本日所纪念的圣人赞词、若本日为「庆节」、则

荣耀归于父……自今至永远…… 生神女颂

因圣父之命、由圣神洁孕上帝子、其即由父无母诸世前即在者、为救我等由尔腹受人体无父而产、以乳养之如婴、故代祈不绝、为由苦难而救我等灵。

继续举行守夜祈祷的其余部分。





ON SUNDAY MORNING

AT MATINS

After the Six Psalms we sing The Lord is God to Tone 3, and the Resurrection Apolytikion twice, but the Theotokion once. Then the usual Reading from the Psalter [Kathismata 2 and 3].

Resurrection Apolytikion.

Let everything in heaven rejoice, let everything on earth be glad, for the Lord has shown strength with his arm; by death he has trampled on death; he has become the first-born of the dead; from the bowels of Hades he has delivered us; and granted the world his great mercy. *(twice)*

Theotokion.

Virgin Mother of God, we praise you as the means of the salvation of our race; for your Son and our God, who through the Cross accepted suffering in the flesh he had taken from you, has redeemed us from corruption, for he loves mankind.

After the 1st reading from the Psalter [Kathisma 2], we sing Kathismata of the Resurrection.

Tone 3. Model Melody.

Christ has risen from the dead, the first fruits of those that sleep. The First-born of creation and Creator of all that has come to be, has renewed in himself the corrupted nature of our race. Death, you are no longer lord, for the Master of all things has destroyed your might.

Verse: Arise, Lord my God, lift up your hand; do not forget your poor for ever.

Having tasted death in the flesh, Lord, you have cut out the bitterness of death by your Rising and given humankind strength against it, announcing the abolition of the ancient curse. Defender of our life, Lord, glory to you!

Glory. Both now. *Theotokion.*

Awed by the beauty of your virginity and by the splendour of your purity, Gabriel cried aloud to you, O Mother of God, 'How can I praise you as I should? With what name shall I invoke you? I am troubled and amazed; therefore as I was commanded I cry to you: Hail, full of grace!'

After the 2nd Psalter reading [Kathisma 3], Kathismata.

When the stone was sealed.

Awed by your unchanging Godhead and your voluntary passion, Lord, Hell mourned, 'I tremble at your body's substance, which is not corrupted. I see you, the invisible, mystically making war on me; and so those whom I hold cry out, Glory, O Christ, to your Resurrection!'

Verse: I will praise you, Lord, with my whole heart; I will tell of all your marvellous works.

We faithful contemplate an ineffable mystery: your Crucifixion that cannot be understood and your Rising that cannot be explained. For today Death and Hell have been despoiled, but the human race has put on incorruption. And so with thanksgiving we cry, 'Glory, O Christ, to your Resurrection!'

Glory. Both now. *Theotokion.*

Mystically you contained in your womb the Incomprehensible and the Uncircumscribable, consubstantial with the Father and the Spirit; and we acknowledge that in your Offspring one unconfused energy of the Trinity is glorified in the world. And so with thanksgiving we cry to you, 'Hail, full of grace!'





主日上午

晨时课

诵念完六篇圣咏后、以第三调式咏唱「主是上帝」、接着咏唱复活遣散颂两遍、生神女颂一遍。之后、按惯例诵念圣咏集第二座与第三座。

复活遣散词

天上者应庆忭、地下者宜欣悦、缘主显厥筋刚力、以死灭死、诸死者中首生活者、救我等于地狱腹、及赐普世宏恩。（两遍）

生神女颂

童贞圣母欸、我等称颂尔为我等救赎之中保、由尔受肉躯之尔子、即吾等上帝、被钉十字架、及救我朽坏、因其系爱人者。

诵念完第一圣咏集选段（第二座）后、咏唱复活坐赞词。

第三调式 通用本调

基督复活乃诸死中为首者、生于万物先创造万者、借已复新我人类朽坏之性体、故死不复能制、因万物之主宰败坏其权柄。

诗节：主欸、我上帝欸、起举尔手、莫忘尔之受窘迫者。

以人性受死之主、借已复活灭绝死之苦、坚固人胜以灭原诅、故我众曰、保护我等生命之赞荣尔。

荣耀归于父…… 自今至永远…… 生神女颂

加百列诧异圣母之美好、及至光明之洁净呼吁曰、何堪能以赞美词献于尔、何能称尔、我诧异惊惧、而按命令曰、庆哉、满被赞扬者。

诵念完第二圣咏集选段（第三座）后、咏唱复活坐赞词。

通用调式 当巨石被密封时

主欸、地狱见尔不变易之上帝、甘愿受难而惊惧哭泣曰、我战栗于受人体常生者、我见不可见者、系以奥秘攻我者、故我所监禁者呼吁曰、基督欸、赞荣尔圣复活。

诗节：主欸、我将尽心称扬尔、而传扬尔之诸奇事。

我众诚信者、承认尔不可言不可测被十字架及复活之奥秘、今死权及地狱被掳、而人类服以常生、故我众感谢呼吁曰、基督欸、赞荣尔圣复活。

荣耀归于父…… 自今至永远…… 生神女颂

圣母欸、尔以奥秘蕴不可测不可言与圣父及圣神一体者、故我众在世赞荣由尔所生者、乃一体不相离圣三之位、而感谢尔者呼吁曰、庆哉、满被赞扬者。



After the reading of the 'Blameless' [Kathisma 17, Psalm 118], we sing the Evlogitaria. Then the little Litany and The Ypakoï.

Causing amazement by his appearing, and refreshment by his words the dazzling Angel said the myrrh-bearing women, 'Why do you seek the living in a grave? He has risen, emptying the graves. Know that the unchanging has changed corruption. Say to God: How fearful are your works! For you have saved the human race.'

The Anavathmi. 1st Antiphon.

You delivered the captivity of Zion from Babylon, O Word. Draw me too from the passions to life.

Those who sow in the South with tears inspired by God, will reap in joy sheaves that endure for ever.

Glory. Both now.

By the Holy Spirit comes the giving of all good things, as he shines with the Father and the Son. In him all things live and move.

2nd Antiphon.

Unless the Lord build the house of the virtues, we labour in vain. While he protects the soul no one lays waste our city.

By the Spirit of the fruit of the womb, the Saints are always as sons to you, O Christ, as to the Father.

Glory. Both now.

In the Holy Spirit is seen all holiness and wisdom; for he gives existence to every creature. Let us worship him as the Father and the Son, for he is God.

3rd Antiphon.

Those who fear the Lord are blessed as they walk his paths; for they eat the living fruit of the commandments.

Be glad, Chief Shepherd, as you see around your table your offspring bearing branches of good works.

Glory. Both now.

In the Holy Spirit is all the wealth of glory; from him comes grace and life for all creation; for he is praised with the Father and the Word.

Prokeimenon.

Tell it among the nations; the Lord is King. * For he has established the whole world, which shall not be shaken.

Verse: Sing to the Lord a new song. Sing to the Lord all the earth.

Then: Let every breath praise the Lord: The appointed Matins Gospel

Stichera after the Gospel: Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. We venerate Thy Cross, O Christ, and Thy holy Resurrection we hymn 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 worship Christ's holy Resurrection, for, behold, through the Cross joy hath come to all the world. Ever blessing the Lord, we hymn His Resurrection; for, having endured crucifixion, He hath destroyed death by death.

Psalm 50

诵念完「无瑕圣咏」（第十七座、圣咏第一百十八篇）后、咏唱复活「赞主颂」。之后诵念小连祷及聆听赞。

像闪电之天神、以己形像致令携香液女奇异、而以安抚之言曰、尔何觅活人于墓中、空罄诸墓者已复活、尔宜知使死者受变易、乃系不变易者、宜向上帝曰、尔所行之事何其威严、因尔救人类。

升阶赞 第一对经（圣咏125）

圣言欤、尔昔使被掳之锡安出巴比伦、今求提拔我于私欲而归常生。

以泪播种者、将以乐获。

荣耀归于父…… 自今至永远……

由圣神施诸恩宠如发光耀、与圣父圣子无异、万物赖之生且动。

第二对经（圣咏126）

苟主弗建室、则建者徒劳、苟主不守城、则守者徒做醒。

娠妇所产之诸圣、借圣神为基督及上帝圣父之义子。

荣耀归于父…… 自今至永远……

借圣神可晓悟诸圣德及智慧、借之万物获生命、故应事奉之与上帝圣父及圣言相同、因其乃上帝。

第三对经（圣咏127）

福哉、凡敬畏主、而行其途者、尔必由己手之劬劳而食。

牧首者、见其子环席、结善行之果以喜乐。

荣耀归于父…… 自今至永远……

于圣神诸巨荣光、借之万物得生命及圣宠、故我众偕圣父及圣言称扬之。

经前咏（圣咏95）

尔曹向诸列邦言、主为君、以此普世乃坚固弗能摇动。

诗节：尔曹宜以新歌谣歌颂主。

凡有呼吸者、宜赞扬主

诵福音经：我等既睹基督之复活、宜叩拜独一无罪圣主耶稣基督、我等叩拜尔十字架、赞荣称颂尔圣复活、缘尔乃我等上帝、尔之外我等弗识他主、我等既以尔名自称、请众诚信者至而叩拜基督圣复活、因借仗十字架而喜降至于普世、因此我等常感谢主、赞颂其复活、缘其为我等而被钉十字架、以死灭死。

圣咏经第五十章

Glory to the Father, and to the Son, and the Holy Spirit: Through the prayers of the apostles, O Merciful One, blot out the multitude of our transgressions.

Both now and ever, and unto the ages of ages. Amen: Through the prayers of the Theotokos, O Merciful One, blot out the multitude of our transgressions.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgressions.

And if there is a festal sticheron appointed at this place (for feasts of the Lord and the Theotokos, on any day, including Sundays; for saints, on weekdays only), it is sung. Otherwise, on Sundays outside the Lenten cycle we sing:

Jesus having risen from the grave, as He foretold, hath given us life eternal, and great mercy.

After O God, save your people and the Ekphonesis, we begin the Canons, singing the Resurrection Canon to 4, the Cross-Resurrection to 3, that of the Mother of God to 3, and that of the Saint of the day to 4. But if the Saint is 'feasted' to 6 or 8. Katavasia appointed. At the end of the 3rd and 6th Odes, the Short Litany.

Resurrection Canon.

Ode 1. Tone 3. The Irmos.

He who of old assembled the waters into one gathering by his divine decree, and divided the sea for the people of Israel. He is our God and he is glorified. To him alone let us sing, for he has been glorified.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

He who condemned the earth to bear thorns of sweat for the transgressor, accepted in the body a crown of thorns from a lawless hand. He is our God who abolished the curse, for he has been glorified.

Refrain: Glory to Thy holy Resurrection O Lord.

Triumphant victor he is over death — Death was exposed as full of fear — for, having taken living flesh subject to suffering, our God wrestled with the tyrant and raised all with himself, for he has been glorified.

Theotokion

Refrain: Most holy Theotokos save us.

All the nations glorify you as true Mother of God, who gave birth without seed; for, having come into your hallowed womb, our God, took that which was according to our nature, and as both God and man he was born from you.

Another Canon, of Cross and Resurrection,

whose acrostic, with the Irmi, is: I sing you a third song, Word of God.

Irmos. Peoples, let us sing.

Refrain: Glory to Thy precious Cross and Resurrection.

By his divine blood, Christ has redeemed the race of mortals, enslaved to the sin-loving tyrant, and making it divine he has renewed it, for he has been glorified.

Refrain: Glory to Thy precious Cross and Resurrection.

Christ, the guardian of life, as a mortal willingly tasted death; while being by nature immortal he gave life to the dead, for he has been glorified.

荣耀归于父、及子、及圣神

仁慈主、以使徒祈祷、洁净我等多罪。

自今至永远、及于万世、阿民。

仁慈主、以圣母转达、洁净我等多罪。

上帝欤、因尔大仁慈、矜怜我、以大怜惠、删除我诸愆尤。

此处诵唱庆日赞词（任何日子、包括在主日在内的主及圣母的庆日；平日圣人的庆日）。在四旬期之外的主日；

耶稣依预言由柩中复活者、赐我等常生及宏恩。

念完「上帝、求祢拯救祢的子民……」、司祭高声诵念完结束祝文之后、开始诵念圣颂典。圣颂典的念法如下：由复活圣颂典取四段圣颂、由十字复活圣颂典取三段圣颂、由向生神女的圣颂典取三段圣颂、由本日所纪念的圣人的圣颂典取四段圣颂。若本日乃圣人的「庆节」、则取六段或八段圣颂。第三及第六圣颂小连祷后、诵念指定合众词。

复活圣颂典。

圣歌一 第三调式 首节

昔以圣命汇众水于一区、及为以色列民分海路之我等上帝、系满被赞者、我等惟歌颂伊、缘其赫着矣。

圣颂

节句：主欤、赞荣尔圣复活。

我等上帝昔定地因犯罪之原、人汗流而生荆棘、今以人性体由违理者之手、受荆棘之冠、以灭诅詈、缘其赫着矣。

节句：主欤、赞荣尔圣复活。

胜死败死者显出、由死惊惧、我等上帝受人赋灵之体能受难者、以攻击强暴陵虐之魔、而使众偕之复活、缘其赫着矣。

生神女颂

节句：祈至圣母救我等。

万民称扬尔为真净孕生主之圣母、因我等上帝降临于尔成圣之腹、受类我等人之体、由尔而生有上帝性体及人性体者。

又圣颂典 十字架复活圣颂典

藏头诗（包括首节）上帝圣言、我向祢歌唱第三首歌。

首节 民众、让我们歌唱

节句：主欤、赞荣尔尊十字架、及荣复活。

喜罪之暴虐者使人类为奴、而基督以己尊血救赎之、复新及体合于上帝之光、缘其赫着矣。

节句：主欤、赞荣尔尊十字架、及荣复活。

司生命之基督以其可死人之形体甘愿受死、以常生上帝性体使诸死者复活、缘其赫着矣。

*Another Canon, to the Mother of God,
whose acrostic, with the Irmi is: I sing you a third song, Mother of God.
Irmos. Peoples, let us sing.*

Refrain: Most holy Theotokos save us.

Every nature of heavenly beings fittingly bends the knee, O Virgin, to him who was incarnate from you, and with them those below the earth together with those on earth, for he has been glorified.

Refrain: Most holy Theotokos save us.

O the transactions which took place in you! For as God who bestows good things unstintingly, giving us the divine Spirit, he accepted flesh from you, O Maiden, for he has been glorified.

Ode 3. The Irmos

Almighty and Most High, who out of nothing bring all things, created by the Word, perfected by the Spirit, establish me in your love.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Through your Cross the impious has been shamed, for he has fallen into the pit which he dug out; while the horn of the humble, O Christ, has been exalted in your Resurrection.

Refrain: Glory to Thy holy Resurrection O Lord.

The preaching of true religion has covered like water the seas of the nations, Lover of mankind; for by rising from the tomb you have uncovered the light of the Trinity.

Theotokion

Refrain: Most holy Theotokos save us.

Glorious things are spoken of you, living city of him who is king for ever; for through you, Sovereign Lady, God lived among those on earth.

*Of Cross and Resurrection.
You smashed the bow of enemies.*

Refrain: Glory to Thy precious Cross and Resurrection.

Immaculate Cross, you were revealed to be cleansing from the offscourings of idols, for Jesus, supremely divine, stretched out his hands upon you.

Refrain: Glory to Thy precious Cross and Resurrection.

That all we the faithful may worship you, the grave which received life, Christ who is truly our God has been buried in you and has been raised.

*Another, of the Mother of God.
The same Irmos.*

Refrain: Most holy Theotokos save us.

A rod from Jesse's root has budded, as the Prophet said, the Virgin who blossomed with a flower for us: you, O Christ. Holy are you, O Lord.

Refrain: Most holy Theotokos save us.

That you might make those born of earth partakers in the divine nature, you took our flesh from the Virgin, and became poor. Holy are you, O Lord.

又圣颂典 生神女圣颂典

藏头诗（包括首节） 诞神女、我向妳歌唱第三首歌。

首节 民众、让我们歌唱

节句：祈至圣母救我等。

圣女坎、诸天军偕在地之人类及在地狱者、皆应曲膝叩拜由尔受人体者、缘其赫着矣。

节句：祈至圣母救我等。

借尔无限之和睦、施宏恩之上帝由尔童贞受人体、而以圣神赐我侪、缘其赫着矣。

圣歌三 首节

从虚无以圣言造以圣神成、万物之全能主宰、求坚固我等于尔。

圣颂

节句：主坎、赞荣尔圣复活。

基督、魔以尔十字架被羞耻、彼掘阱已竣、反自陷于其阱、而诸谦卑者借尔之复活举其角。

节句：主坎、赞荣尔圣复活。

爱人者坎、如水溢海、普传圣教遍于万民、尔由死中复活、而启发圣三之光。

生神女颂

节句：祈至圣母救我等。

永在上帝灵明之城坎、以尔光荣之事所传、盖借尔宰后、上帝偕诸在地者同居。

又圣颂典 十字架复活圣颂典

首节：你打碎了敌人的弓

节句：主坎、赞荣尔尊十字架、及荣复活。

尊十字架为诸邪神污秽之涤除、因至圣主耶稣在其上扬手。

节句：主坎、赞荣尔尊十字架、及荣复活。

众诚信者、宜即拜受生活之枢、因其内被瘥及复活之基督、系我等真上帝。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

据先知所言、童贞乃自耶西根所发之枝、而基督乃其所生之华、吾主乃成圣者。

节句：祈至圣母救我等。

为使在地之人类体合于上帝、主由尔童贞受人体而窘屈自处、吾主乃成圣者。

Ode 4. The Irmos.

You displayed mighty love for us, O Lord; for you gave your Only-begotten Son to death for our sake. Therefore with thanksgiving we cry to you, 'Glory to your power, O Lord!'

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

In your compassion, O Christ, you bore marks and stripes, bravely enduring the insult of blows and with long-suffering accepting spitting. Through these you wrought salvation for me. Glory to your power, O Lord!

Refrain: Glory to Thy holy Resurrection O Lord.

In a mortal body, O Life, you were acquainted with death, for the sake of the wretchedness of your poor and the groans of your needy ones, and having destroyed the destroyer and been glorified you raised all with you, only Lover of mankind.

Theotokion

Refrain: Most holy Theotokos save us.

Remember, O Christ, the flock which you have gained by your Passion. Accepting the compassionate entreaties of your glorious Mother and watching over it in its affliction, deliver it by your power, O Lord.

*Another, of Cross and Resurrection.**The strange and ineffable mystery.*

Refrain: Glory to Thy precious Cross and Resurrection.

O Lover of mankind, who fashioned mankind according to your image, and when it was slain by sin through transgression, you saved it by being crucified on Calvary.

Refrain: Glory to Thy precious Cross and Resurrection.

Death gave up the dead whom it had swallowed, while Hell's palace, which brings corruption, was destroyed when you rose from the tomb, O Lord.

*Another, of the Mother of God.**Same Irmos.*

Refrain: Most holy Theotokos save us.

O Master, who established the mountains with the yoke of divine knowledge, without hands you were hewn as a stone from the Virgin. To your power be glory, O Lover of mankind.

Refrain: Most holy Theotokos save us.

You healed our diseased nature, Master, by uniting with it in the Virgin this most potent medicine: your immaculate Godhead, O Word.

Refrain: Most holy Theotokos save us.

O Lord, you are my portion and my lot so long-desired; from the Virgin you united me, O Word, with your person, having been declared a person in the flesh.

Ode 5. The Irmos.

I rise to you at dawn, Creator of all, Peace which passes all understanding; for your commandments are light. O guide me by them.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Handed over by the envy of the Hebrews to an unjust judge, you, the All-seeing, who judge the whole earth with justice, delivered Adam from the ancient condemnation.

圣歌四 首节

吾主尔彰极坚宏之爱于我等、缘使尔独一子为我等受死、故我众感谢尔曰、吾主赞荣尔能力。

圣颂

节句：主欸、赞荣尔圣复活。

基督以哀矜受伤及疮痍、忍受批颊之欺侮、宽恕唾面、借此使我得救、吾主赞荣尔能力。

节句：主欸、赞荣尔圣复活。

常生者、因贫者受苦、穷者嗟叹、以人体受死、至荣光者灭司死者、使众借已复活、缘其赫着矣。

生神女颂

节句：祈至圣母救我等。

求基督聆纳尔至荣圣母慈怜之代祈、矜念以尔苦所得之群、顾视诸受难者及以尔能力救之。

又圣颂典 十字架复活圣颂典

首节 奇妙而不可言喻之奥秘

节句：主欸、赞荣尔尊十字架、及荣复活。

爱人者以己形造人、且在髑髅地上被钉十字架、为我因犯罪受死者。

节句：主欸、赞荣尔尊十字架、及荣复活。

因主由柩中复活、死复还所吞噬之人、及地狱使朽之权被灭。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

主宰以上帝智慧建立诸山者、乃由童贞女成为非以手所凿之石、爱人者、赞荣尔能力。

节句：祈至圣母救我等。

主宰曾医治我等被伤之性体、以至洁圣言上帝之性体、而体合于圣女为真药料。

节句：祈至圣母救我等。

吾主乃我之分、乃我所愿之嗣业、因圣言借童女受人体、体合我于上帝之性体。

圣歌五 首节

我早寤、向尔造成万物之主、系超诸明悟之安和者、因尔诚命光明、求以此训示我。

圣颂

节句：主欸、赞荣尔圣复活。

无所不知者、以希伯来人之嫉妒、被解于不公义断案者、而以公义审判普地者、救阿当于古时之诅詈。

Refrain: Glory to Thy holy Resurrection O Lord.

O Christ, who rose from the dead, grant peace to your Churches by the invincible power of your Cross and save our souls.

Theotokion

Refrain: Most holy Theotokos save us.

Holy Tabernacle, and wider then the Heavens, for you received the Word of God, whom all creation cannot contain, you alone have been revealed as ever virgin.

*Another, of Cross and Resurrection.
The invisible was seen on earth.*

Refrain: Glory to Thy precious Cross and Resurrection.

O Christ, when your side was pierced by the lance, you freed from the curse her who was created from a human side and became the agent of destruction for all mortals.

Refrain: Glory to Thy precious Cross and Resurrection.

Christ, our Saviour, equal in being with the Father, you raised from the dead the sacred temple of your all-pure and all-honoured body.

*Another, of the Mother of God.
The same Irmos.*

Refrain: Most holy Theotokos save us.

The Word of God, O Virgin, your Son, the Creator of Adam the first-formed, is no creature, though he fashioned for himself a living flesh from you.

Refrain: Most holy Theotokos save us.

Equal to the Father, the Son of the Virgin, the Word of God, is a perfect Person in two natures, Jesus the Lord, perfect God and man.

Ode 6. The Irmos.

The final abyss of sins has surrounded me and my spirit fails; but, Master, stretch out your upraised arm and like Peter save me, O my Pilot.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

An abyss of mercy and pity has surrounded me by your compassionate descent; for becoming incarnate and being in the form of a servant, Master, you have made me divine and glorified me together with yourself.

Refrain: Glory to Thy holy Resurrection O Lord.

The death-dealer underwent death when he saw the one who had been put to death restored to life. These are the tokens of your Resurrection, O Christ, and the rewards of your immaculate Passion.

Theotokion

Refrain: Most holy Theotokos save us.

O All-pure, the only mediatrix beyond understanding between the Fashioner and humankind, beseech your merciful Son on behalf of your stumbling servants and be our champion.

*Another, of Cross and Resurrection.
Jonas became a symbol.*

Refrain: Glory to Thy precious Cross and Resurrection.

Tried by stripes, by the Passion of the Cross you raised with you those who lay slain in Hell; therefore I cry to you, 'Bring my life up from corruption, O Lover of mankind.'

节句：主欸、赞荣尔圣复活。

求由死中复活之基督、以尔不可胜十字架之能力、赐平安于尔圣教会、及救我等灵。

生神女颂

节句：祈至圣母救我等。

永贞女欸、因受万物不可容之圣言为独一较诸天览宏之圣帷。

又圣颂典 十字架复活圣颂典

首节 不可见者在世上被看见

节句：主欸、赞荣尔尊十字架、及荣复活。

吾主基督欸、由人肋所造者、为众死之缘、以尔刺胁使之获救于诅詈。

节句：主欸、赞荣尔尊十字架、及荣复活。

我等救世之基督、系上帝圣父同性者、使尔至洁至尊身堂由死中复活。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

圣女欸、尔子乃上帝之圣言、造原祖阿当者、虽由尔自造灵体、非为受造者。

节句：祈至圣母救我等。

圣女欸、尔子乃上帝圣父同能之圣言成全之位、兼涵两性、谓吾主耶稣系成全上帝及人者。

圣歌六 首节

罪渊底环我、我灵似消灭、求引我之主宰、舒尔臂援我如彼得。

圣颂

节句：主欸、赞荣尔圣复活。

借尔善衷之降生、仁慈宏恩之渊环我、因主宰受仆像为人、而体合人于上帝性使之偕己荣光。

节句：主欸、赞荣尔圣复活。

司死者见被死之复活而受死、此乃基督复活之表式、及其尊受难之关系。

生神女颂

节句：祈至圣母救我等。

求至洁者欸、系超人明悟、独一通和上帝于人者、代祈尔子施恩及助于尔罪仆。

又圣颂典 十字架复活圣颂典

首节 约拿成了一个象征

节句：主欸、赞荣尔尊十字架、及荣复活。

尔以受伤及被钉十字架之难、使在地狱被伤者偕己复活、故我向尔呼吁曰、爱人者援我生命于朽坏。

Refrain: Glory to Thy precious Cross and Resurrection.

Hell's gates open to you in fear, O Christ, the enemy's possessions are seized. Therefore the Women met you and received joy instead of sorrow.

Another, of the Mother of God.

The same Irmos.

Refrain: Most holy Theotokos save us.

He who has no part in any shape, takes our form from the undefiled Maiden, becoming man in shape and deed, unchanged in his divinity.

Refrain: Most holy Theotokos save us.

From an abyss of sins and from the tempest of the passions deliver me, O Pure one, for you have become a harbour and abyss of wonders for those who have recourse to you in faith.

Kontakion.

Today the Virgin.

You arose today, O Merciful One, and led us out from the gates of death. Adam dances today, and Eve rejoices. Prophets too, along with Patriarchs, praise without ceasing the divine might of your authority.

The Ikos.

Let heaven and earth dance today, and in harmony sing the praise of Christ our God, for he raised the prisoners from the tombs. All creation rejoices together as it offers fitting songs to the Creator of all things and our Redeemer. For today, as Giver of life, he drew mortals out of Hell and raises them together to heaven. He lays low the uprisings of the foe and smashes the gates of hell by the divine might of his authority.

Ode 7. The Irmos.

As of old you refreshed with dew the three godly Youths in the Chaldean flame, so shine with the enlightening fire of your Godhead upon us who cry, 'Blessed are you, the God of our fathers!'

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The shining veil of the Temple was rent by the Cross of the Creator, revealing the truth hidden in the letter to the faithful who cry, 'Blessed are you, the God of our fathers!'

Refrain: Glory to Thy holy Resurrection O Lord.

When your side was pierced, O Christ, drops of your life-bearing blood, flowing from God by divine dispensation, fell upon the earth and refashioned those who cry, 'Blessed are you, the God of our fathers!'

Of the Trinity

Refrain: Most Holy Trinity, our God, glory to Thee.

Let us believers glorify the good Spirit with the Father and the only-begotten Son, as we honour one Principle and one Godhead in three Persons as we cry, 'Blessed are you, the God of our fathers!'

Another, of Cross and Resurrection.

Haughty was the tyrant.

Refrain: Glory to Thy precious Cross and Resurrection.

The sun is not being darkened for a mere man hanging on a Cross, but at seeing God incarnate, to whom we also sing, 'Blessed are you, O Lord, the God of our fathers!'

节句：主欸、赞荣尔尊十字架、及荣复活。

基督欸、地狱之门因惧向尔而启、仇敌之械被夺、故携香液女迎迓尔、而易其忧痛为喜乐。

又圣颂典 生神女圣颂典
同一首节

节句：祈至圣母救我等。

无形体者由童贞女而受人体、不离上帝之性。

节句：祈至圣母救我等。

求至洁者、救我于罪渊、及私欲之烈风、因尔为秉信归尔者之停泊处及奇迹之渊。

集祷颂

用「今天童贞女」通用调式

施宏恩者、尔今由枢中复活、并提升我众于死之门、今阿当欣喜、夏娃欢乐、诸先知及列祖常偕伊等赞颂权柄上帝之能力。

行述赞

今天地应讴歌、同意称颂上帝基督、因其被囚者由枢中复活、万物宜喜乐、以如量之歌颂、献于造物之救世者、因其系施生活使人出地狱升天、以己上帝之泉源、败魔之傲慢、及坏地狱门。

圣歌七 首节

如尔昔为虔诚三幼童于迦勒底火焰施雨露、今求以上帝之光明火、照耀我等吁之者曰、我等祖父之上帝、系被赞扬者。

圣颂

节句：主欸、赞荣尔圣复活。

造万物者、受钉刑架时、堂幔中分、而以圣经内隐秘之意、明显于众诚信者、其乃吁曰、我等祖父之上帝、系被赞扬者。

节句：主欸、赞荣尔圣复活。

基督欸、以尔料理由所刺之胁、流施生活之血注于地、为使在地者升天、其乃吁曰、我等祖父之上帝、系被赞扬者。

圣三颂

节句：至圣三者我等上帝、赞扬尔。

我众诚信者、宜偕上帝圣父及其一子赞扬至善圣神、承认圣三实一原一性曰、我等祖父之上帝、系被赞扬者。

又圣颂典 十字架复活圣颂典
首节 暴君狂傲

节句：主欸、赞荣尔尊十字架、及荣复活。

日见非常之人但受人体之上帝、悬十字架而失光、故我众歌颂主曰、主我等祖父之上帝、系被赞扬者。

Refrain: Glory to Thy precious Cross and Resurrection.

The coward Hell, quailing before him who is strong by his Godhead and who grants incorruption, spewed out the souls of the Just, who cried out, ‘Blessed are you, O Lord, the God of our fathers!’

Refrain: Most holy Theotokos save us.

All-pure, you are a priceless treasure of blessing for those who confess with a pure heart that you are Mother of God; for from you was incarnate the God of our fathers.

Another, of the Mother of God.

The same Irmos.

Refrain: Most holy Theotokos save us.

Lord of glory and ruler of the powers on high, who are seated with the Father and borne in the arms of a Virgin, ‘Blessed are you, O Lord, the God of our fathers.’

Refrain: Most holy Theotokos save us.

Death is bold, but when it joined battle with you, God in person made flesh of the Virgin, you destroyed it. Blessed are you, O Lord, the God of our fathers.

Refrain: Most holy Theotokos save us.

We all acknowledge you as Mother of God who bore God in your womb; for you gave birth to one of the Trinity made flesh. Blessed, All-pure, is the fruit of your womb.

Ode 8. The Irmos.

In the unbearable fire, but unharmed by the flames, the Young Men, famed for their reverence for God, became as one as they sang the divine hymn, ‘All you works of the Lord bless the Lord, and highly exalt him to all the ages.’

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The radiance of the Temple was shattered when your Cross was fixed on Calvary, and all creation was shaken as it sang in fear, ‘All you works of the Lord bless the Lord, and highly exalt him to all the ages.’

Refrain: Glory to Thy holy Resurrection O Lord.

You rose from the tomb, O Christ, and by your divine power set upright the one who had fallen by deceit through a tree as he cried and said, ‘All you works of the Lord bless the Lord, and highly exalt him to all the ages.’

Theotokion

Refrain: Most holy Theotokos save us.

You have been declared Temple of God, spiritual place and Ark; for you reconciled the Creator to mortals, most pure Mother of God, and fittingly all we his works praise you and highly exalt you to all the ages.

Another, of Cross and Resurrection.

A flame of material fire.

Refrain: Glory to Thy precious Cross and Resurrection.

The Word was not subject to suffering, for by his Godhead he cannot suffer; but God suffered in the flesh, to whom also we sing, ‘All you works of the Lord bless the Lord, and highly exalt him to all the ages.’

Refrain: Glory to Thy precious Cross and Resurrection.

Having slept as a mortal, you were raised up as immortal, O Saviour, and you save from death those who sing, ‘All you works of the Lord bless the Lord, and highly exalt him to all the ages.’

节句：主欸、赞荣尔尊十字架、及荣复活。

地狱受纳坚固施常生之上帝惊惧、而吐义德者之灵、其乃吁曰、主我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

至洁圣母欸、尔乃为洁心承认尔者之万福宝藏、因由尔我等祖父之上帝受人体。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

偕上帝圣父同座司诸天军荣光之主、被童贞女之手所抱、主我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

由童贞受人体之上帝、灭攻彼猖獗之死、主我等祖父之上帝、被赞扬者。

节句：祈至圣母救我等。

我众知尔乃上帝所由生之圣母、因圣三之一位由尔受人体至洁者尔胎之果并为赞美。

圣歌八 首节

倡始虔诚之幼童、于不可忍之火中弗遭烈焰之害、乃向上帝歌曰、主所造之物宜赞扬主、且赞美之于无穷世。

圣颂

节句：主欸、赞荣尔圣复活。

尔十字架竖于法场时、堂中光明之幔中分裂、万物战栗歌颂曰、主所造之物、宜赞扬主且歌颂赞美之于无穷世。

节句：主欸、赞荣尔圣复活。

基督由枢中复活、而以上帝之能力、复新借果树被诱惑而陷于罪者、乃吁曰、主所造之物宜赞扬主、且歌颂赞美之于无穷世。

生神女颂

节句：祈至圣母救我等。

至洁圣母乃为上帝堂圣灵之宝藏、因合人类和睦于造万物者、故我众诚应赞扬尔所为之事、且歌颂赞美尔于无穷世。

又圣颂典 十字架复活圣颂典

首节 物质之火之烈焰

节句：主欸、赞荣尔尊十字架、及荣复活。

以上帝性弗能受难之圣言、而以人性受难、故我众歌颂之曰、主所造之物宜赞扬主、且歌颂赞美之于无穷世。

节句：主欸、赞荣尔尊十字架、及荣复活。

救世者因死体而安息、因乃常生者而复活、及教于死中凡歌颂尔者曰、主所造之物、宜赞扬主且歌颂赞美之于无穷世。

*Of the Trinity**Refrain: Most Holy Trinity, our God, glory to Thee.*

Devoutly we worship the Godhead united in three Persons and we sing without ceasing, 'All you works of the Lord bless the Lord, and highly exalt him to all the ages.'

*Another, of the Mother of God.**The same Irmos.**Refrain: Most holy Theotokos save us.*

Blessed Virgin Mother, who have been raised above the spiritual powers and set next to God, we bless your Offspring and highly exalt him to all the ages.

Refrain: Most holy Theotokos save us.

You revealed your natural beauty to be most fair when you blazed forth the flesh of the Godhead. Blessed Virgin, we bless your Offspring and highly exalt him to all the ages.

Then we sing the song of the Virgin: My soul magnifies the Lord: with the refrain: More honorable than the Cherubim:

Ode 9. The Irmos.

New the wonder and fitting God: for the Lord clearly passes through the closed gate of the Virgin: naked at his going in and God bearing flesh at his coming out, while the gate remains closed. As ineffably Mother of God we magnify her.

*Troparia**Refrain: Glory to Thy holy Resurrection O Lord.*

Fearful it is, O Word of God, to see you the Maker destroyed on a Tree, suffering in the flesh, God on behalf of slaves, and lying lifeless in a grave, but releasing the dead from Hell. Therefore, O Christ, as all-powerful we magnify you.

Refrain: Glory to Thy holy Resurrection O Lord.

By being placed as a corpse in a tomb, O Christ, you saved the Forefathers from the corruption of death, and you made life blossom by rising from the dead, leading mortal nature to the light and clothing it with divine incorruption. Therefore as source of ever-living light we magnify you.

*Theotokion**Refrain: Most holy Theotokos save us.*

You were revealed, All-pure, as Temple and throne of God, in which he who lives in the highest took his dwelling, born without man, and in no way opening the gates of your flesh. Therefore by your unceasing prayers, O Holy One, finally defeat the tribes of barbarians and subject them to our King.

*Another, of Cross and Resurrection.**We who are wounded by the sweet dart.**Refrain: Glory to Thy precious Cross and Resurrection.*

You have become a source of glory for mortals by a dishonourable death, which you tasted, Christ Saviour, through crucifixion in your mortal nature, and you granted me incorruption, for you love mankind.

Refrain: Glory to Thy precious Cross and Resurrection.

By rising from the tomb, O Christ, you saved me and exalted me and brought me to the Father, your Begetter, and you took your seat at his right hand through the compassion of your mercy, O Lord.

圣三颂

节句：至圣三者我等上帝、赞扬尔。

我众宜以虔诚叩拜不可测相合三位一体之上帝、及赞颂之曰、主所造之物、宜赞扬主、且歌颂赞美之于无穷世。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

满被赞扬之圣女、因尔乃主之母、超诸天军附近于上帝、故我众赞扬由尔所生者、且赞美之于无穷世。

节句：祈至圣母救我等。

满被赞扬之圣女、因尔借上帝而获光耀、尔本性姿容极为美善、我众赞扬由尔所生者、且赞美之于无穷世。

于圣第九歌颂前唱至圣生神女之歌：我灵惟感颂主、我神惟悦上帝救我者。

节句：我等赞扬尔革鲁宾而尊、逾塞拉芬、荣光无比、无损而生上帝言、诚上帝之母云。

圣歌九 首节

此乃新且大上帝之奇迹、主无人体而过童贞所闭之户、殆生即现借人体者、并户仍永闭、放我众称赞之为不可言喻之上帝圣母。

圣颂

节句：主欸、赞荣尔圣复活。

上帝圣言者欸、何畏见尔系造万物者、而被钉木架、系上帝以人体而代仆受难僵卧柩中无气息而释诸死者出地狱、故我众赞美基督因其乃全能者。

节句：主欸、赞荣尔圣复活。

基督欸、尔因死者卧于柩、而救列祖于死之黑暗、因复活诸死者而赐以常生、引人性体至永在之光以常生衣之、故我众赞美尔乃永在光之源。

生神女颂

节句：祈至圣母救我等。

至洁者为上帝之堂及宝座、因至上者居之、无夫由尔所生未开启尔体之门、故我众祈求尔不绝、使异邦人急速归服我等之皇帝。

又圣颂典 十字架复活圣颂典

首节 我们为甘饴之矢所伤者

节句：主欸、赞荣尔尊十字架、及荣复活。

救世者借尔被钉刑架受辱死而赐人尊贵、基督借尔死赐我常生、因尔乃爱人者。

节句：主欸、赞荣尔尊十字架、及荣复活。

基督由柩中复活、而救我升天至上帝圣父前、使我借已坐于上帝圣父之右、因主之仁慈极大。

*Another, of the Mother of God.
The same Irmos.*

Refrain: Most holy Theotokos save us.

For the devout faithful, O Virgin, there is no surfeit of your praises at all; for receiving divine and spiritual love, as Mother of God with love they magnify you.

Refrain: Most holy Theotokos save us.

You have placed the one who bore you, O Christ, as an intercessor for us, who can never be put to shame. At her entreaties, O Merciful, you distribute to us the Spirit who gives freely of his goodness, who proceeds through you from the Father.

After katavasia there is a small litany. Then we sing Holy is the Lord our God.

Exapostilarion, the prescribed Eothinon. At Lauds, Let everything that has breath. We insert 8 Stichera.

Resurrection Stichera. Tone 3.

Verse 8: To execute upon them the judgement that is decreed; such glory will be for all his holy ones.

Come all you nations, acknowledge the power of the dread mystery; for Christ our Saviour, the Word in the beginning, was crucified for us and willingly buried and rose from the dead to save the whole universe. Let us worship him.

Verse: Praise God in his saints; praise him in the firmament of his power.

Your guards recounted all the marvels, Lord, but, by filling their right hand with gifts, the Sanhedrin of folly thought to conceal your Resurrection, which the world glorifies. Have mercy on us.

Verse: Praise him for his mighty acts; praise him according to the greatness of his majesty.

All things have been filled with joy on receiving proof of the Resurrection. For Mary Magdalen came to the grave, found an Angel seated on the stone and dazzling in shining raiment, who said, 'Why do you seek the living with the dead? He is not here, but he has risen, as he said, and goes before you into Galilee.'

Verse: Praise him with the sound of the trumpet; praise him with lute and harp.

In your light, O Master who love mankind, we shall see light. For you rose from the dead, granting salvation to the human race, that all creation may glorify you, the only sinless one. Have mercy on us.

Other Stichera by Anatolios

Verse: Praise him with timbrel and dance; praise him with strings and pipe.

As a morning hymn, Lord, the Myrrhbearing Women offered you their tears. For bringing perfumes of sweet fragrance, they came to your grave, eager to anoint your most pure Body. An angel seated on the stone gave them the good tidings, 'Why do you seek the living with the dead? For he has trampled on death and has risen as God, granting to all his great mercy.'

Verse: Praise him with tuneful cymbals; praise him with loud cymbals. Let everything that has breath praise the Lord.

A dazzling Angel by your life-giving grave said to the Myrrh-bearers, 'The Redeemer has emptied the tombs, he has despoiled Hell and risen on the third day as alone God and all-powerful.'

又圣颂典 生神女圣颂典
同一圣颂

节句：祈至圣母救我等。

圣女坎、虔诚真信者赞扬尔永无足、故我众心志时常愿归向上帝、赞美尔系上帝之母。

节句：祈至圣母救我等。

基督坎、以生尔者为我等不爽之转达、借其代祈、赐我等由上帝圣父所出施诸恩之圣神。

合众词后小连祷、后唱：圣哉、上主、我众之上帝。（三次）

差遣颂、指定的味爽赞词。诵念赞美圣咏「凡有呼吸者……」时、插入八段赞词。

复活行间赞词 第三调式

插入八句赞颂：为以所纪录之审判行于伊等、斯荣耀皆属其圣人。

万民宜至明知威严机密之力、盖诸世前在之圣言、乃救我等之基督、为我等被钉十字架、而甘瘞、及由柩中复活、为拯救万物、我等宜即拜之。

诗节：众宜赞美主于其圣所、赞美其荣名穹苍。

主坎、守尔坟墓之兵报告尔奇迹、但愚昧之会堂、以钱充斥其手、思隐藏尔普世所赞荣之复活、主坎、矜怜我等。

插入四节赞词：因其全能赞美之、因其宏威赞美。

众闻知主复活而充满以喜乐、抹大拉的玛利亚至柩前、见衣光衣之天神坐于石曰、尔何觅活人于死者中、伊不在此、如其所曾言已复活矣、将见尔于加利利。

诗节：以角声赞美、以琴以瑟赞美。

爱人之主宰我等于尔之光见光、因尔由死中复活、而施救于人类、故万物赞扬尔独一无罪者曰、矜怜我等。

又行间赞词 阿纳托利作

诗节：以鼓及侗赞美、以弦及笙笛赞美。

主坎、携香液女以哭泣献尔以清晨之歌颂携香膏至尔柩前、欲傅尔至洁圣体、第坐石上之天神传报曰、尔何觅活人于死者中、灭死者已复活矣、因其乃施宏恩之上帝云。

诗节：以和声之钹赞美、以大声之铙赞美、凡有呼吸者、宜赞扬主。

在尔施生活柩上发光耀之天神向携香液女曰、使柩空罄之救援者掳掠地狱、而第三日复活矣、因其乃独一全能之上帝。

Verse: Arise, O Lord, my God, lift up your hand: do not forget your poor for ever.

On the first day of the week Mary Magdalen came to the grave and sought you. When she did not find you, she lamented and cried out with grief, ‘Alas, my Saviour, how have you, the King of all, been stolen?’ But a pair of life-bearing Angels from within the grave cried out, ‘Why do you weep, woman?’ ‘I weep’, she said, ‘because they have taken my Lord from the tomb and I do not know where they have laid him’. But when, turning back, she saw you, at once she cried out, ‘My Lord and my God, glory to you!’

Verse: I will give you thanks, O Lord, with my whole heart: I will tell of all your wonders.

The Hebrews shut Life up in the tomb; but the Thief opened the Paradise of pleasure with his voice when he cried and said, ‘The One who was crucified with me and who was hanged with me upon the tree also appears to me seated on the throne together with the Father. For he is Christ our God, who has great mercy.

Glory. The Eothinon.

Both now. Theotokion. You are most blessed, O Virgin Mother of God, for through him who took flesh from you, Hell has been captured, Adam recalled, the curse slain, Eve set free, death put to death, and we given life. Therefore in praise we cry: Blessed are you, Christ our God, who have been thus well-pleased, glory to you.

Then the Great Doxology and after it the Resurrection Troparion.

Today salvation has come to the world. Let us sing to him who rose from the tomb, the Author of our life. For destroying death by death, he has given us the victory and his great mercy.

The Litanies and Dismissal.



诗节：主欸、我上帝欸、起举尔手、莫忘尔之受窘迫者。

瞻礼第一日、抹大拉的玛利亚至墓寻尔而未之遇、号咷涕泣曰、噫嘻、我救世者、抑万物之主宰为人所窃云、墓中二天神向之报施拯救之信曰、妇欸何哭为、对曰、我哭之故因人取我主、不知置于何处云、倏转身见尔呼吁曰吾主、乃我之上帝赞荣尔。

诗节：主欸、我将尽心称扬尔、而传扬尔之诸奇事。

希伯来人将常生者闭于墓、而右盗以言启天堂之福乐曰、缘我偕我被钉十字架者、同我悬于木架者、显我由上帝圣父偕坐于宝座上者、其乃我等施宏恩之上帝基督。

荣耀归于父…… 咏唱主日昧爽赞词

自今至永远…… 生神女颂

童贞上帝圣母、尔系被赞扬者、因由尔受人体者掳地狱、召苏亚当灭诅詈、释夏娃灭死、而我等获生、故赞颂曰、如此行之上帝基督、寔宜受赞扬、故我等赞荣尔。

咏唱大荣耀颂、之后咏唱复活圣颂：

今普世得救赎、我等歌颂吾等生命之帅、由柩而复活者、因其以死灭死、赐凯胜及宏恩于我众。

连祷及遣散词





AT THE LITURGY

Typika and Beatitudes.

on 8. Blessed are the merciful, for they shall obtain mercy.

From paradise didst Thou drive our forefather Adam, who had broken Thy commandment, O Christ; but, O Compassionate One, Thou didst cause to dwell therein the thief who confessed Thee on the cross, crying out: "Remember me, O Savior, in Thy kingdom!"

on 7. Blessed are the pure in heart, for they shall see God.

With the curse of death didst Thou condemn us who had sinned, O Lord, Bestower of life; yet having suffered in Thy flesh, O sinless Master, Thou hast granted life unto mortals who cry out: "Remember us also in Thy kingdom!"

on 6. Blessed are the peacemakers, for they shall be called sons of God.

In rising from the dead, Thou hast raised us up from the passions with Thyself through Thy resurrection, O Lord; and all the power of death hast Thou destroyed, O Savior. Wherefore, with faith we cry out to Thee: "Remember us also in Thy kingdom!"

on 5. Blessed are they that are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

O Thou who as God grantest life, by Thy three days in the tomb Thou didst raise up with Thyself the dead in Hades, and as One Who is good Thou hast poured forth incorruption upon all of us who with faith ever cry out: "Remember us also in Thy kingdom!"

on 4. Blessed are ye when men shall revile and persecute you and say all manner of evil against you falsely for My sake.

Risen from the dead, O Savior, Thou didst first appear to the myrrh-bearing women, crying out: "Rejoice!" and through them Thou didst announce Thy resurrection to Thy friends, O Christ. Wherefore, with faith we cry out to Thee, "Remember us also in Thy kingdom!"

on 3. Rejoice and be exceeding glad, for your reward is great in the Heavens.

Moses, stretching out his arms on the mountain, prefigured the Cross and thus conquered Amelek. And, receiving it with faith as a mighty weapon against the demons, we all cry out: "Remember us also in Thy kingdom!"

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

O ye faithful, let us hymn the Father, Son, and Holy Spirit, the one God, the one Lord, as from a single Sun; for the Trinity is thrice-luminous and enlightening all who cry out: "Remember us also in Thy kingdom!"

Both now and for ever, and to the ages of ages. Amen. Theotokion.

Rejoice, O portal of God, through which the incarnate Creator passed without breaking thy seal! Rejoice, thou illumined cloud which bore Christ, the divine Rain! Rejoice, ladder and throne of heaven! Rejoice, honored mountain of God, fruitful and unquarried!





事奉圣礼

真福颂赞词

八、哀矜者诚福、因伊等将蒙哀矜。

基督逐干犯尔诫命之阿当出地堂、施宏恩者使右盗入天堂、因彼于刑架上承认尔曰、救世者于尔国怜念我等。

七、心净者诚福、因伊等将得见上帝。

施生活之主、以死之诅詈罚我等犯罪者、无辜之主宰以肉体受难、使诸死者复生、乃呼吁曰于尔国亦怜念我等。

六、敷和者诚福、因伊等将称为上帝子。

由死中复活之主、以尔复活使我等由私欲中复苏、救世者灭死之权、故我众秉诚心呼吁曰、于尔国亦怜念我等。

五、为义被窘害者福、因天国属伊等。

因系施生活之上帝、以尔三日之葬理、使诸死于地狱者复生、偕已升天、因系至善者、赐常生于我众秉诚心呼吁不绝者曰、于尔国亦怜念我等。

四、既人因我而诽谤尔、迫害尔、诸妄言诅詈尔、则尔诚福。

救世者由死中复活时、先显现于携香液女曰、庆哉云基督借之传报复活于友朋、故我众秉信吁曰、于尔国亦怜念我等。

三、尔当欣喜悦乐、因在天尔之赏厚。

摩西在山上伸手预像十字架以胜亚玛力、我众诚信者、以十字架为攻魔巩固之械、呼吁曰于尔国亦怜念我等。

荣耀归于父及子及圣神：

我众诚信、宜赞扬圣父及子及圣神系一上帝、系一主宰、如由独一日具三妙光之圣三、乃光照呼吁者曰、于尔国亦怜念我等。

自今至永远及于万世。阿民：生神女颂

庆哉上帝之门、借之经过受人体之造万物者、而弗损其印封、庆哉彩云、上帝之甘霖、即基督借之而降者、庆哉梯阶、及天上之宝座、庆哉上帝至尊膏腴未凿之山。



Resurrection Apolytikion.

Let everything in heaven rejoice, let everything on earth be glad, for the Lord has shown strength with his arm; by death he has trampled on death; he has become the first-born of the dead; from the bowels of Hades he has delivered us; and granted the world his great mercy.

Kontakion. Today the Virgin.

You arose today, O Merciful One, and led us out from the gates of death. Adam dances today, and Eve rejoices. Prophets too, along with Patriarchs, praise without ceasing the divine might of your authority.

Prokeimenon. Psalm 46

O chant unto our God, chant ye; chant unto our King, chant ye.

Verse: Clap your hands, all ye nations; shout unto God with a voice of rejoicing.

Alleluia. Psalm 30

Verse: In Thee, O Lord, have I hoped, let me not be put to shame in the age to come.

Verse: Be Thou unto me a God to defend me and a house of refuge to save me.

The communion hymn on sundays: Praise the Lord from heaven, praise him in the highest. Alleluia, alleluia, alleluia.



复活遣散颂

天上者应庆忭、地下者宜欣悦、缘主显厥筋刚力、以死灭死、诸死者中首生活者、救我等于地狱腹、及赐普世宏恩。

集祷颂 用「今天童贞女」通用调式

施宏恩者、尔今由中复活、并提升我众于死之门、今阿当欣喜、夏娃欢乐、诸先知及列祖常偕伊等赞颂权柄上帝之能力。

经前咏 圣咏46

当歌颂我侪之上帝、歌颂兮、歌颂我之侪之君、歌颂兮。

诗节：万民皆当拍掌、呼吁于上帝、以欢乐之声。

阿利鲁伊亚 圣咏30

诗节：主欤、我倚恃尔、毋使我羞愧至永远、而以尔之救我。

诗节：侧尔之耳于我、尔速救拔我、为我而作保我之磐石。

主日各调式领主颂：赞主于天中、赞主于苍穹。阿利路亚、阿利路亚、阿利路亚。



第三调

主日小赞词

願 諸 天 的 一 切 歡 欣, 願 地 上 的 萬 有 喜 悅;
Yuan zhu tian de yi-qie huan - xin, yuan di-shang de wan you xi - yue;

3
因 為 上 主 以 祂 的 手 臂 顯 示 了 大 能;
yin wei Shang-Zhu yi Ta de shou - bi xian - shi - le da neng;

5
以 死 亡 踐 滅 了 死 亡, 成 為 死 者 中 的 首 生 者。
yi si - wang jian-mie - le si - wang, cheng - wei si - zhe zhong de shou sheng zhe.

7
祂 拯 救 我 們 脫 離 陰 府 的 肚 腹, 並 賜 予 普 世 宏 恩。
Ta zheng-jiu wo-men tuo - li yin fu de du fu, bing ci-yu pu shi hong - en.

第三调

主日副赞词

9
仁慈者啊，今日祢從墳墓中復活，並把我們領出死亡之門。
Ren-ci-zhe a, jin-ri Ni cong fen-mu zhong fu-huo, bing ba wo-men ling chu si - wang zhi men.

11
今日亞當舞蹈，厄娃歡躍，諸位先知與—聖祖
Jin - ri Ya - dang wu - dao, E - wa huan - yue, zhu wei xian-zhi yu—sheng zu

13
也—一同不停—地歌頌祢——大能的屬神權柄。
ye— yi - tong bu ting de ge-song Ni—— da— neng de shu shen quan-bing.

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第四調式

主日八調贊詞

SUNDAY OCTOECHOS

TONS 4



Sunday Octoechos

Tone 4

第四
调式

主
日
八
调
赞
词





TONE 4

ON SATURDAY EVENING

AT GREAT VESPERS

After the Opening Psalm and the first Kathisma of the Psalter, at Lord I have cried, we insert 10 Stichera, and we sing 7 Resurrection Stichera and 3 of the Saint of the day, or 4 and 6 if the Saint is 'feasted'.

Resurrection Stichera. Tone 4.

Verse 10: Bring my soul out of prison, that I may confess your name.

As we worship without ceasing your life-giving Cross, Christ God, we glorify your Resurrection on the third day, for through it, O All-powerful, you renewed corrupted human nature and showed us the way up to heaven, as you alone are good and love mankind.

Verse: The just will await me, until you reward me.

By being willingly nailed to the tree of the Cross, O Saviour, you abolished the penalty of the tree of disobedience; and by descending into Hades, O Powerful one, you tore apart the bonds of death as God; therefore we worship your Resurrection from the dead, as we cry out with joy: all-powerful Lord, glory to you!

Verse 8: Out of the depths I have cried to you, O Lord. Lord hear my voice.

You smashed the gates of Hell, Lord, and by your death you destroyed the palace of death; while you freed humanity from corruption, granting the world life and incorruption, and your great mercy.

Other Stichera, by Anatolios.

Verse: Let your ears be attentive, to the voice of my supplication.

Come you peoples, let us hymn the Saviour's Rising on the third day, through which we were redeemed from unbreakable bonds of Hell and all received incorruption and life, as we cry: You, who were crucified and buried and rose again, save us by your Resurrection, only lover of mankind.

Verse 6: If you, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

Angels and mortals hymn your Rising on the third day, O Saviour, through which the ends of the inhabited world were filled with light, and we were all redeemed from the slavery of the foe, as we cry: O life-giving, all-powerful Saviour, save us by your Resurrection, only lover of mankind.

Verse: For your name's sake I have waited for you, O Lord. My soul has waited on your word. My soul has hoped in the Lord.

You shattered the gates of brass and smashed their bars, Christ God, and you raised the fallen human race; therefore with one voice we cry: Lord risen from the dead, glory to you!

Verse 4: From the morning watch until night, from the morning watch, let Israel hope in the Lord.

O Lord, your birth from your Father is without time and eternal; your incarnation from a Virgin is inexpressible for humans and beyond explanation; and your descent into Hell is fearful for the devil and his angels; for having trampled on death you rose on the third day, granting mankind incorruption and your great mercy.

Glory from the Menaion, if appointed otherwise:



第四调式

安息日晚

大暮时课

诵念开端圣咏（第一百零三篇圣咏）与圣咏集第一座圣咏、诵念吁主圣咏「主欸、我呼吁尔……」时、插入十段赞词：七段取自复活赞词、三段取自本日所纪念的圣人赞词、若遇庆节、则插入四段或六段圣人赞词。

复活行间赞词 第四调式

插入十句赞颂：拯提我灵出狱岸、为我克赞颂尔名。

上帝基督欸、我等不绝叩拜尔施生活之十字架、赞荣尔于第三日复活、因尔全能者以之复新人朽坏之性体、仍旧赐我等升天、因尔乃独一至善爱人者。

插入：尔以恩宠显于我时、义者将环我。

救世者、因尔甘愿被钉十字架、而灭为犯树诫命之罚、全能者、尔下地狱、因系上帝、断绝死之桎、故我众叩拜尔由死中之复活、而以喜悦呼吁曰、全能之主赞扬尔。

插入八句赞颂：主欸、我自深渊呼吁尔、主欸、聆我声。

主欸、尔毁地狱之门、以尔死败坏死之权、救人类于朽坏、及施常生无朽、并宏恩于普世。

其它赞词、阿纳托利作

插入：愿尔耳听我之祷声。

请众赞扬救世者之第三日复活、因借之我众得救于地狱不可释之囚而获常生、且曰、被钉十字架被瘞及复活者、求以尔复活救我等、因尔乃独一爱人者。

插入六句赞颂：主欸、若究察罪恶、主欸、则孰能立、第尔施救宥、愿人敬畏于尔前。

救世者欸、天神及众人赞荣尔第三日复活、因借之地涯被光照、而众人获救于魔之役故呼吁曰、施生活全能救世者、求以尔复活救我等、因尔乃独一爱人者。

插入：我望主、我灵望主、冀望主言。

上帝基督欸、尔劈铜门折扇、复活坠落犯罪之人类、故我众合声呼吁曰、由死中复活之主赞荣尔。

插入四句赞颂：我灵候主、逾于更漏之待旦、逾于更漏之待旦、愿以色列冀望主。

主欸、尔由上帝圣父所生、乃诸世前永在者、尔由童贞受人体、乃人所不可测不可言者、尔降地狱、乃魔及其役所畏惧者、因尔灭死、第三日复活赐常生、及宏恩于众人。

若《月份礼典》上载有指定的荣光赞词、则诵念「荣耀归于父……」后、咏唱荣光赞词、之后接念「自今至永远……」；若无指定的荣光赞词、则直接诵念「荣耀归于父…、自今至永远……」。

Glory ..., Now & Ever ..., *Theotokion Dogmatic:*

The Prophet David, through you the ancestor of God, spoke of you in song beforehand to him who has done great things for you: the Queen stood at your right hand. For he, the God who was well pleased without father to become man from you, declared you to be mother, source of life, that he might refashion his own image, corrupted by passions, and, having found the lost sheep wandering on the mountain and laid it on his shoulders, he might bring it to his Father; and by his own will unite it to the heavenly Powers and save the world, O Mother of God, Christ who has great and rich mercy.

After the Entrance and O Joyful Light, the designated Monk makes a metania to the Superior and sings the Prokeimenon of the day.

The Lord is King: he has robed himself in majesty.

Verse 1: The Lord has robed and girded himself with power.

Verse 2: He has made the world firm; it will not be shaken.

Then the usual Litany, Grant Lord etc. and after the Ekphonesis we sing the idiomel Sticheron of the Saint of the Monastery as we process into the Narthex. After the usual prayers we return to the Church singing the Resurrection Stichera of the Aposticha.

Resurrection Stichera of the Aposticha. Tone 4.

Lord, by ascending the Cross you wiped out our ancestral curse, and by descending into Hades you freed those enchained from every age, granting incorruption to the human race; therefore with hymns we glorify your life-giving and saving Rising.

Other, alphabetical, Stichera.

Verse 1: The Lord is King: he has robed himself in majesty. The Lord has robed and girded himself with power.

Hanged upon a tree, O only Mighty One, you shook creation; laid in a tomb you raised those who dwelt in tombs, granting the human race incorruption and life; therefore with hymns we glorify your Rising on the third day.

Verse 2: He has made the world firm; it will not be shaken.

A lawless people, O Christ, delivered you to Pilate, and condemned you to be crucified, showing themselves unfeeling to their benefactor, but of your own will you endured burial, rose on the third by your own power, as God granting us unending life and your great mercy.

Verse 3: Holiness befits your house, O Lord, to length of days.

Reaching your grave in tears the women looked for you; and when they did not find you they cried aloud with grief and lamentation: Alas, our Saviour, King of all, how were you stolen? What sort of place holds your life-bearing body? But an Angel answered them and said: Do not weep, but go, proclaim that the Lord has risen, granting us joy, as he alone is compassionate.

Glory of the Saint, if one is 'feasted'; otherwise

Glory. Both now. Theotokion.

Look upon the supplication of your servants, O All-unblemished, bringing to an end the dread assaults that beset us and calming all our distress; for we have only you as safe and sure anchor, and we have obtained your protection. Sovereign Lady, may we who entreat you not be put to shame; make haste to hear the supplication of us who cry to you with faith: Hail, Sovereign Lady, help, joy and protection of all, and salvation of our souls.

And the rest of the Office of the Vigil.



生神女颂

圣母坎、先知大卫缘尔之故成为主祖、曾向举荣尔之上帝用和音歌曰、后立于尔之右云、此言乃为尔所言、因无父由尔甘借人体之上帝、现尔为常生之中保、为复新因私被朽之本像、及寻得山中被失之羊、肩负引至圣父前、且随己意旨、和彼于天军、并施鸿恩之基督将救普世。

圣入礼与禧光颂后、指定的修士向长上行一躬拜、咏唱本日的经前咏。

主为君、乃以威严为衣。

诗节一：主以能力服之、束系之。

诗节二：故世界乃坚固必不摇撼。

之后诵念热诚连祷、「主、开恩护守……」等、司祭念完结束祷词后、咏唱本修道院主保圣人的专用赞词、列队进入教堂前厅。念完惯常的祷文后、回至教堂、咏唱：

复活后行间赞词

第四调式

主坎、尔升十字架销我等原祖之诅咒、下地狱释久被系者、赐不朽于人类、故我等以歌颂赞荣尔施生活施救赎之复活。

其它赞词（按字母顺序）

诗节一：主为君、乃以威严为衣。主以能力服之、束系之。

独一全能者、以尔被钉刑架、致令万物战栗、以尔置于枢、使诸在枢者复活、而施无朽及常生于人类、故我众以歌颂赞荣尔第三日复活。

诗节二：故世界乃坚固必不摇撼。

基督坎、违理之人解尔至彼拉多受钉架之拟决、明显其忘恩负义、但尔甘愿受埋葬、乃上帝按其自主之权、第三日复活、施常生及宏恩于我众。

诗节三：主坎、圣德属尔之堂、直至永远。

携香液女以哭泣至枢前觅尔、而未之见、乃慨叹涕泣呼吁曰、噫嘻、我等救世者、万物之君、何以被窃、何处蕴藏尔施生活之体云、天神对伊等曰、毋悲、往告以主之复活、乃施喜乐于众人、因其乃独一善衷者。

荣耀归于父……

本日所纪念的圣人赞词、若本日为「庆节」、则

荣耀归于父……自今至永远…… 生神女颂

求无玷者、顾尔仆等祈祷、息魔诸恶计、祛我诸忧患、因尔为我等独一至坚至妥之护佑、而受尔保佑、求宰后使我呼吁尔者不致耻、速聆秉信吁尔者曰、庆哉宰后、为众之扶佑喜乐帡幪及我灵之救赎。

继续举行守夜祈祷的其余部分。





ON SUNDAY MORNING

AT MATINS

After the Six Psalms we sing The Lord is God to Tone 4, and the Resurrection Apolytikion twice, but the Theotokion once. Then the usual Reading from the Psalter [Kathismata 2 and 3].

Resurrection Apolytikion.

When the stone had been sealed by the Jews, and while soldiers were guarding your spotless Body, you rose, O Saviour, on the third day, giving life to the world; and therefore the heavenly Powers cried out to you, Giver of life: Glory to your Resurrection, O Christ, glory to your Kingdom, glory to your Dispensation, only lover of mankind. *(twice)*

Theotokion.

The mystery hidden from all eternity and unknown to Angels, has been revealed to those on earth through you, O Mother of God: God being made flesh in a union without confusion, and willingly accepting the Cross for us, through which he raised the first-formed man and saved our souls from death.

After the 1st reading from the Psalter [Kathisma 2], we sing Kathismata of the Resurrection.

Tone 4.

As they looked at the entrance of the tomb and were unable to endure the bright flame of the Angel, the Myrrhbearing women trembled with amazement and said, ‘Can the One who opened Paradise to the Thief have been stolen? Can he who before his passion proclaimed his Rising have been raised? Truly Christ God has risen, granting those in Hell life and resurrection’.

Verse: Arise, Lord my God, lift up your hand; do not forget your poor for ever.

Of your own will, O Saviour, you endured the Cross, and mortals laid in a new tomb the One who established the ends of earth through a word; therefore the alien was bound, death terribly despoiled and all those in Hell cried aloud at your life-bearing Rising: Christ, the giver of life, has risen and abides to the ages.

Glory. Both now. *Theotokion. Model Melody. [By Romanos]*

At your conceiving without seed, O Mother of God, Joseph was struck with wonder as he contemplated what was beyond nature, and he brought to mind the dew on the fleece, the bush unburned by fire, Aaron's rod which blossomed; and your Betrothed and guardian bore witness and cried to the priests: A Virgin bears a child, and after child-birth remains still a virgin.

After the 2nd Psalter reading [Kathisma 3], Kathismata.

Be quick to anticipate.

You rose from Hell as immortal, O Saviour, and raised your world with you by your Resurrection, Christ our God; with strength you broke the might of death, and revealed the Resurrection to all, O Merciful: therefore we also glorify you, only lover of mankind.





主日上午

晨时课

诵念完六篇圣咏后、以第四调式咏唱「主是上帝」、接着咏唱复活遣散颂两遍、生神女颂一遍。之后、按惯例诵念圣咏集第二座与第三座。

复活遣散词

主之女门徒、由天神获主复活之辉音、得免原祖之谴罚、向使徒等矜诩曰、死已败坏、上帝基督复活矣、赐宏恩于普世。（两遍）

生神女颂

圣母坎、自无始蕴藏及天神所弗识之机密、借尔而显、缘上帝借人体现于世界众人、并为我等甘受十字架之难、及以圣架复活原始所造之人、且由死救我等灵。

诵念完第一圣咏集选段（第二座）后、咏唱复活坐赞词。

第四调式

携香液女注视墓门、而不可耐天神之光焰、乃诧异战栗曰、岂开右盗之天堂者、反被窃乎、抑未受难前预言复活者、果复活乎、基督乃诚复活矣、且施宏恩及常生于凡在地狱者。

诗节：主坎、我上帝坎、起举尔手、莫忘尔之受窘迫者。

救世者甘愿被钉十字架、必亡之人、置尔以言造地涯者在新枢、借此害人之死仇失其权、在地狱者赞扬尔施生命之复活曰、永在施生活之基督复活矣。

荣耀归于父…… 自今至永远…… 生神女颂 通用本调 约瑟惊奇不已 罗玛诺作

圣母坎、护守尔之净配约瑟、见尔超性之净孕而诧异、内心寻思降于芟草地之雨、焚不烬之荆棘、亚伦之萌蕊杖、向司祭等证之曰、童贞者生子、而产后仍系童贞。

诵念完第二圣咏集选段（第三座）后、咏唱复活坐赞词。

通用调式 求祢先迅速克胜

救世者因系常生者由地狱中复活矣、我等上帝基督以尔复活使普世偕已俱复苏、灭坚固之死权、慈怜者显复活于众、故我众赞荣尔系独一爱人者。



Verse: I will praise you, Lord, with my whole heart; I will tell of all your marvellous works.

At your conceiving

Coming down from the heights above, Gabriel approached the rock where the Rock of life was lying, and clothed in white he cried aloud to the weeping women: Cease your cry of lamentation; now you have compassion for ever. Take courage, for the One you seek weeping has truly risen. Therefore cry out to the Apostles that the Lord has risen.

Glory. Both now. *Theotokion.*

All the choirs of Angels were struck with wonder, Pure Virgin, at the dread mystery of your conceiving; how the One who holds all things fast with only a nod, is held fast in your arms as a mortal; how the Eternal accepts a beginning; how the One who nourishes everything that breathes by his ineffable goodness, is suckled at the breast: and with hymns they glorify you as truly Mother of God.

After the reading of the 'Blameless' [Kathisma 17, Psalm 118], we sing the Evlogitaria. Then the little Litany and The Ypakoï.

The Myrrhbearers proclaimed to the Apostles the news of your wondrous Rising, O Christ: that as God you had risen, granting the world your great mercy.

The Anavathmi. 1st Antiphon.

From my youth up many passions make war on me; but you, O Saviour, help me and save me.

You who hate Sion, may you be put to shame by the Lord; for you will be dried up as grass by fire.

Glory. Both now.

By the Holy Spirit every soul is given life, and by cleansing it is exalted; it is made bright by the threefold Unity in a sacred mystery.

2nd Antiphon.

From the depth of my soul I have cried to you fervently, O Lord; let your divine ears hearken even to me.

Every one who has set their hope on the Lord, is higher than all those who mourn.

Glory. Both now.

By the Holy Spirit the streams of grace well up; watering all creation to engender life.

3rd Antiphon.

Let my heart be raised to you, O Lord; and let none of the pleasures of the world lure me earthwards.

As one has tender love for one's mother; so we should have even more fervent love for the Lord.

Glory. Both now.

By the Holy Spirit comes wealth of divine knowledge, contemplation and wisdom; for by him the Word unveils all the Father's teachings.

Prokeimenon.

Arise, Lord, help us and redeem us, * for the glory of your Name.

Verse: O God, we have heard with our ears, our fathers have told us: the work which you wrought in their days, in days of old.

Then: Let every breath praise the Lord: The appointed Matins Gospel

诗节：主欸、我将尽心称扬尔、而传扬尔之诸奇事。

通用调式 约瑟惊奇不已

服白衣之加百列自重宵、降临赴蕴生命磐石之墓石、向哭泪之携香液女吁曰、止尔号咷、今尔已获大恩、尔宜知尔哭泣所寻者诚复活矣、故往报使徒曰、主已复活矣。

荣耀归于父…… 自今至永远…… 生神女颂

至洁者欸、诸天军之讴歌、见尔胎孕威严之奥秘而惊惧、何以以一命司天下者、如人而被尔手所抱、何以诸世前在者有原始、何以以不可测之善恩畜养凡有呼吸者、而尔哺之以乳、故称扬赞荣尔乃真上帝之母。

诵念完「无瑕圣咏」（第十七座、圣咏第一百十八篇）后、咏唱复活「赞主颂」。之后诵念小连祷及聆听赞。

基督欸、前驱携香液女报告使徒等尔荣复活、因尔如上帝复活、而施宏恩于普世。

升阶赞 第一对经（圣咏128）

自我幼时、私情多与我相争、求救我者、躬亲保护救我。

愿凡疾锡安者、于主而承羞、伊如草将以火而枯萎。

荣耀归于父…… 自今至永远……

凡灵魂借圣神得生活、借洁德而上升、借圣三之一、蒙光照、识圣奥秘。

第二对经（圣咏129）

主欸、我以热心自灵魂之深衷呼吁尔、愿尔上帝之耳听我。

凡获倚赖主之冀望者、高迈于诸愁难。

荣耀归于父…… 自今至永远……

借圣神所流恩宠之泉源、饮万物而复生之。

第三对经（圣咏130）

圣言者愿我心上升至尔、而无世上之美好克诱惑我。

若凡人爱其母、则我众更宜以热心爱主。

荣耀归于父…… 自今至永远……

借圣神克满识上帝聪明睿智、因借之圣言启发圣父一切之道理。

经前咏（圣咏43）

主起欸、佑助我侪、而以尔恩救我侪。

诗节：上帝欸、我侪以己耳闻之、即我侪之祖父传述于我、我以尔所行之事、于伊等之日即于古时。

凡有呼吸者、宜赞扬主

Stichera after the Gospel: Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. We venerate Thy Cross, O Christ, and Thy holy Resurrection we hymn 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 worship Christ's holy Resurrection, for, behold, through the Cross joy hath come to all the world. Ever blessing the Lord, we hymn His Resurrection; for, having endured crucifixion, He hath destroyed death by death.

Psalm 50

Glory to the Father, and to the Son, and the Holy Spirit: Through the prayers of the apostles, O Merciful One, blot out the multitude of our transgressions.

Both now and ever, and unto the ages of ages. Amen: Through the prayers of the Theotokos, O Merciful One, blot out the multitude of our transgressions.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgressions.

And if there is a festal sticheron appointed at this place (for feasts of the Lord and the Theotokos, on any day, including Sundays; for saints, on weekdays only), it is sung. Otherwise, on Sundays outside the Lenten cycle we sing:

Jesus having risen from the grave, as He foretold, hath given us life eternal, and great mercy.

After O God, save your people and the Ekphonesis, we begin the Canons, singing the Resurrection Canon to 4, the Cross-Resurrection to 3, that of the Mother of God to 3, and that of the Saint of the day to 4. But if the Saint is 'feasted' to 6 or 8. Katavasia appointed. At the end of the 3rd and 6th Odes, the Short Litany.

Resurrection Canon. A composition by John of Damascus.

Ode 1. Tone 4. The Irmos.

Through the Red Sea's deep the Israel of old marched dry shod, and by Moses' hands, outstretched in the form of a cross, routed the power of Amalek in the wilderness.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

You were lifted up, setting aright our fall by the immaculate tree of the Cross and healing the total destruction wrought by a tree, O Master, as you are loving and all powerful.

Refrain: Glory to Thy holy Resurrection O Lord.

With your body, O Christ, you were in the tomb, with your soul in Hell as God, in Paradise with the Thief, on the throne with the Father and the Spirit, filling all things, yet yourself uncircumscribed.

Theotokion

Refrain: Most holy Theotokos save us.

Without seed you conceived the Son of God by the Father's will from the divine Spirit, and you bore in the flesh the One who from his Father is without mother and for our sake from you without father.

Another Canon, of Cross and Resurrection.

The Irmos. I will open my mouth.

Refrain: Glory to Thy precious Cross and Resurrection.

You healed the fracture of humanity, Lord, which you restored by your precious Blood, and you shattered the one powerful in strength, who of old had shattered the creature you had fashioned.

诵福音经：

我等既睹基督之复活、宜叩拜独一无罪圣主耶稣基督、我等叩拜尔十字架、赞荣称颂尔圣复活、缘尔乃我等上帝、尔之外我等弗识他主、我等既以尔名自称、请众诚信者至而叩拜基督圣复活、因借仗十字架而喜降至于普世、因此我等常感谢主、赞颂其复活、缘其为我等而被钉十字架、以死灭死。

圣咏经第五十章

荣耀归于父、及子、及圣神

仁慈主、以使徒祈祷、洁净我等多罪。

自今至永远、及于万世、阿民。

仁慈主、以圣母转达、洁净我等多罪。

上帝欤、因尔大仁慈、矜怜我、以大怜惠、删除我诸愆尤。

此处诵唱庆日赞词（任何日子、包括在主日在内的主及圣母的庆日；平日圣人的庆日）。在四旬期之外的主日；

耶稣依预言由柩中复活者、赐我等常生及宏恩。

念完「上帝、求祢拯救祢的子民……」、司祭高声诵念完结束祝文之后、开始诵念圣颂典。圣颂典的念法如下：由复活圣颂典取四段圣颂、由十字复活圣颂典取三段圣颂、由向生神女的圣颂典取三段圣颂、由本日所纪念的圣人的圣颂典取四段圣颂。若本日乃圣人的「庆节」、则取六段或八段圣颂。第三及第六圣颂小连祷后、诵念指定合众词。

复活圣颂典。大马士革的圣约翰作

圣歌一 第四调式 首节

昔以色列民过红海腹、足未沾水、并以摩西像十字形之手、胜亚玛力军于旷野。

圣颂

节句：主欤、赞荣尔圣复活。

主宰欤、尔升于至洁十字架上、而改我等之陷落、以十字架医治极害之恶、因尔乃至善全能者。

节句：主欤、赞荣尔圣复活。

不可测之基督、尔实无所不在者、缘尔顷刻间以肉躯居柩中、因系上帝、偕灵于地狱、偕右盗于天堂、偕圣父及圣神于宝座。

生神女颂

节句：祈至圣母救我等。

尔以上帝圣父旨意、借圣神净孕上帝子、而生其肉体、诸世前无母由圣父所生者、为我等之故、今无父由尔所生。

又圣颂典 十字架复活圣颂典

首节 我要开口

节句：主欤、赞荣尔尊十字架、及荣复活。

主欤、尔医治被坏之人类、以尔上帝之血复新之、而败昔害尔所造之坚固强御。

Refrain: Glory to Thy precious Cross and Resurrection.

Through dying you became the resurrection of the dead; for the strength of death was done away with when it encountered eternal Life, the Master of all things, God incarnate.

Refrain: Most holy Theotokos save us.

Your living, divine House has become far fairer than the heavenly Powers, the Virgin who bore you in her womb, the holy Mountain of you, our God.

*Another Canon, to the Mother of God,
of which the acrostic, with the Irmi, is: A fourth hymn for the far-famed Maiden.*

The Irmos. Mighty captains.

Refrain: Most holy Theotokos save us.

Peoples were shaken, nations were troubled, mighty kingdoms faltered, Pure Virgin, from fear of your Offspring; for my King came and destroyed the tyrant and redeemed the world from corruption.

Refrain: Most holy Theotokos save us.

Christ, whose home is in the highest, condescending to mortals sanctified his dwelling, and showed it to be unshaken; for alone after childbirth she who gave birth to the Creator remained a treasure of virginity.

Ode 3. The Irmos

Your Church, O Christ, rejoices in you and cries: You, Lord, are my strength, my refuge and my firmament.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The Tree of life, the true and spiritual Vine, is hanging on a Cross and pours out for all the elixir of immortality.

Refrain: Glory to Thy holy Resurrection O Lord.

As great, as fearful, as he who destroyed the insolence of Hell and as God incorruptible he has now risen in the body.

Theotokion

Refrain: Most holy Theotokos save us.

You alone have become the cause of blessings beyond nature for those on earth, Mother of God; and so we bring to you our 'Hail'.

*Of Cross and Resurrection.
O Mother of God.*

Refrain: Glory to Thy precious Cross and Resurrection.

The serpent sunk its fangs filled with poison into me, O Saviour; but with the nails in your hands, Master, you crushed them; for none is holy of holies but you, O Lover of mankind.

Refrain: Glory to Thy precious Cross and Resurrection.

Willingly you appeared as a life-giving corpse in a tomb, Lover of mankind, and you reopened the gates of Hell for the souls from every age; for none is holy of holies but you, O Lover of mankind.

Refrain: Most holy Theotokos save us.

You appeared as an unploughed field, which gave birth to the ear of life, the cause of immortality for all who share in it, the holy of holies, who rests in holiness.

节句：主欸、赞荣尔尊十字架、及荣复活。

尔借受死为诸死者之复活、因死欲攻击常生司万物受人体之上帝、而反失己之能力。

节句：祈至圣母救我等。

圣女欸、因尔胎孕我等上帝乃如圣山、尔赋灵之堂、超越诸天军之美好。

又圣颂典 生神女圣颂典

藏头诗（包括首节） 献给声名远扬的童女的第四首赞美诗。

首节：大能的首领

节句：祈至圣母救我等。

至洁者、众人战栗、万民惶扰、万国之权被黜、皆因惊惧由尔所生者、盖我等主宰降至灭魔、且救普世于朽坏。

节句：祈至圣母救我等。

居于上之基督降至人时、成圣其居处、而存之无损、因尔独一生造万物者、产生后仍存守童贞之宝藏。

圣歌三 首节

基督欸、圣教会以尔欢呼曰、主尔乃我巩固投避盘错。

圣颂

节句：主欸、赞荣尔圣复活。

生命之树、真神灵之葡萄、今悬挂于十字架上、施常生于众。

节句：主欸、赞荣尔圣复活。

至大极威灭地狱之权者、以上帝性系常生者、今以人性复活矣。

生神女颂

节句：祈至圣母救我等。

圣母欸、尔乃独一代在地之人祈圣宠恩者、故我众向尔曰庆哉。

又圣颂典 十字架复活圣颂典

首节：诞神女

节句：主欸、赞荣尔尊十字架、及荣复活。

救世者欸、极毒之蛇衔我、而全能主宰以己手之钉败坏其齿、因诸圣者内、无能超尔爱人之圣者。

节句：主欸、赞荣尔尊十字架、及荣复活。

施生活爱人者、甘愿受死而被置于柩、并启地狱之门、释诸世已死者之灵、因诸圣者内、无能超尔爱人之圣者。

节句：祈至圣母救我等。

尔乃未耕种之田、生施生活之穗者、系息于诸圣上之成圣者、借伊中保、凡人有分于常生。

*Another, of the Mother of God.
You came down from above.*

Refrain: Most holy Theotokos save us.

The being of mortals was cleansed when through you it encountered the unendurable divine fire; like a hidden loaf it was baked in you, all-pure Virgin, by that fire who kept you unharmed.

Refrain: Most holy Theotokos save us.

Who is this who is truly God's neighbour, for she is higher than all the ranks of Angels? She who alone in the beauty of virginity shines as the Mother of the Almighty.

Ode 4. The Irmos.

Seeing you, the Sun of righteousness, raised upon the Cross, the Church stands in order and fittingly cries out: Glory to your power, O Lord!

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

You ascended the Cross to cure my passions by the Passion of your immaculate flesh, which you willingly assumed; and so we cry to you: Glory to your power, O Lord.

Refrain: Glory to Thy holy Resurrection O Lord.

Death when it had tasted your sinless and life-giving body, Master, was rightly slain; but we cry out to you: Glory to your power, O Lord.

Theotokion

Refrain: Most holy Theotokos save us.

Without knowing wedlock you bore a child, O Virgin, and after childbirth you remained still a virgin; therefore with never silent voices, Sovereign Lady, we cry to you with unwavering faith, 'Hail!'

*Another, of Cross and Resurrection.
Realising the unsearchable.*

Refrain: Glory to Thy precious Cross and Resurrection.

Israel, which was subject to the law, did not recognise you, O Christ, as God, who had ordained the law, but unworthy of that lawgiving they transgressed the law and nailed you as lawless to the Cross.

Refrain: Glory to Thy precious Cross and Resurrection.

Your soul made divine, O Saviour, plundered the treasures of Hell and raised with it the souls from every age; while your life-bearing body became a source of incorruption for all.

Refrain: Most holy Theotokos save us.

As ever Virgin and true Mother of God we all glorify you, O All-pure, whom the bush that encountered the fire and was not burned prefigured for Moses, who saw God.

*Another, of the Mother of God.
The One enthroned in glory.*

Refrain: Most holy Theotokos save us.

The One who is in the form of the incomprehensible godhead lived among men, the invisible made visible, and from you, O Maiden, formed with a different form, he saves those who know you to be the pure Mother of God.

Refrain: Most holy Theotokos save us.

The Virgin received the immaterial in matter, become a babe from her by participation in matter; and so he is known in two natures, God bearing flesh and mortal beyond being.

又圣颂典 生神女圣颂典

首节：称自天降临

节句：祈至圣母救我等。

至洁圣女欵、人体借尔如被尔隐藏被炙之饼、以结合于不可忍上帝之火而获洁净、并无损尔。

节句：祈至圣母救我等。

此真附近于上帝者为谁耶、乃超于诸天使全司者之母、独一显耀童贞之美好者。

圣歌四 首节

圣教会见尔义德之日被举于十字架、相称而吁曰、主欵、赞扬尔权力。

圣颂

节句：主欵、赞荣尔圣复活。

尔被举十字架、而借甘愿所衣至洁之人体受难、以医治我之私欲、故我众吁曰、主欵、赞扬尔权力。

节句：主欵、赞荣尔圣复活。

主宰欵、死吞尔施生活无罪之体、诚堪被灭、故我众吁曰、主欵、赞扬尔权力。

生神女颂

节句：祈至圣母救我等。

圣女不识夫而生、并产后存童贞、故我众以无疑之信、不绝赞扬尔宰后曰庆哉。

又圣颂典 十字架复活圣颂典

首节：认识到不可探究者

节句：主欵、赞荣尔尊十字架、及荣复活。

属法律之以色列不识尔立法律之上帝基督、彼逆法钉尔于十字架上如犯法者、实为不堪承受法律者。

节句：主欵、赞荣尔尊十字架、及荣复活。

救世者欵、尔上帝之灵性、掠掳地狱之宝藏、而使诸世已死者之灵偕已复活、并尔施生活之人体施常生于众。

节句：祈至圣母救我等。

我众时常赞荣尔圣女真系上帝母、昔觐主之摩西所见焚不烬之荆棘、预像尔体合于上帝如于火。

又圣颂典 生神女圣颂典

首节：在荣耀中坐于宝座上者

节句：祈至圣母救我等。

以上帝性不可测者、由尔童贞女受人性、不可见者而为所见、偕人居、而拯救凡承认尔至洁圣母者。

节句：祈至圣母救我等。

圣女以有形受无形者、即由其所生之子、故我众承认之为两性曰、受人体之上帝及超性之人。

Refrain: Most holy Theotokos save us.

The Word and God, who dwelt in you, a Virgin, and was born without seed, preserved you a Virgin after childbirth and kept you a Virgin in giving birth, as he is Master and Maker of all creation.

Ode 5. The Irmos.

You, Lord, my light, came into the world, a holy light turning from the darkness of ignorance those who sing your praise in faith.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

You came down to earth in your compassion, Lord; you raised up fallen human nature when you were hung upon a Tree.

Refrain: Glory to Thy holy Resurrection O Lord.

You have took away the accusation of my faults, O Christ; you abolished the pains of death, O Merciful, by your Resurrection.

Theotokion

Refrain: Most holy Theotokos save us.

You we thrust forward as an unbreakable weapon against foes; we have gained you as anchor and hope of our salvation, O Bride of God.

Another, of Cross and Resurrection.

The universe was amazed.

Refrain: Glory to Thy precious Cross and Resurrection.

Foolish Hell received you entire in its mouth, for as it had watched you nailed to a Tree, pierced by a lance it reckoned the lifeless living God to be a mere mortal; but when put to the test he knew the strength of your Divinity.

Refrain: Glory to Thy precious Cross and Resurrection.

The tomb, which took possession of the temple of your body, Lover of mankind, when it was destroyed, and Hell were both forced to pay the penalty; the latter by disgorging the souls of the Saints, the former their bodies. O Immortal.

Refrain: Most holy Theotokos save us.

See, what the Prophet foretold has now been fulfilled; for you, Virgin who knew not wedlock, carried in your womb the God over all, and gave birth to an eternal Son, who gives peace as the prize to all who sing your praise.

Another, of the Mother of God.

Now I will arise.

Refrain: Most holy Theotokos save us.

The Son of God dwelt in you, Pure Virgin, made you for us a House of glory, holy Mountain of God, bride, bridal chamber, temple of sanctification, and Paradise of eternal delight.

Refrain: Most holy Theotokos save us.

From virgin blood, O Christ, you took flesh, without seed, immaculate and empersonned, rational and intelligent, endowed with life, activity and will, its own master and self determined.

Refrain: Most holy Theotokos save us.

A virgin womb has shamed the tyrant's plot; for a babe has searched out with his hand the soul-destroying hole of asps, overthrown the boastful rebel and subjected him under the feet of the faithful.

节句：祈至圣母救我等。

圣女欸、造万物之主宰居于尔、圣言净生于尔为上帝、使尔产生时产生后存守童贞。

圣歌五 首节

主欸、尔乃吾之光降临于世、且为圣光、由不知之暗处援秉信赞颂尔者。

圣颂

节句：主欸、赞荣尔圣复活。

主欸、尔以慈怜降生于世、被举于木架、使坠落之人体升天。

节句：主欸、赞荣尔圣复活。

基督欸、尔负因我罪之罚、宏恩者尔以荣复活灭死之难。

生神女颂

节句：祈至圣母救我等。

圣聘女、我众以尔为不可败之械以攻仇敌、我以尔为我等拯救之坚固及冀望。

又圣颂典 十字架复活圣颂典

首节 宇宙惊异

节句：主欸、赞荣尔尊十字架、及荣复活。

大愚昧地狱见永在之上帝被钉十字架上、被枪所刺为无气息者、以尔为常人而吞尔、当时即识尔上帝之能力。

节句：主欸、赞荣尔尊十字架、及荣复活。

常生爱人者、尔身堂被毁、坟墓及地狱两分之、坟墓受体、而地狱受灵、而因此二者俱受刑罚、地狱放圣人之灵、坟墓还其体。

节句：祈至圣母救我等。

今诚应先知之预言曰、婚而不媾之童贞女、尔腹妊万物主、而生无原之子、赐安和于众赞颂尔者。

又圣颂典 生神女圣颂典

首节 现在我要复活

节句：祈至圣母救我等。

至洁者欸、上帝子居于尔、而以尔为荣光之居处、上帝之圣山、圣聘女、宫、成圣之殿、及永福乐之天堂。

节句：祈至圣母救我等。

基督由童贞受净孕至洁已位明觉付灵自行自愿自主之人体。

节句：祈至圣母救我等。

童贞女的胎令暴君的密谋蒙羞、因为一个婴孩用自己的手找出了毒蛇毁灭人灵的洞穴、打倒了自我夸耀的反叛者、使他顺服于信徒的脚下。

Ode 6. The Irmos.

I will sacrifice to you with a voice of praise, O Lord, the Church cries to you, cleansed from the gore of demons by the Blood which flowed through pity from your side.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Girded with power you ascended the Cross and came to grips with the tyrant, and as God hurled him from on high; but Adam you raised up with your invincible hand.

Refrain: Glory to Thy holy Resurrection O Lord.

You rose from the tomb, O Christ, in dazzling beauty, scattered every foe by your divine power, and as God filled all things with gladness.

Theotokion

Refrain: Most holy Theotokos save us.

O wonder, newer than every wonder; for a Virgin, without knowing man, conceived in her womb the One who encompasses all things but did not restrict him.

*Another, of Cross and Resurrection.
I entered the depths of the sea.*

Refrain: Glory to Thy precious Cross and Resurrection.

Hell opened its gullet and swallowed me down, and the fool puffed up his soul; but Christ came down and brought out my life, for he loves mankind.

Refrain: Glory to Thy precious Cross and Resurrection.

Death was caught by death; for the One who was dead arose having granted me incorruption; the immortal appeared and proclaimed joy to the women.

Refrain: Most holy Theotokos save us.

Your pure womb, O Mother of God, has been declared the place of the unendurable godhead; on which the Hosts of heaven cannot gaze without fear.

*Another, of the Mother of God.
The same Irmos.*

Refrain: Most holy Theotokos save us.

Of old the serpent deceived me and put me to death through my foremother Eve; but now, pure Virgin, through you the One who fashioned me has called me back from corruption.

Refrain: Most holy Theotokos save us.

The deep of compassion declared you, O Maiden, to be ineffably the chosen deep of wonders; for from you Christ the Pearl shone with the lightning flash of his godhead.

*Kontakion. 4th Tone.
You have appeared today.*

My Saviour and Deliverer, from the tomb as God raised from their bonds those born of earth and smashed the gates of Hell, and as Master arose on the third day.

The Ikos.

Let all of us who are born of earth sing the praise of Christ the giver of life, who rose from the dead on the third day from the tomb, and by his power to-day smashed the gates of death, put Hell to death and crushed the sting of death, set Adam free with Eve, as with thanksgiving we cry aloud our fervent praise: For he as alone the mighty God and Master rose on the third day.

圣歌六 首节

主欸、圣教会因尔仁慈、由尔肋所流尊血、获洁于魔血污、向尔吁曰、我以赞美词将奉献尔。

圣颂

节句：主欸、赞荣尔圣复活。

尔衣全能升于十字架、因系上帝、攻魔使之自天坠落、而以不可败之能力、使亚当复活。

节句：主欸、赞荣尔圣复活。

基督由柩中复活、而发美丽之光耀、以上帝之能力、解散诸仇敌、因系上帝、以喜乐荣光充满万有。

生神女颂

节句：祈至圣母救我等。

异哉超诸奇迹之新迹、童贞弗识夫而胎孕掌万物者、并尔腹量因之亦不狭隘。

又圣颂典 十字架复活圣颂典

首节 我进入了海洋的深处

节句：主欸、赞荣尔尊十字架、及荣复活。

地狱启其口吞我、愚妄而不饜其心、基督降狱提拔我灵、因其系爱人者。

节句：主欸、赞荣尔尊十字架、及荣复。

死受灭、死者复活、而赐我常生者、显现于携香液女曰、庆哉。

节句：祈至圣母救我等。

异哉圣母、尔洁腹为不可忍上帝性之宝藏、天军惊惧而不克见之。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

昔因原母夏娃蛇始诱惑我、而使我受死、今借尔至洁者、而造我者乃由死中提拔我。

节句：祈至圣母救我等。

童贞欸、上帝慈怜之深渊、以不可测明显尔为奇迹之深渊、因由尔而基督如电如珠发光。

集祷颂 第四调式

通用调式 祢在这一天显现

援我之救世者、被瘞后、因系上帝使昔居世今被囚者复苏、并毁地狱之门、因系主宰、而于第三日复活矣。

行述赞

我众居世者宜赞扬第三日由死中复活施生命之基督、今以其能力败坏死门、使地狱受死、灭死之螫、及释亚当与夏娃、而尽感谢歌颂之曰、其乃独一坚固上帝主宰、而于第三日复活矣。

Ode 7. The Irmos.

The Children of Abraham in the Persian furnace, fired by love for true religion rather than by the flame, cried out: Blessed are you, O Lord, in the temple of your glory.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Washed in the divine Blood of Christ, humanity has been called back to incorruption, as it sings with thanksgiving: Blessed are you, O Lord, in the temple of your glory.

Refrain: Glory to Thy holy Resurrection O Lord.

Your tomb, the source of our resurrection, has been revealed, O Christ, as bearer of life, lovelier than Paradise, and brighter than any kingly bridal chamber.

Theotokion

Refrain: Most holy Theotokos save us.

Sanctified and divine dwelling of the Most High, hail! For through you, Mother of God, joy has been given to those who cry: Blessed are you among women, all-blameless Lady.

*Another, of Cross and Resurrection.**The godlike Youths.*

Refrain: Glory to Thy precious Cross and Resurrection.

Hanging upon a Tree you humbled the haughty look and cast to the earth the supercilious brow, and saved mankind. O highly exalted; Lord and God of our fathers, blessed are you.

Refrain: Glory to Thy precious Cross and Resurrection.

By your power exalt the horn of us who worship you, O Master, who rose from the dead and emptied Hell, wealthy before with many people. Lord and God of our fathers, blessed are you.

Triadikon.

Refrain: Most Holy Trinity, our God, glory to Thee.

Following divine teachings we glorify one Godhead, as a radiance with three lamps, unconfounded and undivided that knows no evening and which enlightens all creation that sings: O God, blessed are you.

*Another, of the Mother of God.**Three Youths in Babylon.*

Refrain: Most holy Theotokos save us.

The fire of love of the Virgin within my heart draws me to song, to cry to the Mother and Virgin: Blessed one, the Lord of Powers is with you.

Refrain: Most holy Theotokos save us.

You were revealed as higher than all creatures, for you gave birth to the Maker and Lord; and so, Mother of God I cry to you: Blessed one, the Lord of Powers is with you.

Triadikon.

Refrain: Most Holy Trinity, our God, glory to Thee.

Reverencing you as one Lordship, undivided in three sources of holiness, O Nature with three Persons, I sing your praise as I cry: Blessed are you, who guide the universe.

圣歌七 首节

亚伯拉罕之幼童、于波斯火窑、以热慕之虔诚胜于火、吁曰、主实被赞扬、于尔威荣之堂。

圣颂

节句：主欸、赞荣尔圣复活。

人类以上帝基督血被濯者获常生、而感谢呼吁曰、主实被赞扬于尔威荣之堂。

节句：主欸、赞荣尔圣复活。

基督欸、我侪复活之泉、即谓尔之枢、显现真若宫室之华丽、缘其乃施生命者、媲美地堂之美善。

生神女颂

节句：祈至圣母救我等。

庆哉至上者之成圣居处、上帝圣母缘借尔咸获欣喜而曰、无玷之宰后、于妇女中尔为满被赞扬者。

又圣颂典 十字架复活圣颂典

首节 像神一样的青年人

节句：主欸、赞荣尔尊十字架、及荣复活。

救人者欸、尔以被举于刑架、使骄目者谦抑、使睚眦者坠落、满被赞扬之主、我等祖父之上帝、尔系被赞扬者。

节句：主欸、赞荣尔尊十字架、及荣复活。

由死中复活之主宰、使满载人灵之地狱空罄、求以尔能力举事奉尔者之位、满被赞扬之主、我等祖父之上帝、尔系被赞扬者。

圣三颂

节句：至圣三者、我等上帝、赞荣尔。

我众依上帝之言赞扬三位一体不相离之上帝、乃照万物永在之光焰而曰、上帝系被赞扬者。

又圣颂典 生神女圣颂典

首节 在巴比伦的三圣童

节句：祈至圣母救我等。

我以热心愿赞颂童贞之爱德、而向尔为母诚系女者吁曰、满被圣宠者、天军之主与尔偕焉。

节句：祈至圣母救我等。

圣母欸、尔因生造万物之主、为超于万物者、故我向尔吁曰、满被圣宠者、天军之主、与尔偕焉。

圣三颂

节句：至圣三者、我等上帝、赞荣尔。

我崇敬称为独一之主、在三个神圣之源内不可分者、具有三个位格的神性、我歌唱赞美祢、高呼：赞颂归于祢、指引宇宙者。

Ode 8. The Irmos.

Stretching out his hands Daniel closed the jaws of the lions in the den; while the Youths, lovers of true religion, girded with virtue, quenched the power of the fire as they cried: Bless the Lord, all you works of the Lord.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Stretching out your hands on the Cross, you gathered in all the nations, and revealed one Church, Master, which sings your praise, for those on earth and those in heaven who sing in harmony: Bless the Lord, all you works of the Lord.

Refrain: Glory to Thy holy Resurrection O Lord.

An Angel white as snow, blazing with the unapproachable light of the Resurrection, appeared to the women and cried out: Why do you seek the living as a mortal in the tomb: Christ has truly risen. To him let us cry: All you works, praise the Lord.

Theotokion

Refrain: Most holy Theotokos save us.

You alone in all generations, immaculate Virgin, were revealed as Mother of God; you became the lodging of the Godhead, O all-blameless, and were not burned by the fire of the unapproachable light; therefore we all bless you, Mary, Bride of God.

*Another, of Cross and Resurrection.**The Offspring of the Mother of God.*

Refrain: Glory to Thy precious Cross and Resurrection.

When it saw your unjust slaughter creation, mute with sorrow, grieved; for when the earth was troubled, the sun wrapped itself in a deep black cloud as a garment; but we without ceasing praise and highly exalt you, O Christ, to the ages.

Refrain: Glory to Thy precious Cross and Resurrection.

You came down to my aid as far as Hell, and made the resurrection a road for all; you went up once more, taking me on your shoulders, and brought me to the Father; therefore I cry to you: Praise the Lord his works, and highly exalt him to all the ages.

Triadikon.

Refrain: Most Holy Trinity, our God, glory to Thee.

We glorify the first Mind and cause of all, the Father alone without cause, the Word without beginning, the Spirit, the Paraclete, one God and Lord and Maker of all, as we worship a Trinity one in nature and highly exalt it to all the ages.

*Another, of the Mother of God.**All-powerful Redeemer of all.*

Refrain: Most holy Theotokos save us.

Having fashioned you from Adam's side, he was incarnate from your virginity, the Lord of all, whom we praise as we cry out: All you his works, bless the Lord.

Refrain: Most holy Theotokos save us.

In a tent Abraham beheld the mystery which is in you, Mother of God, for he received your Son, not in the flesh, and sang: All you his works, bless, praise the Lord.

Refrain: Most holy Theotokos save us.

The pattern of your virginity saved those equal in number to the Trinity; for in virgin bodies they trampled down the flame, O Maiden, as they cried: Bless, praise the Lord.

Then we sing the song of the Virgin: My soul magnifies the Lord: with the refrain: More honorable than the Cherubim:

圣歌八 首节

但以理于狮阱伸手杜狮口、慕虔诚幼童束以德、熄火焰、吁曰、主所造之物应赞扬主。

圣颂

节句：主欸、赞荣尔圣复活。

主宰尔伸手于十字架、而万民获集聚成惟一之教会、乃偕在天在地者歌颂尔曰、主所造之物应赞扬主。

节句：主欸、赞荣尔圣复活。

被复活不可至之光照耀洁白形像之天神、显现于携香液女呼吁曰、尔何为觅活人如死者于墓中、基督诚复活云、而我众向之呼吁曰、主所造之物应赞扬主。

生神女颂

节句：祈至圣母救我等。

至洁圣女欸、尔惟一在诸世中为上帝之母、无玷者欸、尔为上帝之居处、而不被莫至光火所燃、故我众赞扬尔为玛利亚圣聘女者。

又圣颂典 十字架复活圣颂典

首节 在火窑中的虔诚青年

节句：主欸、赞荣尔尊十字架、及荣复活。

基督欸、万物见尔不合公义之屠戮、以忧愁而慨叹、地震时日晦暗如著乌衣、而我众以不绝歌颂尔、且赞美尔于无穷世。

节句：主欸、赞荣尔尊十字架、及荣复活。

降狱临我而为众辟复活之路者、复升天负我归圣父、故我吁曰、主所造之物、宜歌颂赞美之于无穷世。

圣三颂

节句：至圣三者、我等上帝、赞荣尔。

我众赞扬惟一自有之圣父、系万物之创始者、及无始之圣言、及抚恤之圣神、乃独一上帝、并叩拜三位一体之圣三、且赞美之于无穷世。

又圣颂典 生神女圣颂典

首节 众人全能的救赎者

节句：祈至圣母救我等。

万物之主宰由亚当胁造尔、及由尔童贞受人体、故我众歌颂之曰、万物应赞扬歌颂主。

节句：祈至圣母救我等。

圣母欸、昔亚伯拉罕在幕外迎尔无形之子、而预知由尔所当成之奥密曰、万物应赞扬歌颂主。

节句：祈至圣母救我等。

童女、妳童贞的样式拯救与圣三同样数目的三圣童、因为他们在童贞肉躯内践灭了烈焰、他们高呼：请赞美称颂上主。

于圣第九歌颂前唱至圣生神女之歌：我灵惟感颂主、我神惟悦上帝救我者。

节句：我等赞扬尔革鲁宾而尊、逾塞拉芬、荣光无比、无损而生上帝言、诚上帝之母云。

Ode 9. The Irmos.

A Stone not cut by human hand was cut from you, O Virgin, unhewn mountain: Christ the head of the corner, who joined together the natures that were parted; and so with joy, Mother of God, we magnify you.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The whole of you assumed the whole of me in a conjunction without confusion, giving the whole of salvation, O my God, through your suffering; which you underwent in the body on the Cross though your great compassion.

Refrain: Glory to Thy holy Resurrection O Lord.

When your Disciples saw your opened tomb and the grave clothes, that had held God, lying emptied by your Resurrection, they said with the Angel: The Lord has risen indeed.

Triadikon

Refrain: Most Holy Trinity, our God, glory to Thee.

All we believers worship a Unity of divine being, but a Trinity of persons, in persons without confusion it is equal in might and identical in honour, which we reverence and magnify.

Another, of Cross and Resurrection.

Let all born of earth.

Refrain: Glory to Thy precious Cross and Resurrection.

The serpent in Eden crept with guile and took me prisoner; but the almighty Lord dashed him against the mighty rock of Calvary, like an infant, and through the Tree of the Cross opened up for me again the entrance of delight.

Refrain: Glory to Thy precious Cross and Resurrection.

You laid waste the mighty strongholds of the foe and plundered his wealth with your all powerful hand, raising me with you from the vaults of Hell, and exposed the ancient vaunting boaster as a mere jest and laughing stock.

Refrain: Glory to Thy precious Cross and Resurrection.

Come to visit the misery of your people in their penury; with your compassionate and mighty hand give power to the Sovereign who bears the Cross against blaspheming foes to rescue your own inheritance, O Christ, as you love mankind.

Another, of the Mother of God.

Hidden, divine.

Refrain: Most holy Theotokos save us.

We see you as a lily dyed with the purple of the divine Spirit, immaculate Virgin, shining out in the midst of thorns and filling with sweet fragrance those who truly magnify you.

Refrain: Most holy Theotokos save us.

From your womb, O all-blameless, the Incorruptible took our unstable mortal nature and through his compassion revealed it as stable in himself; and so as Mother of God we magnify you.

Refrain: Most holy Theotokos save us.

Sovereign Lady of all created things, grant trophies of victory to your people, placing the adversary under truce to the Church, so that as Mother of God we may magnify you.

After katavasia there is a small litany. Then we sing Holy is the Lord our God.

Exapostilarion, the prescribed Eothinon. At Lauds, Let everything that has breath. We insert 8 Stichera.

圣歌九 首节

童贞女欸、非手所凿之屋隅石、由尔未凿之山而断、谓合两殊性之基督、故我众以喜悦赞扬尔为圣母。

圣颂

节句：主欸、赞荣尔圣复活。

吾主因尔大仁慈受我众之人体、一切人性皆体合于己、而不混于上帝性、借尔人性于十字架之受难、赐拯救于我众。

节句：主欸、赞荣尔圣复活。

使徒等见借尔复活所启之墓、布幅空存、偕天神曰、主真复活矣。

圣三颂

节句：至圣三者、我等上帝、赞荣尔。

我众诚信者宜叩拜三位一体之圣三上帝、以虔诚赞美其不相混合同权同尊者。

又圣颂典 十字架复活圣颂典

首节 愿生于此世的一切

节句：主欸、赞荣尔尊十字架、及荣复活。

匍匐之蛇、以欺诳掳我出地堂、但全能之主在额颅处之磐石、磔之如稚弱之婴、而借十字架复新开启天堂之福乐。

节句：主欸、赞荣尔尊十字架、及荣复活。

祢使仇敌的强大要塞荒芜、以祢全能的手臂抢夺了他的财富、使我与祢由阴府之中复苏、揭露古时自吹自擂的夸耀者只是受人取笑的笑柄而已。

节句：主欸、赞荣尔尊十字架、及荣复活。

基督欸、求降临看顾穷民之愁难、以尔施恩全能之手坚固奉事尔之君、攻毁谤尔之仇敌、夺回尔之嗣业、因尔乃爱人者。

又圣颂典 生神女圣颂典

首节 隐藏着的属神之事

节句：祈至圣母救我等。

至洁者欸、我众见尔以圣神所妆饰者、如荆棘中发丽艳之花、其馥郁遍满凡以真心赞美尔者。

节句：祈至圣母救我等。

无玷者欸、无朽者由尔腹受可朽之人体、而因大仁慈使之无朽、故我众赞扬尔为圣母。

节句：祈至圣母救我等。

求掌万物者赐尔民胜仇敌、使之和睦于圣教会、而我众赞扬尔为圣母。

合众词后小连祷、后唱：圣哉、上主、我众之上帝。(三次)

差遣颂、指定的味爽赞词。诵念赞美圣咏「凡有呼吸者……」时、插入八段赞词。

Resurrection Stichera. Tone 4.

Verse 8: To execute upon them the judgement that is decreed; such glory will be for all his holy ones.

All-powerful Lord, who endured Cross and death, and rose from the dead, we glorify your Resurrection.

Verse: Praise God in his saints; praise him in the firmament of his power.

By your Cross, O Christ, you have freed us from the ancient curse, and by your death you have destroyed the devil who tyrannised over our nature, by your Rising you have filled all things with joy; therefore we cry to you: Lord risen from the dead, glory to you!

Verse: Praise him for his mighty acts; praise him according to the greatness of his majesty.

With your Cross, Christ Saviour, guide us to your truth, and deliver us from the snares of the foe; risen from the dead raise us who have fallen through sin by stretching out your hand, Lord, at the prayers of your Saints.

Verse: Praise him with the sound of the trumpet; praise him with lute and harp.

Only-begotten Word of God, without being parted from the Father's bosom, you came on earth through love for mankind, becoming man without change, and though impassible in your Godhead, you endured Cross and death in the flesh; but risen from the dead you granted the human race immortality, as you alone are all-powerful.

Other Stichera by Anatolios

Verse: Praise him with timbrel and dance; praise him with strings and pipe.

You accepted death in the flesh, so ensuring us immortality; and you dwelt in a tomb, that you might free us from Hell, raising us with yourself, having suffered as a man, but rising as God. Therefore we cry to you: Glory to you, life-giving Lord, only lover of mankind.

Verse: Praise him with tuneful cymbals; praise him with loud cymbals. Let everything that has breath praise the Lord.

The rocks were rent, O Saviour, when your Cross was fixed on Calvary; the gate-keepers of Hell trembled when you were placed as a mortal in the sepulchre; for you destroyed the strength of death and gave incorruption to the dead by your Resurrection, O Saviour. Giver of life, glory to you!

Verse: Arise, O Lord, my God, lift up your hand: do not forget your poor for ever.

Women longed to see your Resurrection, Christ God; Mary Magdalen came in anticipation; she found the stone rolled away from the grave, and the Angel sitting and saying; Why do you seek the living with the dead? He has risen as God, that he may save the universe.

Verse: I will give you thanks, O Lord, with my whole heart: I will tell of all your wonders.

Where is Jesus, whom you thought to guard? say, O Jews. Where is he whom you placed in the grave, then sealed the stone? Give back the dead, you who denied life; give back the buried or believe in the Risen One. Though you keep silent about the Lord's Rising, the stones will cry out, above all the one that was rolled away from the grave. Great is your mercy! Great the mystery of your dispensation! Our Saviour, glory to you!

Glory. The Eothinon.

Both now. Theotokion.

You are most blessed, O Virgin Mother of God, for through him who took flesh from you, Hell has been captured, Adam recalled, the curse slain, Eve set free, death put to death, and we given life. Therefore in praise we cry: Blessed are you, Christ our God, who have been thus well-pleased, glory to you.

复活行间赞词 第四调式

插入八句赞颂：为以所纪录之审判行于伊等、斯荣耀皆属其圣人。

受十字架之难至死、由死中复活全能之主、我等赞荣尔复活。

诗节：众宜赞美主于其圣所、赞美其荣名穹苍。

基督欤、以尔十字架释我等之原诅、以尔死灭陵虐我等之魔、以尔复活使众充满喜乐、故我众向尔吁曰、由死中复活之主赞荣尔。

插入四节赞词：因其全能赞美之、因其宏威赞美之。

救世之基督欤、求以尔十字架导我于尔之真理、救我于魔之网罟、由死中复活爱人之主、借尔诸圣之代祈、伸尔手复起我等陷于罪者。

诗节：以角声赞美、以琴以瑟赞美。

不离圣父怀独一上帝之圣言、因大仁慈降临于地、不易本性而为真人、非能受难之上帝、以人体受十字架及死、独一全能者由死中复活、施常生于人类。

又行间赞词 阿纳托利作

诗节：以鼓及伶赞美、以弦及笙笛赞美。

救世者以人体受死、为赐我众常生、居于柩中、为释我等于地狱、而使之偕已复活、伊因系人而受难、因系上帝则复活、故我众吁曰独一爱人施生活之主赞荣尔。

诗节：以和声之钹赞美、以大声之铙赞美、凡有呼吸者、宜赞扬主。

救世者欤、尔十字架立于额颅处时而石裂、尔如死置于柩中时而司地狱门者惊惧、因尔以复活灭死权、施常生于诸死者、施生活救世之主赞荣尔。

诗节：主欤、我上帝欤、起举尔手、莫忘尔之受窘迫者。

上帝基督基督欤、携香液女等愿见尔之复活、先至之抹大拉之玛利亚见石离墓门、天神坐其上曰何于死中求活人、因其系上帝已复活矣、为拯救万民。

诗节：主欤、我将尽心称扬尔、而传扬尔之诸奇事。

犹太人宜言、尔等所定守护之耶稣安在哉、尔等所置于柩中及印封于石者安在哉、尔等违逆常生者、或予我以死且被瘞者、抑或信复活者、若尔缄默于主之复活、石且声呼、墓所移之石、更将声呼、我等救世者、尔仁慈乃极广、尔料理之奥秘乃极大、我等赞荣尔。

荣耀归于父…… 咏唱主日昧爽赞词

自今至永远…… 生神女颂

童贞上帝圣母、尔系被赞扬者、因由尔受人体者掳地狱、召苏亚当灭诅詈、释夏娃灭死、而我等获生、故赞颂曰、如此行之上帝基督、寔宜受赞扬、故我等赞荣尔。

Then the Great Doxology and after it the Resurrection Troparion.

Having risen from the tomb, and having burst the bonds of Hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

The Litanies and Dismissal.



咏唱大荣耀颂、之后咏唱复活圣颂：

吾主尔由柩而起、败坏地狱之缚、灭死之詈、拯众由敌仇之网、尔独一大仁慈者、显现尔使徒、遣伊等传教、并借伊等赐安和于普世。

连祷及遣散词





AT THE LITURGY

Typika and Beatitudes.

on 8. Blessed are the merciful, for they shall obtain mercy.

Through a tree Adam became an exile from Paradise; but through the tree of the Cross the Thief made his home in Paradise, for the former through tasting set aside his Maker's commandment, while the latter, crucified with him, confessed the hidden God, as he cried, 'Remember me in your kingdom'.

on 7. Blessed are the pure in heart, for they shall see God.

You were lifted up on the Cross, O Lord, and you abolished the power of death, and as God you expunged the record against us. O only lover of mankind, grant the Thief's repentance to us also, who serve you with faith, O Christ our God, and cry to you, 'Remember us also in your kingdom'.

on 6. Blessed are the peacemakers, for they shall be called sons of God.

On the Cross you tore up our record with the lance, and numbered among the dead you bound the tyrant there, so delivering all from the bonds of Hell by your Resurrection; through which, O Lord who loves mankind, we have been enlightened and we cry to you, 'Remember us also in your kingdom'.

on 5. Blessed are they that are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

You were crucified and rose from the tomb on the third day as conqueror, and you raised Adam again the first-formed, O only Immortal, grant me also, Lord, to turn again to repentance from my whole heart, and ever cry to you with fervent faith, 'Remember me, O Saviour, in your kingdom'.

on 4. Blessed are ye when men shall revile and persecute you and say all manner of evil against you falsely for My sake.

For our sakes the impassible became a human, subject to suffering, and willingly nailed on the Cross he raised us with himself; therefore with the Cross we also glorify the Passion and Resurrection, through which we have been refashioned, and through which we are saved, as we cry, 'Remember us also in your kingdom'.

on 3. Rejoice and be exceeding glad, for your reward is great in the Heavens.

Let us the faithful implore him who rose from the dead, despoiled the might of Hell and appeared to the women as he cried: Rejoice, to free our souls from corruption, as we ever cry to him in the words of the good Thief, 'Remember us also in your kingdom'.

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

Let us the faithful all with one mind vow to glorify the Father and the Son and the All-holy Spirit, Unity of Godhead in three Persons, remaining unconfused, simple, undivided and unapproachable, through which we are delivered from the fire of eternal punishment.

Both now and for ever, and to the ages of ages. Amen. Theotokion.

O Christ, most merciful Master, we bring you your Mother, who bore you in the flesh without seed and truly remained a Virgin incorrupt after child-birth, to intercede: ever grant pardon of offences to those who cry to you: Remember us also in your kingdom.





事奉圣礼

真福颂赞词

八、**哀**矜者诚福、因伊等将蒙哀矜。

亚当缘树被逐地堂、右盗缘木架入天堂、彼为食物背造伊者之诫命、而此被钉十字架承认隐秘之上帝、曰、于尔国亦怜念我等。

七、**心**净者诚福、因伊等将得见上帝。

主坎、尔升十字架上而败死权、因系上帝灭我等罪券、求独一爱人我等上帝基督、以右盗之痛悔赐我等秉信事尔及吁尔者曰、于尔国亦怜念我等。

六、**敷**和者诚福、因伊等将称为上帝子。

爱人之主被钉十字架、以枪折我等罪券、居于死者中、而缚掌地狱者、以尔复活救援众于地狱之縲绁者、借尔复活我众得见光照、及向尔吁曰、于尔国亦怜念我等。

五、**为**义被窘害者福、因天国属伊等。

独一常生者、尔被钉十字架、及因全能第三日由死中复活、而使亚当复活、求主赐恩使我以热心痛悔、以诚信不绝吁曰、求救世者于尔国怜念我。

四、**既**人因我而诽谤尔、迫害尔、诸妄言诅詈尔、则尔诚福。

非能受难之上帝、缘我等为能受难之人、甘愿被钉十字架、使我众偕已复活、故我众赞扬尔十字架苦难及复活、因借之我等得复生及拯救、而吁曰、于尔国亦怜念我等。

三、**尔**当欣喜悦乐、因在天尔之赏厚。

我众诚信者宜恳求由死中复活掳地狱之权显现于携香液女曰庆哉者、由朽坏救我等灵、而以聪明右盗之言不绝吁曰、于尔国亦怜念我等。

荣耀归于父及子及圣神：

我众诚信者、宜同意祈获如量之词、以赞荣圣父及子及圣神、系三位一体不相离、合不可至之纯上帝、因借之我众得避永火之难。

自今至永远及于万世。阿民：**生神女颂**

至慈主宰基督坎、我众求净孕生尔及产后存童贞圣母之转达、赦罪于时常呼吁者曰、于尔国亦怜念我等。



Resurrection Apolytikion.

When the women Disciples of the Lord had learnt from the Angel the joyful message of the Resurrection, casting away the ancestral condemnation, triumphantly they said to the Apostles: Death has been despoiled, Christ God has been raised, granting the world his great mercy.

Kontakion. You have appeared today.

My Saviour and Deliverer, from the tomb as God raised from their bonds those born of earth and smashed the gates of Hell, and as Master arose on the third day.

Prokeimenon. Psalm 103

How magnified are Thy works, O Lord! In wisdom hast Thou made them all.

Verse: Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly.

Alleluia. Psalm 44

Verse: Bend Thy bow, and proceed prosperously, and be king, because of truth and meekness and righteousness.

Verse: Thou hast loved righteousness and hated iniquity. Wherefore God, Thy God, hath anointed Thee with the oil of gladness more than Thy fellows.

The communion hymn on sundays: Praise the Lord from heaven, praise him in the highest. Alleluia, alleluia, alleluia.



复活遣散颂

主之女门徒、由天神获主复活之辉音、得免原祖之谴罚、向使徒等矜诩曰、死已败坏、上帝基督复活矣、赐宏恩于普世。

集祷颂 祢在这一天显现

援我之救世者、被瘞后、因系上帝使昔居世今被囚者复苏、并毁地狱之门、因系主宰、而于第三日复活矣。

经前咏 圣咏103

主欤、尔所行何其多、尔纯以智慧而造。

诗节：我灵当赞扬主、主我之上帝、尔乃奇妙之威严。

阿利鲁伊亚 圣咏44

诗节：速往乘车、为真理谦逊及公义之故。

诗节：尔曾好善而恶恶、是以上帝欤、尔之上帝、曾傅尔以欢悦之膏、胜于尔倡。

主日各调式领主颂：赞主于天中、赞主于苍穹。阿利路亚、阿利路亚、阿利路亚。



第四调

主日小赞词

主 的 女 門 徒 從 天 使 處 得 知 復 活 的 喜 訊,
Zhu - de nǚ men-tu cong tian-shi chu de zhi fu - huo de xi - xun,

3
知 悉 對 原 祖 的 審 判 已 被 廢 除,
zhi - xi dui yuan zu de shen - pan yi bei fei - chu,

4
因 此 歡 欣 喜 悅 地 傳 報 使 徒: 死 亡 已 被 毀 滅,
yin - ci huan-xin xi-yue-de chuan bao shi - tu: Si - wang yi bei hui-mie,

6
基 督 上 帝 已 復 活, 賜 予 普 世 宏 恩。
Ji - du Shang-Di yi fu - huo, ci - yu pu shi hong - en.

第四调

主

8
我的救主與解救者，作為上帝，祢使屬地之人
Wo de Jiu Zhu yu Jie - jiu - zhe, zuo-wei Shang - Di, Mi shi shu - di zhi ren

10
擺脫了他們的捆綁，擊碎了地獄之門，
bai - tuo - le ta - men-de kun - bang, ji - sui - le di - yu zhi men,

12
並作為君宰在第三日復活。
bing zuo-wei Jun - zai zai di san ri fu - huo.

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第五調式

主日八調贊詞

SUNDAY OCTOECHOS

TONS 5



Sunday Octoechos

Tone 5

第五
调式

主
日
八
调
赞
词





TONE 5

ON SATURDAY EVENING

AT GREAT VESPERS

After the Opening Psalm and the first Kathisma of the Psalter, at Lord I have cried, we insert 10 Stichera, and we sing 7 Resurrection Stichera and 3 of the Saint of the day, or 4 and 6 if the Saint is 'feasted'.

Resurrection Stichera. Tone 5.

Verse 10: Bring my soul out of prison, that I may confess your name.

By your precious Cross, O Christ, you have shamed the devil, and by your Resurrection you have blunted the goad of sin, and you have saved us from the gates of death: we glorify you, O Only-begotten.

Verse: The just will await me, until you reward me.

He who gives the Resurrection to the human race, was led as a sheep to the slaughter; all the princes of Hell trembled before him and the gates of pain were lifted up; for Christ the King of glory had come in, saying to those in bondage: Come forth! and to those in darkness: Reveal yourselves!

Verse 8: Out of the depths I have cried to you, O Lord. Lord hear my voice.

O great marvel! Having suffered in the flesh through love for mankind, the Creator of things invisible, the immortal has risen. Come families of nations, let us worship him; for delivered from error by his compassion, we have learned to hymn one God in three Persons.

Other Stichera, by Anatolios.

Verse: Let your ears be attentive, to the voice of my supplication.

We offer you our evening worship, O Light that knows no evening, who at the end of the ages, as in a glass, shone through the flesh on the world, and descended as far as Hell, abolished the darkness there and showed the nations the light of the Resurrection; O Lord, Giver of light, glory to you!

Verse 6: If you, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

Let us glorify Christ the author of our salvation; for by his rising from the dead, the world has been saved from error; the choir of Angels rejoices, the error of demons flees, fallen Adam arises, the devil has been overthrown.

Verse: For your name's sake I have waited for you, O Lord. My soul has waited on your word. My soul has hoped in the Lord.

O Lord, our Saviour, who despoiled Hell and trampled on death; who enlightened the world by the precious Cross, have mercy upon us.

Verse 4: From the morning watch until night, from the morning watch, let Israel hope in the Lord.

The members of the guard were instructed by the lawless: Conceal Christ's Resurrection and take money and say that while we asleep the corpse was stolen from the grave. Who ever saw, who ever heard of a stolen corpse? Especially one anointed and naked, and even leaving its grave-clothes in the tomb? Do not be deceived, O Jews, learn the sayings of the Prophets, and know that he is truly the Redeemer of the world and All-powerful.

Glory from the Menaion, if appointed otherwise:



第五调式

安息日晚

大暮时课

诵念开端圣咏（第一百零三篇圣咏）与圣咏集第一座圣咏、诵念吁主圣咏「主坎、我呼吁尔……」时、插入十段赞词：七段取自复活赞词、三段取自本日所纪念的圣人赞词、若遇庆节、则插入四段或六段圣人赞词。

复活行间赞词 第五调式

插入十句赞颂：拯提我灵出狱岸、为我克赞颂尔名。

基督坎、以尔尊十字架辱魔、以尔复活钝罪之螫、及救我等于死门、赞荣尔上帝独一子。

插入：尔以恩宠显于我时、义者将环我。

施复活于人类者、如羊被牵就杀、地狱之王见之而惧、愁难处所之门被启、因威荣之君、基督已入、向在囹圄者曰宜出、向在翳暗者曰宜显。

插入八句赞颂：主坎、我自深渊呼吁尔、主坎、聆我声。

此乃极大之奇迹、造无形之物者、缘爱人以人体受难、常生者复活矣、请诸民各族叩拜之、盖因其仁慈、我众得避迷途、而时习赞美三位一体之上帝。

其它赞词、阿纳托利作

插入：愿尔耳听我之祷声。

我众以抵暮之叩拜献尔系永昼者、于末世受人体、宛在镜中、以显于普世、降狱破其内之黑暗、且施复活之光于众民、施光耀之主赞荣尔。

插入六句赞颂：主坎、若究察罪恶、主坎、则孰能立、第尔施救宥、愿人敬畏于尔前。

我众宣赞扬基督系我等拯救之首、因其由死中复活时、普世得释于罪惑、天军欢喜、魔之诱惑远离、被坠落之阿当复苏、魔权受灭。

插入：我望主、我灵望主、冀望主言。

胜地狱灭死、以尊十字架光照普世救我等之主求矜怜我等。

插入四句赞颂：我灵候主、逾于更漏之待旦、逾于更漏之待旦、愿以色列冀望主。

违理之人唆守卒曰、匿彼基督之复活、受尔银钱、可言尔等寝时、死者由柩中被窃云、谁曾闻见死者被窃之事、况更系被膏傅者、赤身者、在柩中遗布幅者乎、犹太人坎、毋自惑、审观先知之预言、自明其诚乃全能普世之救援者。

若《月份礼典》上载有指定的荣光赞词、则诵念「荣耀归于父……」后、咏唱荣光赞词、之后接念「自今至永远……」；若无指定的荣光赞词、则直接诵念「荣耀归于父…、自今至永远……」。

Glory ..., Now & Ever ..., *Theotokion Dogmatic:*

The Red Sea was once depicted an image of the Bride who knew not wedlock. There Moses the parter of the water, here Gabriel the servant of the marvel; then Israel marched dry shod through the deep, but now the Virgin has given birth to Christ without seed; the sea after Israel's passage remained untrodden; the Blameless one after bearing Emmanuel remained incorrupt. O God, who exists and pre-exists, and appeared In as man, have mercy on us.

After the Entrance and O Joyful Light, the designated Monk makes a metania to the Superior and sings the Prokeimenon of the day.

The Lord is King: he has robed himself in majesty.

Verse 1: The Lord has robed and girded himself with power.

Verse 2: He has made the world firm; it will not be shaken.

Then the usual Litany, Grant Lord etc. and after the Ekphonesis we sing the idiomel Sticheron of the Saint of the Monastery as we process into the Narthex. After the usual prayers we return to the Church singing the Resurrection Stichera of the Aposticha.

Resurrection Stichera of the Aposticha. Tone 5.

With sounds of song we magnify you, O Christ, the Saviour incarnate, yet not parted from heaven, for you accepted cross and death for the sake of our race, for you are the Lord who loves mankind. When you had despoiled the gates of Hades, you rose on the third day and saved our souls.

Other, alphabetical, Stichera.

Verse 1: The Lord is King: he has robed himself in majesty. The Lord has robed and girded himself with power.

When your side was pierced, O Giver of life, you poured out streams of forgiveness, of life and salvation for all; you accepted death in the flesh, so giving us immortality; by dwelling in a grave you freed us, raising us with yourself as God in glory; and so we cry out to you: O Lord, Lover of mankind, glory to you!

Verse 2: He has made the world firm; it will not be shaken.

Strange your crucifixion and your descent into Hades, O Lover of mankind; for having despoiled it and raised with yourself as God in glory those who were prisoners, you opened Paradise and bade it welcome them; so give us too, who glorify your Rising on the third day, forgiveness of sins, granting us to be inhabitants of Paradise, as you alone are compassionate.

Verse 3: Holiness befits your house, O Lord, to length of days.

O Lover of mankind, who for ours sakes accepted the passion in the flesh, and rose from the dead on the third day, heal the passions of our flesh, raise us from grievous offences, and save us.

Glory
of the Saint, if one is 'feasted'; otherwise
Glory. Both now. *Theotokion.*

You are temple and gate, palace and throne of the King, All-honoured Virgin; through you Christ the Lord, my redeemer, appeared to those who sat in darkness, for he is the Sun of justice, who wishes to enlighten those whom he fashioned in his own image with his own hand. Therefore All-praised one, as you have a mother's boldness towards him, intercede unceasingly that our souls be saved.

And the rest of the Office of the Vigil.



生神女颂

昔于红海预绘婚而不媾之童贞之像、彼处摩西分水、此则加百列奉奇迹之役、彼时以色列以干足涉渊、今则童贞洁孕而生基督、以色列逾后、其海仍弗可涉、无玷者生以马内利后、仍童贞、受人体之永在上帝矜怜我等。

圣入礼与禧光颂后、指定的修士向长上行一躬拜、咏唱本日的经前咏。

主为君、乃以威严为衣。

诗节一：主以能力服之、束系之。

诗节二：故世界乃坚固必不摇撼。

之后诵念热诚连祷、「主、开恩护守……」等、司祭念完结束祷词后、咏唱本修道院主保圣人的专用赞词、列队进入教堂前厅。念完惯常的祷文后、回至教堂、咏唱：

复活后行间赞词 第五调式

我众以歌咏赞扬尔受人体而不离天、救我等之基督、缘主因爱惜人之故、为救我众而受十字架之难至死、又倾地狱门、于第三日复活、及救我等灵。

其它赞词（按字母顺序）

诗节一：主为君、乃以威严为衣。主以能力服之、束系之。

施生活者欤、以刺肋而施众免罪生命及拯救、以人体死而赐常生于我众、以居于枢中而释放我等、及因上帝之威荣偕已复活、故我等吁曰、爱人之主赞荣尔。

诗节二：故世界乃坚固必不摇撼。

为我等以人体受难、及第三日由死中复活、爱人之主欤、求医我等私欲、由罪恶提拔之、及拯救我等。

诗节三：主欤、圣德属尔之堂、直至永远。

求得罪赦及获恩居于天堂、因尔乃独一慈怜者爱人者欤、尔被钉十字架、及降至地狱、何其奇妙、因胜地狱、以上帝之威荣、使自古时地狱所缚者偕已复活、开启天堂、而使伊等克入、故我众赞扬尔第三日复活者、求得罪赦及获恩居于天堂、因尔乃独一慈怜者。

荣耀归于父……

本日所纪念的圣人赞词、若本日为「庆节」、则

荣耀归于父……自今至永远…… 生神女颂

至尊贵童贞者、系主宰之堂及门及宫及宝座、因由尔而出救我之主基督而显现于暗地眠者、伊系义德之日而甘欲光照凡肖己像己手所造之人、祈满被赞扬者、借母位不绝代祈救我等灵。

继续举行守夜祈祷的其余部分。





ON SUNDAY MORNING

AT MATINS

After the Six Psalms we sing The Lord is God to Tone 5, and the Resurrection Apolytikion twice, but the Theotokion once. Then the usual Reading from the Psalter [Kathismata 2 and 3].

Resurrection Apolytikion.

Let us believers praise and worship the Word who like the with Father and with Spirit is without beginning, born from a Virgin for our salvation; for he was well pleased to ascend the Cross in the flesh and undergo death, and to raise those who had died, by his glorious Resurrection. *(twice)*

Theotokion.

Hail gate of the Lord, though which none may pass; hail wall and protection of those who flee to you; hail haven without storms, and who did not know wedlock, who bore in the flesh your Maker and God, do not cease to intercede for those who praise and worship your Offspring.

After the 1st reading from the Psalter [Kathisma 2], we sing Kathismata of the Resurrection.

Tone 5. The Word without beginning.

Let us celebrate the Cross of the Lord, let us honour in hymns his holy Burial and highly glorify his Resurrection; for with himself he raised the dead from the graves, as God having despoiled the might of death and the devil's strength, and he made light dawn for those in Hell.

Verse: Arise, Lord my God, lift up your hand; do not forget your poor for ever.

O Lord, who put death to death, you were called dead; you that emptied the tombs were placed in a tomb; above, soldiers were guarding the grave, below, you raised the dead from every age. O Lord, All-powerful and beyond all understanding, glory to you!

Glory. Both now. *Theotokion.*

Hail holy mountain on which God has walked; hail living bush and unconsumed by fire; hail the world's only bridge to God, who lead mortals over to eternal life; hail Maiden undefiled, who bore without wedlock the salvation of our souls.

After the 2nd Psalter reading [Kathisma 3], Kathismata. Be quick to anticipate.

O Lord, after your Resurrection on the third day, and the worship of the Apostles, Peter cried to you: Women had courage, and I was a coward; a Thief confessed you as God, and I denied you: will you call me disciple in future, or will you declare me once again a fisher of the deep? But accept me repenting, O God, and save me!

Verse: I will praise you, Lord, with my whole heart; I will tell of all your marvellous works.

O Lord, the lawless nailed you between malefactors and pierced your side with a lance, O Merciful; but you, who destroyed the gates of Hell, accepted burial and rose on the third day; Women ran to see you and they announced the Resurrection to the Apostles. O Saviour highly exalted, whom the Angels hymn, O blessed Lord, glory to you.

Glory. Both now. *Theotokion. Let us believers praise.*

Bride without wedlock, Mother of God, who turned Eve's grief to joy, we the faithful hymn and worship you, for you have brought us back from the ancient curse. And now, All-hymned All-holy one, ceaselessly intercede, for the salvation of our souls.





主日上午

晨时课

诵念完六篇圣咏后、以第五调式咏唱「主是上帝」、接着咏唱复活遣散颂两遍、生神女颂一遍。之后、按惯例诵念圣咏集第二座与第三座。

复活遣散词

我侪诚信者、宜赞颂叩拜偕父及圣神之无始言、缘其甘愿以躯升十字架受死、及以己荣复活、施于诸死者复活。（两遍）

生神女颂

庆哉、不可经之主门、庆哉、为投归尔者之帡幪及墙垣、庆哉、婚而不媾为遭飓风之平安停泊、庆哉生造尔之上帝、求不绝代祈为赞荣尔及恭敬尔所生者之人。

诵念完第一圣咏集选段（第二座）后、咏唱复活坐赞词。

第五调式

我众宜赞美主之十字架、赞颂其圣枢、赞扬其荣复活、因其以上帝之全能、使诸死者偕己复活、胜死权及魔之坚力、而发辉于其地狱者。

诗节：主欤、我上帝欤、起举尔手、莫忘尔之受窘迫者。

灭死之主而已为死者、使墓罄空者而已置于枢、兵卒在地上守护坟墓、而尔在地狱使诸死者复活、全能不可测之主赞荣尔。

荣耀归于父…… 自今至永远…… 生神女颂

庆哉、上帝所经历之圣山、庆哉、神灵弗烬之棘、庆哉独一导引世人升至上帝之桥、使死者躋至常生、庆哉、不识夫而生救我等灵者之童贞。

诵念完第二圣咏集选段（第三座）后、咏唱复活坐赞词。通用调式 求祢先迅速克胜

主第三日复活后、诸使徒叩拜之、而彼得向之吁曰、携香液女胆壮、而我生惧、右盗赞美尔、而我背尔、今尔招我为尔门徒乎、抑使我复为渔者乎、求上帝聆纳我痛悔者而救我。

诗节：主欤、我将尽心称扬尔、而传扬尔之诸奇事。

主欤、违理者在罪人中钉尔于十字架、以枪刺尔肋、慈怜者被瘞而败地狱之门、第三日复活、携香液女至见尔而转报尔之复活于使徒、天军所称颂且满被赞扬救世之主赞荣尔。

荣耀归于父…… 自今至永远…… 生神女颂

不识婚童贞圣母、乃使夏娃之愁难易为喜悦者、我众诚信者、赞颂叩拜尔、因尔脱我等于旧时之诅詈、今亦求满被赞扬者不绝代祈、为我等之拯救。



After the reading of the 'Blameless' [Kathisma 17, Psalm 118], we sing the Evlogitaria. Then the little Litany and The Ypakoï.

The Myrrhbearers, astounded in mind by the vision of the Angel yet enlightened in soul by the divine Resurrection, announced the good tidings to the Apostles: Tell among the nations the Lord's Resurrection, who works with us through wonders, and grants us his great mercy.

The Anavathmi. 1st Antiphon.

When I am troubled I sing to you like David, my Saviour: Deliver my soul from a deceitful tongue.

Blessed is the life of those who dwell in the desert places, the love of God gives them wings.

Glory. Both now.

By the Holy Spirit all things are held firm, both visible and invisible; for he has sovereign power, being undeniably one of the Trinity.

2nd Antiphon.

Let us lift ourselves to the mountains, my soul; come thither whence comes our help.

Let your right hand hovering over me, O Christ, guard me from every mischief.

Glory. Both now.

To the Holy Spirit, as we contemplate God, let us say: you are God, life, love, light, mind, you are goodness, you reign to the ages.

3rd Antiphon.

For those who said to me: Let us go to the courts of the Lord, filled with great joy, I offer my prayers.

Fearful things will be accomplished upon the house of David; for a fire will be there, burning every shameful thought.

Glory. Both now.

To the Holy Spirit belongs the lordship of life, for from him every living being takes its breath, as to the Father together with the Word.

Prokeimenon.

Arise, O Lord, my God, for you reign as King for ever.

Verse: I will give you thanks, O Lord, with my whole heart: I will tell of all your marvellous works.

Then: Let every breath praise the Lord: The appointed Matins Gospel

Stichera after the Gospel: Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. We venerate Thy Cross, O Christ, and Thy holy Resurrection we hymn 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 worship Christ's holy Resurrection, for, behold, through the Cross joy hath come to all the world. Ever blessing the Lord, we hymn His Resurrection; for, having endured crucifixion, He hath destroyed death by death.

Psalm 50

Glory to the Father, and to the Son, and the Holy Spirit: Through the prayers of the apostles, O Merciful One, blot out the multitude of our transgressions.

Both now and ever, and unto the ages of ages. Amen: Through the prayers of the Theotokos, O Merciful One, blot out the multitude of our transgressions.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgressions.

诵念完「无瑕圣咏」（第十七座、圣咏第一百十八篇）后、咏唱复活「赞主颂」。之后诵念小连祷及聆听赞。

携香液女因见天神心迷惘、因知主复活心获光照者、向使徒等传报曰、尔等宜在异民间宣播主之复活、主必以奇迹助尔及施宏恩于我众。

升阶赞 第一对经（圣咏119）

救我之主、我于愁苦时、以大卫之言呼吁尔曰、救我灵于虚妄之舌。

隐士心志爱上帝、度福乐之日。

荣耀归于父…… 自今至永远……

诸有形无形者、皆被圣神所司、因其诚为圣三之一位、系全权者。

第二对经（圣咏120）

我灵宜登山、宜趋扶助所从来之处。

基督欤、舒尔右手临至我、将护守我于诸诡诈。

荣耀归于父…… 自今至永远……

我众宜议圣神曰、尔乃上帝常生、爱慕真光灵明、且为慈怜永在之主宰。

第三对经（圣咏121）

自人向我云、我侪可以进主堂、我乃满被欢欣、而献尔以祈祷。

在大卫家惊惧所成之事、尽其内之火焰焚毁谄劣之明悟。

荣耀归于父…… 自今至永远……

圣神有施生活之权、因其偕圣父及圣言、诸物由之获灵魂。

经前咏（圣咏9）

主欤、我上帝欤、起举尔手、因伊君系于无穷世。

诗节：主欤我将尽心称扬尔。

凡有呼吸者、宜赞扬主

诵福音经：

我等既睹基督之复活、宜叩拜独一无罪圣主耶稣基督、我等叩拜尔十字架、赞荣称颂尔圣复活、缘尔乃我等上帝、尔之外我等弗识他主、我等既以尔名自称、请众诚信者至而叩拜基督圣复活、因借仗十字架而喜降至于普世、因此我等常感谢主、赞颂其复活、缘其为我等而被钉十字架、以死灭死。

圣咏经第五十章

荣耀归于父、及子、及圣神

仁慈主、以使徒祈祷、洁净我等多罪。

自今至永远、及于万世、阿民。

仁慈主、以圣母转达、洁净我等多罪。

上帝欤、因尔大仁慈、矜怜我、以大怜惠、删除我诸愆尤。

And if there is a festal sticheron appointed at this place (for feasts of the Lord and the Theotokos, on any day, including Sundays; for saints, on weekdays only), it is sung. Otherwise, on Sundays outside the Lenten cycle we sing:

Jesus having risen from the grave, as He foretold, hath given us life eternal, and great mercy.

After O God, save your people and the Ekphonesis, we begin the Canons, singing the Resurrection Canon to 4, the Cross-Resurrection to 3, that of the Mother of God to 3, and that of the Saint of the day to 4. But if the Saint is 'feasted' to 6 or 8. Katavasia appointed. At the end of the 3rd and 6th Odes, the Short Litany.

Resurrection Canon. A composition by John of Damascus.

Ode 1. Tone 5. The Irmos.

Christ, who brings wars to nothing with uplifted arm, shook horse and rider into the Red Sea; but Israel he saved as they sang a song of victory.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The assembly of the Hebrews preserved no mother's love for you, O Benefactor Christ, but bearing thorns crowned you, the Author of our race, who abolished the penalty of the thorns.

Refrain: Glory to Thy holy Resurrection O Lord.

Giver of life, you bent down to the pit without falling and raised me up who had fallen; you bore my foul-smelling corruption untouched, and made me sweet-smelling with the myrrh of your divine nature.

Theotokion

Refrain: Most holy Theotokos save us.

The curse is abolished, grief has ceased, for the Blessed One, the Full of Grace, has made joy dawn for the faithful, for she bears a flower, Christ, a blessing for all the ends of the earth.

Another Canon, of Cross and Resurrection.

The Irmos. Unto the Saviour God.

Refrain: Glory to Thy precious Cross and Resurrection.

To him who was nailed of his own will to the Cross and through the Cross freed the fallen from the ancient sentence, to him alone let us sing, for he has been glorified.

Refrain: Glory to Thy precious Cross and Resurrection.

To Christ, the dead man who rose from the tomb and raised the fallen and adorned him by seating him with the Father, to him alone let us sing, for he has been glorified.

Refrain: Most holy Theotokos save us.

Immaculate Mother of God, without ceasing implore the God who was incarnate from you, yet never absent from his Father's bosom, to save those he fashioned from every trouble.

Another Canon, to the Mother of God,

of which the acrostic, with the Irmi, is: Virgin who bore the Light, enlighten me.

The Irmos. Both horse and horseman.

Refrain: Most holy Theotokos save us.

O all-immaculate, implore Christ, the light who dwelt in you and enlightened the world with the rays of his godhead, to enlighten all those who hymn you as Mother of God.

Refrain: Most holy Theotokos save us.

Full of grace, as one made fair by the beauty of the virtues, you received by the beam of the Spirit, O all-pure, the comeliness that creates beauty and makes the universe beautiful.

此处诵唱庆日赞词（任何日子、包括在主日在内的主及圣母的庆日；平日圣人的庆日）。在四旬期之外的主日；

耶稣依预言由柩中复活者、赐我等常生及宏恩。

念完「上帝、求祢拯救祢的子民……」、司祭高声诵念完结束祝文之后、开始诵念圣颂典。圣颂典的念法如下：由复活圣颂典取四段圣颂、由十字复活圣颂典取三段圣颂、由向生神女的圣颂典取三段圣颂、由本日所纪念的圣人的圣颂典取四段圣颂。若本日乃圣人的「庆节」、则取六段或八段圣颂。第三及第六圣颂小连祷后、诵念指定合众词。

复活圣颂典。大马士革的圣约翰作

圣歌一 第五调式 首节

基督以极刚坚臂、败灭诸战斗者、倾陷马及乘马者于红海、而救颂凯之以色列民。

圣颂

节句：主欸、赞荣尔圣复活。

基督欸、希伯来人忘尔诸恩、以荆冠冠尔、而借此以释原祖生荆之罚。

节句：主欸、赞荣尔圣复活。

无罪施生活之基督、尔降临为提拔我陷于阱者、无原罪之柴、受腥臭朽坏之体以上帝性体之美膏薰之。

生神女颂

节句：祈至圣母救我等。

诅詈已解、忧愁已毕、盖因满被赞扬满受圣龙者、发喜于众诚信之人、如发花而生基督、系降福地涯者。

又圣颂典 十字架复活圣颂典
首节 向救主上帝

节句：主欸、赞荣尔尊十字架、及荣复活。

我众宜赞颂甘愿以人体被钉十字架、而赦昔因树故被坠落之罚者曰、缘其赫着矣。

节句：主欸、赞荣尔尊十字架、及荣复活。

我众宜赞颂独一由死中复活之基督、使坠落者偕已复活、而与上帝圣父体合之者曰、缘其赫着矣。

节句：祈至圣母救我等。

求至洁圣母不绝代祈由尔受人体而不离上帝圣父之怀者、救援其所造之人于诸愁难。

又圣颂典 生神女圣颂典

藏头诗：诞生光明者、求妳光照我。

首节：战马与骑士

节句：祈至圣母救我等。

求至洁童贞圣母代祈居于尔之光、且以上帝之光照耀普世之基督、照耀我等歌颂尔者。

节句：祈至圣母救我等。

以诸德所妆饰之至洁满被圣宠者、借妆饰万物圣神之光耀、获施善恩之华丽。

Refrain: Most holy Theotokos save us.

The bush on Sinai foreshadowing you of old, O Virgin, was not consumed though joined with fire; for beyond understanding as a Virgin you bore a child and remained a Virgin, O Virgin Mother.

Ode 3. The Irmos

You fixed the earth on nothing by your command, and raised it though ungovernably dragged down; establish your Church on the unshakeable rock of your commandments, O Christ, alone good and lover of mankind.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The ungrateful children of Israel, who sucked the honey from the rock offered you gall, O Christ, who worked the wonder in the wilderness; in exchange for your deeds of goodness gave you vinegar instead of manna.

Refrain: Glory to Thy holy Resurrection O Lord.

They who of old were protected by a cloud of light laid Christ, who is life, in a tomb; but by your own power you arose and granted all the faithful the radiance of the Spirit, which mystically overshadows them from above.

Theotokion

Refrain: Most holy Theotokos save us.

Without wedlock and without a mother's pains you became Mother of the God, who shone from a father who is uncompounded; therefore, since you bore the Word made flesh, with right belief we proclaim you Mother of God.

Of Cross and Resurrection. By the power of Thy cross.

Refrain: Glory to Thy precious Cross and Resurrection.

You rose from the tomb, O Christ, giver of life, delivering from the corruption of death those who hymn your voluntary crucifixion.

Refrain: Glory to Thy precious Cross and Resurrection.

The Myrrhbearers were hastening to anoint your body, O Christ, and when they did not find it they returned hymning your Rising.

Refrain: Most holy Theotokos save us.

O pure one, implore without ceasing the one who was incarnate from your loins that those who hymn you, pure Virgin, may be delivered from the deception of the devil.

Another, of the Mother of God. You fixed the earth.

Refrain: Most holy Theotokos save us.

You have now been most clearly revealed to all, honoured Virgin, to be the ladder by which the Most High came down to right corrupted nature. For through you the supremely good was well-pleased to be joined to the world.

Refrain: Most holy Theotokos save us.

The mystery preordained of old and known before the ages to God who knows all things, now in the last times has been revealed in your womb, All-blameless, having reached its term.

节句：祈至圣母救我等。

圣女坎、昔在西奈山、预像尔之荆焚而不烬、因尔以童贞生子、仍存童贞、既系母位又系童贞、实乃超乎人之明悟。

圣歌三 首节

基督以尔命立地于虚、并悬之于空、求独一至善爱人者、以尔教会建于不可撼摇尔之诚命石上。

圣颂

节句：主坎、赞荣尔圣复活。

负恩之以色列民、昔在旷野由石吮蜜、乃以苦胆代此而献尔行奇迹之基督、伊等获吗哪乃以醋代此而酬尔之恩赐。

节句：主坎、赞荣尔圣复活。

昔被光云覆庇者、今置生命即基督于枢中、第因其全能复活、自天施圣神奥秘之光、庇荫于众诚信者。

生神女颂

节句：祈至圣母救我等。

圣母坎、无产痛之苦、弗识夫而生由永在圣父所生之子、故我众因尔生受人体之圣言、承认尔为上帝之母。

又圣颂典 十字架复活圣颂典

首节：借着称十字架的能力

节句：主坎、赞荣尔尊十字架、及荣复活。

施生活之基督由枢中复活、而拯救于死中、赞颂尔甘愿被钉十字架者。

节句：主坎、赞荣尔尊十字架、及荣复活。

基督坎、携香液女急趋、为以香膏傅尔体、而未获见乃还、并赞颂尔之复活。

节句：祈至圣母救我等。

求至洁圣女不绝代祈由尔受人体者、救援凡赞颂尔者于魔之诱惑。

又圣颂典 生神女圣颂典

首节：称以称的命令立定了大地

节句：祈至圣母救我等。

至洁者坎、尔今明显为众共知之梯、至上者由之降下修理朽坏之人性、因借尔至善者愿宣示于普世。

节句：祈至圣母救我等。

无玷之圣女坎、诸世前所预定及全知上帝所预知之奥秘、末世在尔怀中而成显。

Ode 4. The Irmos.

Avvakoum, prophetically apprehending your divine self-emptying, O Christ, cried out to you in awe: You have come for the salvation of your people; to save your anointed.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Prefiguring, O Good One, as in an icon your immaculate Cross, which slays the taste of sin, through wood you sweetened the bitter waters of Mara.

Refrain: Glory to Thy holy Resurrection O Lord.

You accepted a Cross, my Saviour, against the tree of knowledge, gall against sweet provender; while against the corruption of death you poured out your divine blood.

Theotokion

Refrain: Most holy Theotokos save us.

Without union you conceived in your womb without corruption; you gave birth before you felt the pains of labour, and after child-birth, for you had born God in the flesh, you were kept a Virgin.

Another, of Cross and Resurrection.

Having heard of the power of the cross.

Refrain: Glory to Thy precious Cross and Resurrection.

When the Cross was fixed in the earth on Calvary, the bars were smashed and the eternal gate-keepers, and they cried: Glory to your power, O Lord!

Refrain: Glory to Thy precious Cross and Resurrection.

When the Saviour went down as mortal to the prisoners, the dead from every age arose with him and cried: Glory to your power, O Lord!

Refrain: Most holy Theotokos save us.

The Virgin gave birth and did not know a mother's pangs, but mother she is and virgin has remained; whom we hymn as we cry: Hail, Mother of God!

Another, of the Mother of God.

Thine, O Christ, divine.

Refrain: Most holy Theotokos save us.

As with heart, mind, soul and voice I devoutly confess you as truly Mother of God, pure Virgin, I gather the fruit of salvation and am saved by your intercessions.

Refrain: Most holy Theotokos save us.

He that created the universe from nothing, as benefactor was well-pleased to be created from you, O pure one, for the salvation of those who with faith and love hymn you, O all-blameless.

Refrain: Most holy Theotokos save us.

The choirs beyond the world hymn your offspring, O all-blameless, rejoicing at the salvation of those who believe you to be true Mother of God, O Virgin undefiled.

Refrain: Most holy Theotokos save us.

Isaias named you the rod from which sprung for us a fair flower, Christ God, for the salvation of those who with faith and love have recourse to your protection.

圣歌四 首节

基督欤、先知哈巴谷预知尔上帝将受屈抑、乃战栗向尔吁曰、尔为救尔民及被傅油者而降至。

圣颂

节句：主欤、赞荣尔圣复活。

至善者欤、昔尔玛拉之苦水、缘木而为甘、借此预兆尔尊十字架为灭食果之罪者。

节句：主欤、赞荣尔圣复活。

我救世者欤、尔获十字架、以代识善恶之树、获苦胆以代甘美之食、尔为灭死而流尔圣血。

生神女颂

节句：祈至圣母救我等。

圣女欤、尔无夫而净孕、无病而生受人体之上帝、并产后仍系童贞。

又圣颂典 十字架复活圣颂典

首节：听说了十字架的大能

节句：主欤、赞荣尔尊十字架、及荣复活。

在髑髅地树十字架时、地狱之门被败坏、而守护者呼吁曰、主欤、赞荣尔能力云。

节句：主欤、赞荣尔尊十字架、及荣复活。

救世者欤、尔如死者降于地狱之缚执者、而自原始诸死者偕之复活、并吁曰、主欤、赞荣尔能力云。

节句：祈至圣母救我等。

圣女不识产痛而生子、乃为母而守童贞、故我众赞颂之曰、庆哉圣母。

又圣颂典 生神女圣颂典

首节：基督、祢的神圣

节句：祈至圣母救我等。

圣女欤、我以虔诚之心思明悟、灵魂、及口承认尔为真至洁圣母、借尔转达、我受拯救之果、且获拯救。

节句：祈至圣母救我等。

无玷者欤、从虚无造万物者、因系恩主、由尔至洁者受人体、为救以信爱赞颂尔者。

节句：祈至圣母救我等。

全然无瑕者、超越世界的歌倡赞美妳的圣子、无玷的童贞女、他们因那些相信妳是真诞神女的人的救恩而欢欣。

节句：祈至圣母救我等。

以赛亚称尔为杖、其所生极美之花、即上帝基督、为救以信爱归尔幃幃者。

Ode 5. The Irmos.

To you, clothed with light as a garment, I rise early and cry out: Enlighten my darkened soul, O Christ, for you alone are compassionate.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The Lord of glory in a form without glory, of his own will is hung dishonoured on the tree and thus ineffably procured for me divine glory.

Refrain: Glory to Thy holy Resurrection O Lord.

You have changed my clothing for incorruption, O Christ, for incorruptibly you tasted in the flesh the corruption of death, and dawned from the grave on the third day.

Theotokion

Refrain: Most holy Theotokos save us.

By giving birth without seed to Christ, who is justice and redemption for us, O Mother of God, you made our Forefather's nature free of the curse.

Another, of Cross and Resurrection.

Watching early we cry out unto Thee.

Refrain: Glory to Thy precious Cross and Resurrection.

You stretched out your hands, our Saviour, on the tree, calling all to yourself as you love mankind.

Refrain: Glory to Thy precious Cross and Resurrection.

You despoiled Hell, our Saviour, by your burial, and you filled all things with joy by your Resurrection.

Refrain: Most holy Theotokos save us.

We sing your praise as Virgin after child-birth, Mother of God; for you bore God the Word in the flesh for the world.

Another, of the Mother of God.

Unto Thee that arrayest Thyself with light.

Refrain: Most holy Theotokos save us.

All the Prophets clearly foretold that you would be God's Mother, all-honoured Mother of God; for you alone, O pure one, were found wholly blameless.

Refrain: Most holy Theotokos save us.

Honoured one, we acknowledge you to be the cloud of light which showered down on us in our despair Christ the shower of incorruption.

Refrain: Most holy Theotokos save us.

The God, who as alone compassionate dwelt in you, loved you as close to him, wholly good and blameless, sealed purely in virginity.

Ode 6. The Irmos.

Calm the raging sea of the passions, O Master Christ, with its soul-destroying surge, and lead me up from corruption as you are compassionate.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The Ancestor of the race, O Master Christ, slid down into corruption through tasting the forbidden food, and was brought back to life through your Passion.

圣歌五 首节

服光如衣之基督、我早寤向尔吁曰、照耀我昏暗之灵、因尔系独一慈哀者。

圣颂

节句：主欸、赞荣尔圣复活。

威荣之主、以谦卑之形甘愿被辱而悬于木架、为以不可测、赐我上帝之威荣。

节句：主欸、赞荣尔圣复活。

基督欸、尔以肉躯受死之朽、而第三日由柩复活反为不朽、借此使我脱朽坏衣常生。

生神女颂

节句：祈至圣母救我等。

圣母欸、尔净生基督、系义德及我等之拯救、借此释原祖形体于诅詈。

又圣颂典 十字架复活圣颂典

首节 清晨我们守望、向祢高呼

节句：主欸、赞荣尔尊十字架、及荣复活。

我等救世者欸、尔伸手于十字架上、招众归己、因尔乃爱人者。

节句：主欸、赞荣尔尊十字架、及荣复活。

我等救世者欸、以尔被葬掳掠地狱、以尔复活使众充满喜乐。

节句：祈至圣母救我等。

圣母欸、我众赞颂尔乃产后之童贞、因尔生降世受人体之上帝圣言。

又圣颂典 生神女圣颂典

首节 向祢以光明装饰自己者

节句：祈至圣母救我等。

至洁圣女欸、诸先知明预言尔为将来上帝之母、因尔乃独一至洁成全无玷者。

节句：祈至圣母救我等。

至洁者欸、我众认尔为施生活水之光云、借之而沛常生之甘霖、即基督降于我众失望者。

节句：祈至圣母救我等。

至善无玷至洁童贞者、独一慈怜之上帝爱慕尔居于尔。

圣歌六 首节

求主宰基督息害灵之烈风洪波偏情海、及由朽坏提拔我、因尔系慈哀者。

圣颂

节句：主欸、赞荣尔圣复活。

主宰基督欸、因原祖食尔所禁之食而陷于死、今借尔受难乃获复苏于常生。

Refrain: Glory to Thy holy Resurrection O Lord.

You, who are Life, came down to Hell, O Master Christ, and by becoming corruption to the corrupter, through corruption you became the source of resurrection.

Theotokion

Refrain: Most holy Theotokos save us.

The Virgin bore a child and after child-birth remained pure; as truly Virgin Mother cradling him who carries the universe in his hands.

Another, of Cross and Resurrection.

An abyss hath encompassed me.

Refrain: Glory to Thy precious Cross and Resurrection.

You stretched out your hands, gathering together the companies of the nations, separated far from you, Christ our God, by your life-bearing Cross, for you love mankind.

Refrain: Glory to Thy precious Cross and Resurrection.

You despoiled death and smashed the gates of Hell; while Adam, the prisoner, was released and cried out to you: Your right hand has saved me, O Lord!

Refrain: Most holy Theotokos save us.

Glorious Mary, boast of the Orthodox, we fittingly glorify you as bush unburned, mountain and living ladder, and gate of heaven.

Another, of the Mother of God.

Calm the raging sea of the passions.

Refrain: Most holy Theotokos save us.

The cause of all, who gives being to all, when he took flesh like ours, had you as cause, all-blameless Mother of God.

Refrain: Most holy Theotokos save us.

We know you, all-blameless Lady, to be a source brimming with life-sustaining healings for those who with faith have recourse to your far-famed protection.

Refrain: Most holy Theotokos save us.

For us you bore the Giver of life, cause of salvation, who bestows eternal redemption on those who proclaim you as true Mother of God.

Kontakion. 5th Tone.

You descended into Hell, Christ my Saviour, smashed its gates as all-powerful, raised the dead with yourself as Creator, smashed the sting of death and delivered Adam from the curse, O lover of mankind: therefore we all cry to you: Save us, O Lord!

The Ikos.

The women, when they heard the Angel's words, cast away their lamentation and becoming joyful, trembling saw the Resurrection. And see, Christ drew near them and said: Rejoice! Take courage, I have overcome the world and freed the prisoners. Hurry then to the Disciples, take them this message: I am going before you to preach in the city of Galilee. Therefore we all cry to you: Save us, O Lord!

节句：主欤、赞荣尔圣复活。

主宰基督欤、尔乃常生降于地狱灭彼司死者、而借死涌发复活。

生神女颂

节句：祈至圣母救我等。

圣女生子而产后为洁、因童贞圣母所怀抱、诚系掌万物者。

又圣颂典 十字架复活圣颂典

首节 深渊环绕着我

节句：主欤、赞荣尔尊十字架、及荣复活。

我等上帝基督、尔伸手于施生活十字架上、而借此集聚远离分散尔之诸民、因尔乃爱人者。

节句：主欤、赞荣尔尊十字架、及荣复活。

尔降服死及毁地狱之门、被缚之阿当获解释、而向尔吁曰、主欤、尔右手已救我。

节句：祈至圣母救我等。

满被赞荣玛利亚、我众诚应称美尔为弗烬之荆、赋灵之山梯、天门、及诸正信者之褒美。

又圣颂典 生神女圣颂典

首词 君宰基督、求祢平息汹涌的情欲之海

节句：祈至圣母救我等。

无玷圣母欤、借尔首出施生命于万物者、为我等人而受人体。

节句：祈至圣母救我等。

无玷宰后欤、我众认尔为凡秉正信归尔荣旃幃者之养灵及医治之泉源。

节句：祈至圣母救我等。

尔生拯救肇端之施生活者、乃赐永救援于凡承认尔为真圣母者。

集祷颂 第五调式

救我者降地狱、因系全能者折其门、因系造万物者俾诸死者偕已复活、败坏死之螫、释阿当之诅、爱人者欤、我众向尔吁曰、主欤救我等。

行述赞

携香液女闻天神之言、止其涕泣而喜悦、见主复活而惊惧、忽基督进前曰、庆哉毋惧、我已胜世、释彼被繫者、往传报使徒曰、将遇尔等于加利利、为传教云、故我众向尔吁曰、主欤、救我等。

Ode 7. The Irmos.

The highly exalted Lord of the fathers quenched the flame, rained dew on the Youths as they sang in unison: O God, blessed are you!

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Wrapped in flesh, like bait for a hook, You drew down the serpent by your divine power and brought up those who cry: O God, blessed are you!

Refrain: Glory to Thy holy Resurrection O Lord.

The Unbounded, who brought into being the immense structure of the earth, is hidden in the flesh in a tomb, and to him we all sing: O God, blessed are you!

Theotokion

Refrain: Most holy Theotokos save us.

All-blameless, you bore one person in two natures, God in bodily form, and to him we all sing: O God, blessed are you!

*Another, of Cross and Resurrection.**In a fiery furnace the melodists.*

Refrain: Glory to Thy precious Cross and Resurrection.

You destroyed the error of idols through the tree of the Cross; blessed are you, the God of our Fathers.

Refrain: Glory to Thy precious Cross and Resurrection.

You rose from the dead, and raised with you those in Hell; blessed are you, the God of our Fathers.

Refrain: Most holy Theotokos save us.

You were born of a Virgin, and revealed her to be Mother of God; blessed are you, the God of our Fathers.

*Another, of the Mother of God.**The highly exalted Lord of the fathers.*

Refrain: Most holy Theotokos save us.

The infinite, who remains unchanged, was in his person united to flesh in you the All-holy, as he is compassionate; he alone is blessed.

Refrain: Most holy Theotokos save us.

Lady, Mother of God, with one voice we glorify you, all-blameless bride and throne of your Creator; to him we all sing: Blessed are you, O God.

Refrain: Most holy Theotokos save us.

Made pure by the Spirit, O Virgin, you have become the Mother of the King of all, who fashioned you; to him we all sing: Blessed are you, O God.

Refrain: Most holy Theotokos save us.

The Lord saved me, O Immaculate Mother of God, clothed in the garment of the flesh he took from you; to him we all sing: Blessed are you, O God.

圣歌七 首节

满被赞扬祖父之主曾灭火焰、及施露于和声歌颂之幼童曰、上帝系被赞扬者。

圣颂

节句：主欸、赞荣尔圣复活。

尔以上帝之能力以钩蛇、使所受之人体如饵、为提拔呼吁者曰、上帝系被赞扬者。

节句：主欸、赞荣尔圣复活。

不可容之辟广地者、今以肉躯被藏于枢、我众向之歌颂曰、上帝系被赞扬者。

生神女颂

节句：祈至圣母救我等。

无玷者尔生受人体两性一位之上帝、我众向之歌颂曰、上帝系被赞扬者。

又圣颂典 十字架复活圣颂典

首节 在烈火窑中人

节句：主欸、赞荣尔尊十字架、及荣复活。

以十字架灭拜偶迷惘之我等祖父之上帝、系被赞扬者。

节句：主欸、赞荣尔尊十字架、及荣复活。

由死中复活、及使在地狱者复苏之我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

由童贞所生而以之为圣母之我等祖父之上帝、系被赞扬者。

又圣颂典 生神女圣颂典

首节 应备受举扬的众先祖之上主

节句：祈至圣母救我等。

至圣者欸、无限量者、因大仁慈以肉体体合于尔而无变易、其乃独一我等祖父之上帝系被赞扬者。

节句：祈至圣母救我等。

圣母宰后欸、我众同心称颂尔为圣聘者、系创造万物者之宝座、而向之歌颂曰、上帝系被赞扬者。

节句：祈至圣母救我等。

至洁圣母欸、由尔受人体之主已救我矣、故我众向之歌颂曰、上帝系被赞扬者。

节句：祈至圣母救我等。

无玷的上帝之母、上帝拯救了我、祂穿上由妳所取得的肉身的外衣；我们众人向祂歌唱：上帝、赞颂归于祢！

Ode 8. The Irmos.

The Youths in the furnace, weaving a dance of all creation, sang to you the Maker of all: All you works praise the Lord, and highly exalt him to all the ages.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

As if it was not willed, you prayed that the wished for cup of your saving Passion might pass; for you bear two wills, O Christ, corresponding to your two natures to the ages.

Refrain: Glory to Thy holy Resurrection O Lord.

At your descent, O Christ, the Maker of all, Hell became a laughing stock and disgorged all those who of old had been slain by the devil's deception and who highly exalt you to all the ages.

Theotokion

Refrain: Most holy Theotokos save us.

O Virgin, who beyond thought by the word bore the Lord as God and man and remained virgin, all we his works highly exalt you to all the ages.

*Another, of Cross and Resurrection.**From the Father before ages.*

Refrain: Glory to Thy precious Cross and Resurrection.

Christ God, who willingly stretched out his hands on the cross and broke open the bonds of death, praise him, you priests, highly exalt him you people, to all the ages.

Refrain: Glory to Thy precious Cross and Resurrection.

Christ God, who dawned like a bridegroom from the tomb, appeared to the Myrrh-bearers and to them proclaimed joy, praise him, you priests, highly exalt him you people, to all the ages.

Refrain: Most holy Theotokos save us.

You have been revealed, pure Mother of God, as higher than the Cherubim, for in your womb you carried him who rides upon them; with the Bodiless Powers we mortals glorify him to all the ages.

*Another, of the Mother of God.**The Youths in the furnace.*

Refrain: Most holy Theotokos save us.

Now the grief of first parents has ceased, for you, God's Mother, have given birth to joy; therefore unceasingly we hymn you, O Virgin, and highly exalt you to all the ages.

Refrain: Most holy Theotokos save us.

The host of the Bodiless Powers sings with us your incomprehensible child-bearing, O Virgin; making one choir with them in love, we highly exalt it to all the ages.

Refrain: Most holy Theotokos save us.

A translucent stream of immortality has come forth from you, O Maiden, the Lord of all, who washes away the filth of those who hymn you with faith and highly exalt you to all the ages.

圣歌八 首节

造万物者欤、幼童于火窑、以普世之歌颂歌颂尔曰、主所造之物应赞扬主、且赞美之于无穷世。

圣颂

节句：主欤、赞荣尔圣复活。

基督欤、尔祈祷为甘愿施救受难之爵、或可得避、尔如不顺心者然、盖尔有两性、以此顺两性有二愿、于无穷世。

节句：主欤、赞荣尔圣复活。

基督欤、尔以全能降临、地狱被辱、吐诸自古以罪被死者及赞美尔者于无穷世。

生神女颂

节句：祈至圣母救我等。

圣女欤、尔据天神之言、超性生二性之主、并守童贞、故我众赞扬尔诸事迹、且赞美之于无穷世。

又圣颂典 十字架复活圣颂典

首节 万世之前由父

节句：主欤、赞荣尔尊十字架、及荣复活。

甘愿伸手于刑架、释死桎梏之上帝基督、诸司祭应赞颂之、众民亦宜赞美之于无穷世。

节句：主欤、赞荣尔尊十字架、及荣复活。

如新郎由枢出显现于携香液女报以鸿喜之上帝基督诸司祭应赞颂之、众民亦宜赞美之于无穷世。

节句：祈至圣母救我等。

至洁圣欤、尔显然超革鲁宾者、因尔腹塞拉芬等所捧戴之主、人类偕天神赞扬之于无穷世。

又圣颂典 生神女圣颂典

首节 三圣童在烈火窑中

节句：祈至圣母救我等。

圣母适领俾报之喜音、而原祖之忧社绝、故我众不绝歌颂尔圣女、且赞美尔于无穷世。

节句：祈至圣母救我等。

圣母欤、无形体之军、借爱慕偕同我侪共讴一会、赞颂由尔以不可测所生者、且赞美之于无穷世。

节句：祈至圣母救我等。

圣女欤、常生光洁之泉源、即万物之主由尔所流者、洗凡秉信歌颂及赞美尔于无穷世者之污秽。

Refrain: Most holy Theotokos save us.

We confess you, O Virgin, to be truly the divine and light-bearing throne, and tablet of grace, for you received the Word of the Father; whom we highly exalt to all the ages.

Then we sing the song of the Virgin: My soul magnifies the Lord: with the refrain: More honorable than the Cherubim:

Ode 9. The Irmos.

O Isaias, dance! The Virgin has conceived, and she has borne a Son, Emmanuel, who is both God and man; and Orient is his name; whom we magnify, as we call the Virgin blessed.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

O Master Christ, you assumed fallen man, wholly joined to him from a virgin womb; but alone not sharing in sin, you freed him wholly from corruption by your immaculate sufferings.

Refrain: Glory to Thy holy Resurrection O Lord.

O Master Christ, by the blood which flowed from God being emptied from your immaculate and life-giving side sacrifice to idols has ceased, while we of all the earth offer you the sacrifice of praise.

Refrain: Most holy Theotokos save us.

The pure and holy Maiden disclosed not God without a body, nor yet a mere man, but perfect man and in truth perfect God, whom we magnify with the Father and the Spirit.

Another, of Cross and Resurrection.

Thee as above understanding.

Refrain: Glory to Thy precious Cross and Resurrection.

You accepted the sufferings on the Cross and by death smashed the power of Hell; with right belief we faithful magnify you.

Refrain: Glory to Thy precious Cross and Resurrection.

You rose from the tomb on the third day, despoiled Hell and enlightened the world; with one mind we faithful magnify you.

Refrain: Most holy Theotokos save us.

Hail, God-bearer, Mother of Christ God; ask him whom your bore to grant forgiveness of offences to those who hymn you with faith.

Another, of the Mother of God.

O Isaias, dance!

Refrain: Most holy Theotokos save us.

From your pure blood flesh was curdled beyond nature for the creator and only-begotten Son of the Father, not from a man, but without seed, with mind and soul, O Mother of God, ever-virgin.

Refrain: Most holy Theotokos save us.

You halted the ungovernable assault of death when beyond understanding you truly gave birth in the flesh to eternal life; for Hell, attacking it with bitter mouth, was destroyed.

节句：祈至圣母救我等。

童贞女、我众宣认尔真实属神而怀有光明宝座者、恩宠之匾、因尔孕育了父之圣言、且赞美之于无穷世。

于圣第九歌颂前唱至圣生神女之歌：我灵惟感颂主、我神惟悦上帝救我者。

节句：我等赞扬尔革鲁宾而尊、逾塞拉芬、荣光无比、无损而生上帝言、诚上帝之母云。

圣歌九 首节

庆哉、以赛亚因童贞孕生子以马内利、伊有上帝性及人性、其名曰东、我等赞场伊、及赞荣童贞女。

圣颂

节句：主欸、赞荣尔圣复活。

主宰基督欸、尔由童贞之腹、受凡人被坠落无异之体、惟无原罪、而借尔至洁受难、释我全人于朽坏。

节句：主欸、赞荣尔圣复活。

主宰基督欸、因由至尊施生活之肋所流之圣血、息献偶之祀、坤舆反以赞美尔之祭献尔。

节句：祈至圣母救我等。

无玷至洁童贞、生非无形体之上帝亦非常人、但为真上帝、又为真人我众偕圣父及圣神赞美之。

又圣颂典 十字架复活圣颂典

首节 超乎明悟者

节句：主欸、赞荣尔尊十字架、及荣复活。

我众诚信者以正教赞美于刑架受难及以受死败地狱能力之主。

节句：主欸、赞荣尔尊十字架、及荣复活。

我众诚信者、以同心赞美第三日由枢复活掠地狱及光照普世者。

节句：祈至圣母救我等。

庆哉圣母、乃上帝基督之母、并求由尔所生者赦免秉信歌颂尔者之罪。

又圣颂典 生神女圣颂典

首节 以赛亚、你要无蹈！

节句：祈至圣母救我等。

永贞圣母欸、造万物上帝圣父独一子由、尔至洁之血、无夫净孕超性而受人体。

节句：祈至圣母救我等。

至洁童贞圣母欸、尔超人明悟真生受人体之常生者、而借之阻止沛然莫御之死之泛滥、地狱发怒欲吞噬之、而反自失其力。

Refrain: Most holy Theotokos save us.

Seated on his royal throne your Son stood you at his right hand, radiantly shining in tasselled gold, in godly virtues, and assured you honours due to his Mother, O all-blameless.

After katavasia there is a small litany. Then we sing Holy is the Lord our God.

Exapostilarion, the prescribed Eothinon. At Lauds, Let everything that has breath. We insert 8 Stichera.

Resurrection Stichera. Tone 5.

Verse 8: To execute upon them the judgement that is decreed; such glory will be for all his holy ones.

Lord, though the grave was sealed by lawless men, you came from the tomb as you had been born from the Mother of God; your bodiless Angels did not know how you had become incarnate, the soldiers guarding you did not know when you arose; for both are sealed for those who inquire, but the wonders have been revealed to those who with faith worship the mystery which we hymn; give us joy and great mercy.

Verse: Praise God in his saints; praise him in the firmament of his power.

Lord, having smashed the eternal bars and burst bonds asunder, you rose from the tomb, leaving your grave clothes behind as evidence of your true burial for three days; and you went ahead into Galilee, while being guarded in a cave. Great is your mercy, O Saviour beyond understanding; have mercy on us.

Verse: Praise him for his mighty acts; praise him according to the greatness of his majesty.

Lord, the women ran to your tomb to see you, the Christ who had suffered for our sakes, and approaching they found an Angel seated on the stone, rolled back with fear, and he cried out to them and said: The Lord has risen; tell his disciples that he has risen, he who saves our souls.

Verse: Praise him with the sound of the trumpet; praise him with lute and harp.

Lord, as you came out of the sealed grave, so you came in to your disciples when the doors were shut, and showed them your body's sufferings, which you had accepted, O long-suffering Saviour; as sprung from David's seed you endured stripes; as Son of God you have freed the world. Great is your mercy, O Saviour beyond understanding; have mercy on us.

Other Stichera by Anatolios

Verse: Praise him with timbrel and dance; praise him with strings and pipe.

Lord, the King of the ages and Maker of all things, who for us accepted crucifixion and burial in the flesh, that you might free us all from Hell, you are our God and we know no other but you.

Verse: Praise him with tuneful cymbals; praise him with loud cymbals. Let everything that has breath praise the Lord.

Lord, who will recount your dazzling wonders? Who will announce your dread mysteries? For, incarnate for us, as you willed, you manifested the might of your power: for on your Cross you opened Paradise to the Thief, and in your Burial you smashed the bars of Hell, and at your Resurrection you made all things rich. Compassionate One, glory to you!

Verse: Arise, O Lord, my God, lift up your hand: do not forget your poor for ever.

The Myrrhbearing women coming to your tomb very early in the morning sought to anoint the Immortal Word and God; and informed by the words of the Angel they returned with joy to tell the Apostles openly that you the life of all, have risen and grant the world pardon and your great mercy.

节句：祈至圣母救我等。

妳的圣子坐在祂的御座上、让身穿上帝美德的妳侍立在祂的右边、妳的黄金衣饰发出耀眼的光芒、全然无瑕者、祂赐予妳相称于自己母亲的尊荣。

合众词后小连祷、后唱：圣哉、上主、我众之上帝。（三次）

差遣颂、指定的咏赞词。诵念赞美圣咏「凡有呼吸者……」时、插入八段赞词。

复活行间赞词 第五调式

插入八句赞颂：为以所纪录之审判行于伊等、斯荣耀皆属其圣人。

主坎、违理者封枢之时尔出枢如生由圣母无异、无形体之天神、弗知尔如何降生、守尔之卒、弗觉如何复活、斯二奇事、为求知者闭、为诚信而敬奥秘事者启、赐欣忭及宏恩于我等颂扬尔者。

诗节：众宜赞美主于其圣所、赞美其荣名穹苍。

败坏永长之门、及裂缚繫之主、由枢中复活、遗其内之布幅、为尔第三日复活之据被守于墓洞者前往加利利、不可测救世者欤、尔宏恩极大、求矜怜及拯救我等。

插入四节赞词：因其全能赞美之、因其宏威赞美之。

主坎、携香液女赴墓、欲见尔为我等受难之基督、及至时、见天神坐于因惊自启之石上、向伊等曰、主已复活矣、往告使徒等、救我等灵者、由死中复活矣。

诗节：以角声赞美、以琴以瑟赞美。

主坎、尔如何出印封之墓、亦即以此入使徒等所扃之门、使伊等见尔宽忍救世者以人体所受之苦难、尔因系大卫裔而受伤痕、因系上帝子而释放普世、不可测救世者欤、尔宏恩极大求、矜怜及拯救我等。

又行间赞词 阿纳托利作

诗节：以鼓及伶赞美、以弦及笙笛赞美。

万世君造万物之主宰、以人性为我等受苦难及埋瘞、欲释众脱地狱、尔乃我等上帝、尔之外我等弗识他主。

诗节：以和声之钹赞美、以大声之铙赞美、凡有呼吸者、宜赞扬主。

主坎、孰能述尔奇妙之迹、谁能传布尔威严之奥秘、为我等甘愿受人体者、显尔权之能力、以十字架启右盗入天堂之门、以埋瘞拆毁地狱之门、以尔复活施宏恩于广众、慈怜之主赞荣尔。

诗节：主坎、我上帝坎、起举尔手、莫忘尔之受窘迫者。

携香液女清晨至尔墓前、欲以香膏傅常生上帝圣言、及听天神之言、乃欢欣而返、传告使徒等万物之生命者已复活矣、施洁净及宏恩于普世。

Verse: I will give you thanks, O Lord, with my whole heart: I will tell of all your wonders.

The guards of the tomb which received God said to the Jews: O the folly of your plan! In vain did you labour when you thought to guard the uncircumscribed. Openly you appeared wishing to hide the Resurrection of the Crucified. O the folly of your assembly! Why do you again wish to hide what cannot be hidden? Listen rather to us, and be willing to believe the truth of the events. A dazzling Angel came down from heaven and rolled away the stone; from fear of him we became as dead men; and calling out to the brave Myrrhbearing women he said: Do you not see the death of the guards, the breaking of the seals and the emptying of Hell? Why do you seek as a mortal the one who has destroyed Hell's victory and smashed death's sting? Go quickly proclaim to the Apostles the good tidings of the Resurrection, crying fearlessly: He has risen indeed, the Lord who has great mercy!

Glory. The Eothinon.

Both now. Theotokion.

You are most blessed, O Virgin Mother of God, for through him who took flesh from you, Hell has been captured, Adam recalled, the curse slain, Eve set free, death put to death, and we given life. Therefore in praise we cry: Blessed are you, Christ our God, who have been thus well-pleased, glory to you.

Then the Great Doxology and after it the Resurrection Troparion.

Today salvation has come to the world. Let us sing to him who rose from the tomb, the Author of our life. For destroying death by death, he has given us the victory and his great mercy.

The Litanies and Dismissal.



诗节：主欸、我将尽心称扬尔、而传扬尔之诸奇事。

护守蕴涵上帝墓柩之卒、向犹太人曰、尔等商谋何其愚、欲严守永者、欲隐秘被钉十字架者之复活、反因此败露而徒劳、尔等会议何其愚、复定意隐蔽不可隐蔽者、宜听我言而改图、信真实所成之事、有如电光之天神、自天降临而启其石、我等因惊惧如死然、天神向智慧携香液女曰、岂未见守卒之死、印封之启、地狱之空、尔何为寻灭地狱之权、及折死之螫者于死人间、毋惧、急往以主之复活传告使徒等曰、施宏恩之主真复活矣。

荣耀归于父…… 咏唱主日昧爽赞词

自今至永远…… 生神女颂

童贞上帝圣母、尔系被赞扬者、因由尔受人体者掳地狱、召苏亚当灭诅詈、释夏娃灭死、而我等获生、故赞颂曰、如此行之上帝基督、寔宜受赞扬、故我等赞荣尔。

咏唱大荣耀颂、之后咏唱复活圣颂：

今普世得救赎、我等歌颂吾等生命之帅、由柩而复活者、因其以死灭死、赐凯胜及宏恩于我众。

连祷及遣散词





AT THE LITURGY

Typika and Beatitudes.

on 8. Blessed are the merciful, for they shall obtain mercy.

The Thief on the cross, believing you to be God, O Christ, confessed you sincerely from his heart, crying, 'Remember me, Lord, in your kingdom!'

on 7. Blessed are the pure in heart, for they shall see God.

Let us in harmony praise as Saviour and Master him who flowered with life for our race on the tree of the Cross, and withered up the curse that came from the tree.

on 6. Blessed are the peacemakers, for they shall be called sons of God.

By your death, O Christ, you destroyed the power of death, and raised up those who were dead from every age, who praise you as the true God and our Saviour.

on 5. Blessed are they that are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

The holy women, as they came to your grave, were seeking to anoint you, the Giver of life, and an Angel appeared to them crying, 'The Lord has risen!'

on 4. Blessed are ye when men shall revile and persecute you and say all manner of evil against you falsely for My sake.

When you were crucified, O Christ, between two condemned thieves, the one blaspheming you was justly condemned, but the other, confessing you, dwelt in Paradise.

on 3. Rejoice and be exceeding glad, for your reward is great in the Heavens.

The holy women as they came to the choir of Apostles cried out, 'Christ has risen! Let us worship him as Master and Creator'.

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

O Trinity, undivided Unity, creator of all and all-powerful, Father, Son and Holy Spirit, we hymn you as the true God and our Saviour.

Both now and for ever, and to the ages of ages. Amen. Theotokion.

Hail, living Temple of God, Gate through which none may pass! Hail, Throne unburned and formed of fire! Hail Mother of Emmanuel, Christ our God!





事奉圣礼

真福颂赞词

八、哀矜者诚福、因伊等将蒙哀矜。

基督欤、右盗于十字架上信尔为上帝、而尽心承融之日、主欤于尔国怜念我。

七、心净者诚福、因伊等将得见上帝。

我众宜同声歌颂造物及救世者、因伊于十字架之木、发常生于人类、而灭因犯树诫命之诅詈。

六、敷和者诚福、因伊等将称为上帝子。

基督欤、尔以死灭死之权能、而偕已复苏自原始死者、及歌颂尔为真救世之上帝者。

五、为义被窘害者福、因天国属伊等。

基督欤、尊携香液女至尔墓前欲以香膏傅尔施生活者、第天神显现于伊等曰、主复活矣。

四、既人因我而诽谤尔、迫害尔、诸妄言诅詈尔、则尔诚福。

基督欤、尔于二盗中间被钉十字架时、一毁谤尔而受公义之罚、一承认尔而入天堂。

三、尔当欣喜悦乐、因在天尔之赏厚。

尊携香液女至使徒之会呼曰、基督复活矣、我众宜即拜造万物之主宰。

荣耀归于父及子及圣神：

全造全能不相离圣三之一、圣父及子及圣灵、我众歌颂尔系真我等救世之上帝。

自今至永远及于万世。阿民：生神女颂

庆哉、上帝赋灵之堂、及不可踱之门、庆哉、似火焰焚弗炉之宝座、庆哉、我等基督以马内利之母。



Resurrection Apolytikion.

Let us believers praise and worship the Word, who like the Father and the Spirit is without beginning, born from a Virgin for our salvation; for he was well-pleased to ascend the Cross in the flesh, to undergo death, and to raise those who had died in his glorious Resurrection.

Resurrection Kontakion.

You descended into Hell, my Saviour, and having smashed the gates as all-powerful, as Creator you raised the dead with you and smashed the sting of death, O Christ, and as Lover of mankind delivered Adam from the curse. Therefore we all cry to you, 'Save us, O Lord!'

Prokeimenon. Psalm 11

Thou, O Lord, shalt keep us and shalt preserve us from this generation, and for evermore.

Verse: Save me, O Lord, for a righteous man there is no more.

Alleluia. Psalm 88

Verse: Of Thy mercies, O Lord, will I sing for ever. Unto generation and generation will I declare Thy truth with my mouth.

Verse: For Thou hast said: Mercy shall be built up for ever. In the Heavens shall Thy truth be established.

The communion hymn on sundays: Praise the Lord from heaven, praise him in the highest. Alleluia, alleluia, alleluia.



复活遣散颂

我 侪诚信者、宜赞颂即拜偕父及圣神之无始言、缘其甘愿以驱升十字架受死、及以己荣复活、施于诸死者复活。

集祷颂

救 我者降地狱、因系全能者折其门、因系造万物者俾诸死者偕已复活、败坏死之螫、释阿当之诅、爱人者欤、我众向尔吁曰、主欤救我等。

经前咏 圣咏11

主 欤、尔将保佑之、自今至世世护持之。

诗节： **我** 灵当赞扬主、主我之上帝、尔乃奇妙之威严。

阿利鲁伊亚 圣咏88

诗节： **主** 欤、我以尔因永歌颂、我永传尔之真理、至世世。

诗节： **盖** 我言、恩惠永远建立、尔定其真理于天。

主日各调式领主颂： **赞** 主于天中、赞主于苍穹。**阿** 利路亚、阿利路亚、阿利路亚。



第五调

主日小赞词

諸 信 眾， 讓 我 們 讚 頌 敬 拜
Zhu xin-zhong, rang wo - men zan - song jing bai

與 父 及 聖 靈 同 為 無 始 者 的
yu Fu ji Sheng Ling tong wei wu shi zhe de

聖 言， 為 了 我 們 的 救 恩，
Sheng Yan, wei - le wo - men de jiu - en,

祂 由 童 貞 女 誕 生，
Ta you tong - zhen N dan - sheng,

因 為 祂 欣 然 以 肉 身 登 上 了 十 字 架，
yin - wei Ta xin - ran yi rou - shen deng shang - le shi - zi - jia,

承 受 了 死 亡， 並 藉 祂 榮 耀 的 復 活，
cheng - shou - le si - wang, bing jie Ta rong - yao - de fu - huo,

復 活 了 已 死 之 人。
fu - huo - le yi si zhi ren.

第五调

主日副赞词

14
我的救主啊，祢将至阴府，
Wo - de Jiu Zhu a, Mi jiang zhi yin fu,

16
作为大能者，祢粉碎了阴府的大门，
zuo - wei Da neng zhe, Mi fen-sui - le yin fu de da-men,

18
作为造主，祢使死者与祢一起复活，
zuo - wei ZaoZhu, Mi shi si - zhe yu Mi yi - qi fu - huo,

20
基督啊，祢拔除了死亡的芒刺，
Ji - du - a, Mi ba - chu-le si - wang de mang - ci,

21
热爱世人者啊，祢由诅咒之中将亚当救出。
re - ai shi-ren zhe - a, Mi you zu - zhou zhi zhong jiang Ya-dang jiu-chu.

23
因此，我们众人向祢高呼：
Yin - ci, wo - men zhong - ren xiang Mi gao - hu:

24
主啊，求祢拯救我们！
Zhu - a, qiu Mi zheng - jiu wo - men!

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主日八調贊詞
第六調式

SUNDAY OCTOECHOS

TONS 6



Sunday Octoechos

Tone 6

第六调式

主日八调赞词





TONE 6

ON SATURDAY EVENING

AT GREAT VESPERS

After the Opening Psalm and the first Kathisma of the Psalter, at Lord I have cried, we insert 10 Stichera, and we sing 7 Resurrection Stichera and 3 of the Saint of the day, or 4 and 6 if the Saint is 'feasted'.

Resurrection Stichera. Tone 6.

Verse 10: Bring my soul out of prison, that I may confess your name.

Victorious over Hell, O Christ, you ascended the Cross that you might raise up with yourself those who sat in the darkness of death; free among the dead, you pour forth life from your own light. All-powerful Saviour, have mercy on us.

Verse: The just will await me, until you reward me.

Today Christ, having trampled on death, has risen as he said, and granted joy to the world, that we may all shout aloud the hymn and say: O Source of life, O unapproachable light, All-powerful Saviour, have mercy on us.

Verse 8: Out of the depths I have cried to you, O Lord. Lord hear my voice.

Where shall we sinners escape you, O Lord, who are present in all creation? In heaven? You dwell there. In Hell? You trampled on death. In the depths of the sea? Your hand is there, Master. To you we flee and falling down before you we implore: Lord risen from the dead, have mercy on us.

Other Stichera, by Anatolios.

Verse: Let your ears be attentive, to the voice of my supplication.

We boast in your Cross, O Christ, and we hymn and glorify your Resurrection; for you are our God; we know no other but you.

Verse 6: If you, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

Ever blessing the Lord we hymn his Resurrection; for having endured the Cross, by death he destroyed death.

Verse: For your name's sake I have waited for you, O Lord. My soul has waited on your word. My soul has hoped in the Lord.

Glory to your power, O Lord, for you destroyed the one that held the might of death; you have renewed us through your Cross, granting us life and incorruption.

Verse 4: From the morning watch until night, from the morning watch, let Israel hope in the Lord.

Your burial, O Lord, smashed and tore apart the bonds of Hell; your Resurrection from the dead enlightened the world. Lord, glory to you!

Glory from the Menaion, if appointed otherwise:



第六调式

安息日晚

大暮时课

诵念开端圣咏（第一百零三篇圣咏）与圣咏集第一座圣咏、诵念吁主圣咏「主欤、我呼吁尔……」时、插入十段赞词：七段取自复活赞词、三段取自本日所纪念的圣人赞词、若遇庆节、则插入四段或六段圣人赞词。

复活行间赞词 第六调式

插入十句赞颂：拯提我灵出狱岸、为我克赞颂尔名。

基督欲胜地狱、自登十字架上、为使诸居死暗内者同已复活、已乃不能死者由本光而施流生命之泉、全能救世主、矜怜我等。

插入：尔以恩宠显于我时、义者将环我。

今基督灭死如所言而复活、及施喜于普世、故我众宜歌颂向之吁曰、常生之泉源、不可至之光、全能救世主、矜怜我等。

插入八句赞颂：主欤、我自深渊呼吁尔、主欤、聆我声。

我众罪人焉往得避尔在万物中无所不在者、若升天彼乃尔居处、若降地狱彼尔灭死、下海底彼有尔权、主宰欤、我众归尔、叩拜祈求尔曰、由死中复活者、矜怜我等。

其它赞词、阿纳托利作

插入：愿尔耳听我之祷声。

基督欤、我众以尔十字架自诩、并赞扬歌颂尔复活、尔乃我等上帝、除尔外我等不识他主。

插入六句赞颂：主欤、若究察罪恶、主欤、则孰能立、第尔施救宥、愿人敬畏于尔前。

我众时常赞扬主者歌颂其复活、因其受十字架者以死灭死。

插入：我望主、我灵望主、冀望主言。

主欤、我众赞荣尔能力、因尔废有死之权、借尔十字架复新我等、并赐我等常生及无朽。

插入四句赞颂：我灵候主、逾于更漏之待旦、逾于更漏之待旦、愿以色列冀望主。

主欤、尔埋瘞败裂地狱之桎梏、以由死中复活、光照普世之主赞荣尔。

若《月份礼典》上载有指定的荣光赞词、则诵念「荣耀归于父……」后、咏唱荣光赞词、之后接念「自今至永远……」；若无指定的荣光赞词、则直接诵念「荣耀归于父…、自今至永远……」。

Glory ..., Now & Ever ..., *Theotokion Dogmatic:*

Who will not call you blessed, All-holy Virgin? Who will not hymn your child-birth without labour? For the only-begotten Son, who shone from the Father beyond time, came forth from you, pure Maiden, ineffably incarnate. By nature he is God, by nature he became man for our sakes, not divided in a duality of persons, but known without confusion in a duality of natures. O honoured and all-blessed, implore him to have mercy on our souls.

After the Entrance and O Joyful Light, the designated Monk makes a metania to the Superior and sings the Prokeimenon of the day.

The Lord is King: he has robed himself in majesty.

Verse 1: The Lord has robed and girded himself with power.

Verse 2: He has made the world firm; it will not be shaken.

Then the usual Litany, Grant Lord etc. and after the Ekphonesis we sing the idiomel Sticheron of the Saint of the Monastery as we process into the Narthex. After the usual prayers we return to the Church singing the Resurrection Stichera of the Aposticha.

Resurrection Stichera of the Aposticha. Tone 6.

Angels in the heavens, Christ Saviour, hymn your Resurrection; grant that we to who are on earth may with pure hearts glorify you.

Other, alphabetical, Stichera.

Verse 1: The Lord is King: he has robed himself in majesty. The Lord has robed and girded himself with power.

You smashed the gates of brass and shattered the bars of Hell, as God all-powerful, and you raised the fallen human race. Therefore with one accord we too cry out: Lord, risen from the dead, glory to you!

Verse 2: He has made the world firm; it will not be shaken.

Wishing to set us upright from our ancient fall, Christ was nailed to a cross and placed in a tomb. The Myrrhbearing Women, as they sought him with tears, said, lamenting: Alas, Saviour of all, how is it that you deigned to dwell in a tomb? How is it, since you dwelt there willingly, that you have been stolen? How is it that you have been moved? What place has hidden your life-bearing body? But Master, as you promised, appear to us, and bring to an end the grieving of our tears. But as they lamented an Angel cried out to them: End your lament! Say to the Apostles that: The Lord has risen, granting the world pardon and his great mercy.

Verse 3: Holiness befits your house, O Lord, to length of days.

You were crucified as you willed, O Christ, and by your burial you despoiled death. On the third day you rose as God in glory, granting the world unending life and your great mercy.

*Glory of the Saint, if one is 'feasted'; otherwise
Glory. Both now. Theotokion.*

My maker and redeemer, Christ the Lord, by coming from your womb, All-pure Lady, and clothing himself in me, freed Adam from the former curse. And so, All-pure, as to her who is truly the Mother of God and Virgin, we cry to you unceasingly the Angel's 'Hail': Hail, Sovereign Lady, defence, protection and salvation of our souls.

And the rest of the Office of the Vigil.



生神女颂

至圣童贞坎、孰弗赞荣尔、孰弗称颂尔至圣之孕育、诸世前由圣父光照之独一子、由至洁者而出、不可言喻而受人体、伊有上帝性体、为救我等人而成人体、乃不能为二位而分离者、承认其系两性而不交合者、求至洁永福者、代祈伊矜怜我等灵。

圣入礼与禧光颂后、指定的修士向长上行一躬拜、咏唱本日的经前咏。

主为君、乃以威严为衣。

诗节一：主以能力服之、束系之。

诗节二：故世界乃坚固必不摇撼。

之后诵念热诚连祷、「主、开恩护守……」等、司祭念完结束祷词后、咏唱本修道院主保圣人的专用赞词、列队进入教堂前厅。念完惯常的祷文后、回至教堂、咏唱：

复活后行间赞词 第六调式

众天神于天上赞荣救世基督之复活、求主赐我等于地以净心赞荣尔。

其它赞词（按字母顺序）

诗节一：主为君、乃以威严为衣。主以能力服之、束系之。

败铜门灭地狱之关键者、因系全能上帝、复苏坠落之人类、故我众同声吁曰、由死中复活之主、赞荣尔。

诗节二：故世界乃坚固必不摇撼。

基督欲复起我等于古时之坠落、受被钉十字架、及置于柩、携香液女垂涕泣寻之而号咷曰、噫嘻、救众者何以居于柩中、甘愿居柩者何以被窃、何以移至他处、隐藏尔施生活之体、求主宰如尔所许显现于我等中、止我等之哭泣云、天神向伊等号咷者曰、止尔哭、言于使徒、主已复活、施饶恕及宏恩于普世。

诗节三：主坎、圣德属尔之堂、直至永远。

甘愿被举十字架、以埋瘞掳死之基督、因系上帝、以威荣第三日复活、施宏恩及常生于普世。

荣耀归于父……

本日所纪念的圣人赞词、若本日为「庆节」、则

荣耀归于父……自今至永远…… 生神女颂

至洁者坎、造我救我之主基督、由尔腹出、受我人之体、免亚当原祖、为此我等向至洁童贞上帝圣母诚心似天神不绝呼吁曰、庆哉宰后、庆哉吾等之转达帡幪及救我等灵者。

继续举行守夜祈祷的其余部分。





ON SUNDAY MORNING

AT MATINS

After the Six Psalms we sing The Lord is God to Tone 6, and the Resurrection Apolytikion twice, but the Theotokion once. Then the usual Reading from the Psalter [Kathismata 2 and 3].

Resurrection Apolytikion.

Angelic powers were at your grave, and those who guarded it became as dead, and Mary stood by the tomb, seeking your most pure Body; you despoiled Hell, and emerged unscathed; you met the Virgin and granted life. Lord, risen from the dead, glory to you! *(twice)*

Theotokion.

You who called your Mother blessed, came to the Passion by your own will; shining by the Cross, wishing to seek out Adam, saying to the Angels: Rejoice with me, for the drachma that was lost is found. You who disposed all things wisely: Glory to you!

After the 1st reading from the Psalter [Kathisma 2], we sing Kathismata of the Resurrection.

Tone 6.

With the tomb opened and Hell lamenting, Mary cried to the Apostles in hiding: Come out, you workers of the vineyard, proclaim the word of the Resurrection: The Lord has risen, granting the world his great mercy!

Verse: Arise, Lord my God, lift up your hand; do not forget your poor for ever.

Mary Magdalen stood by your tomb, Lord, and she wept and cried aloud, and taking you for the gardener she said: Where have you hidden eternal Life? Where have you placed the One who rides on the Cherubim? Those who were guarding him have died through fear. Either give me my Lord or with me cry out: O you who were among the dead and raised the dead, glory to you!

Glory. Both now. *Theotokion.*

Gideon foretells your conceiving, and David reveals your child-bearing, O Mother of God; for the Word descended like rain upon a fleece into your womb, and you, the holy earth, without seed budded forth salvation, Christ God, O Virgin full of grace.

After the 2nd Psalter reading [Kathisma 3], Kathismata.

Life was laid in the tomb and a seal was laid on the stone; soldiers were guarding Christ like a sleeping King; and having invisibly struck his foes the Lord arose.

Verse: I will praise you, Lord, with my whole heart; I will tell of all your marvellous works.

Jonas foretells your tomb, and Symeon reveals your divine Rising, immortal Lord; for you descended as a corpse into the tomb, and destroyed the gates of Hell; but you arose without corruption as Master for the salvation of the world, Christ our God, and enlightened those in darkness.





主日上午

晨时课

诵念完六篇圣咏后、以第六调式咏唱「主是上帝」、接着咏唱复活遣散颂两遍、生神女颂一遍。之后、按惯例诵念圣咏集第二座与第三座。

复活遣散词

天神军倏降于圻枢、守卒如死、而玛利亚立于石洞寻尔圣躯、被掠地狱者不复受其制、施生活者迎圣女、赞荣尔由死复活者。（两遍）

生神女颂

吾主尔称尔母为满被赞扬者、甘愿降生受难、光照于十字架上、欲觅亚当而向天使曰、尔等当偕我喜乐、缘失金已获矣、纯以智慧而造之上帝、我等赞扬尔。

诵念完第一圣咏集选段（第二座）后、咏唱复活坐赞词。

第六调式

坟墓被启时、地狱哭涕时、玛利亚向隐藏之使徒吁曰、尔等系修葡萄园者宜出、传报复活之音、盖施宏恩及救世之主、已复活矣。

诗节：主欤、我上帝欤、起举尔手、莫忘尔之受窘迫者。

主欤、抹大拉之玛利亚立尔墓前、疑尔为老圃、哭泣曰、尔将常生者藏于何处、将以革鲁宾为宝座者置于何处、尔等因惊惧如死之卒或还吾主、或偕我吁曰、在死中使诸死者复活之主赞荣尔。

荣耀归于父…… 自今至永远…… 生神女颂

圣母欤、基甸预兆尔胎孕、大卫预言尔产生、盖圣言如雨淋于羊皮、降临于尔腹、并满被圣宠者、如圣田无种籽而生长拯救于普世、即系我等上帝基督。

诵念完第二圣咏集选段（第三座）后、咏唱复活坐赞词。通用调式

常生者被置于枢、且石加印志、兵卒守护基督如寝君无异、而以昏迷罚己仇敌之主复活矣。

诗节：主欤、我将尽心称扬尔、而传扬尔之诸奇事。

常生之主欤、约拿预像尔坟墓、西面预言尔上帝之复活、盖尔如死者入枢而败地狱之门、因系主宰无朽复活为救普世、我等上帝基督欤、尔乃光照在黑暗者。



Glory. Both now. *Theotokion.*

Virgin Mother of God, implore your Son, Christ our God, who was willingly nailed to a Cross and who raised the dead, Christ our God, that our souls may be saved.

After the reading of the 'Blameless' [Kathisma 17, Psalm 118], we sing the Evlogitaria. Then the little Litany and The Ypakoï.

By your voluntary and life-giving death, O Christ, you smashed the gates of Hell, as God, and opened to us the Paradise of old; and by rising from the dead, you delivered our life from corruption.

The Anavathmi. 1st Antiphon.

To heaven I raise my eyes, to you, O Word; have pity on me, that I may live for you.

Have mercy on us who are filled with contempt, repairing your vessels to be useful, O Word.

Glory. Both now.

In the Holy Spirit is the cause of all salvation, if he see fit to breathe on one of these, he swiftly raises him from things of earth, gives him wings, makes him grow and ranges him on high.

2nd Antiphon.

If the Lord had not been among us, none of us could have withstood in the contest with the foe; for those who are victorious are exalted from here.

Let not my soul be taken like a sparrow by their teeth, O Word; alas! How shall I, lover of sin, be delivered from the foe?

Glory. Both now.

In the Holy Spirit is divinization for all, good-will, understanding, peace and blessing; for he is equal in action to the Father and the Word.

3rd Antiphon.

Those who trust in the Lord are fearful to their foes and wondrous to all; for they look on high.

The inheritance of the just, having you, O Saviour, as helper will not stretch out their hands in iniquities.

Glory. Both now.

In the Holy Spirit is might over all things; him the armies above worship with everything that has breath below.

Prokeimenon.

O Lord, raise up your power: * and come to save us.

Verse: O Shepherd of Israel, give ear; you that lead Jacob like a flock.

Then: Let every breath praise the Lord: The appointed Matins Gospel

Stichera after the Gospel: Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. We venerate Thy Cross, O Christ, and Thy holy Resurrection we hymn 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 worship Christ's holy Resurrection, for, behold, through the Cross joy hath come to all the world. Ever blessing the Lord, we hymn His Resurrection; for, having endured crucifixion, He hath destroyed death by death.

Psalm 50

荣耀归于父…… 自今至永远…… 生神女颂

圣母童贞坎、祈尔甘愿被钉十字架及由死中复活之子、我等上帝基督、拯救我等灵。

诵念完「无瑕圣咏」（第十七座、圣咏第一百十八篇）后、咏唱复活「赞主颂」。之后诵念小连祷及聆听赞。

基督因系上帝、以己甘愿施生活之死、败坏地狱之门、古昔地堂为我等启、由死中复活、并救我等生命于朽坏。

升阶赞 第一对经（圣咏122）

圣言者、我举灵目望尔、求矜怜我、赐我常生。

圣言者、求矜怜我等受轻藐者、使我等为适用之器。

荣耀归于父…… 自今至永远……

借圣神众得拯救圣神于堪受其降临者、予以灵翼、使其速离地升天而居。

第二对经（圣咏123）

若非主偕我等、则我众无一人能胜仇敌之攻、而今获胜者得升天。

圣言者、愿我灵如鸟弗被其所啮、噫嘻我系爱犯罪者、何能避仇敌。

荣耀归于父…… 自今至永远……

借圣神众得成圣恩宠光照安和及降福、因其乃偕圣父及圣言同一权者。

第三对经（圣咏124）

赖主者、使仇敌惊惧、使众人诧异、盖因伊等举心向上。

救世者、义德之会、弗舒手往作愿、因以尔为辅助。

荣耀归于父…… 自今至永远……

凡权柄皆属圣神、诸天军偕凡在地有呼吸者、皆叩拜之。

经前咏（圣咏79）

主坎、动尔之力、而来救我侪。

诗节：以色列之牧者、侧耳听、导约瑟之子如羊。

凡有呼吸者、宜赞扬主

诵福音经：

我等既睹基督之复活、宜叩拜独一无罪圣主耶稣基督、我等叩拜尔十字架、赞荣称颂尔圣复活、缘尔乃我等上帝、尔之外我等弗识他主、我等既以尔名自称、请众诚信者至而叩拜基督圣复活、因借仗十字架而喜降至于普世、因此我等常感谢主、赞颂其复活、缘其为我等而被钉十字架、以死灭死。

圣咏经第五十章

Glory to the Father, and to the Son, and the Holy Spirit: Through the prayers of the apostles, O Merciful One, blot out the multitude of our transgressions.

Both now and ever, and unto the ages of ages. Amen: Through the prayers of the Theotokos, O Merciful One, blot out the multitude of our transgressions.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgressions.

And if there is a festal sticheron appointed at this place (for feasts of the Lord and the Theotokos, on any day, including Sundays; for saints, on weekdays only), it is sung. Otherwise, on Sundays outside the Lenten cycle we sing:

Jesus having risen from the grave, as He foretold, hath given us life eternal, and great mercy.

After O God, save your people and the Ekphonesis, we begin the Canons, singing the Resurrection Canon to 4, the Cross-Resurrection to 3, that of the Mother of God to 3, and that of the Saint of the day to 4. But if the Saint is 'feasted' to 6 or 8. Katavasia appointed. At the end of the 3rd and 6th Odes, the Short Litany.

Resurrection Canon.

Ode 1. Tone 6. The Irmos.

Crossing the sea as on dry land Israel watched Pharaoh the pursuer drowning in the deep and they cried out, 'Let us sing a song of victory'.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

With your palms that had been stretched out on the Cross, good Jesus, you filled the universe with the Father's good pleasure. Therefore let us all sing you a song of victory.

Refrain: Glory to Thy holy Resurrection O Lord.

The end, like a servant girl under orders, with fear approaches you, the Master of life, who through it grant us the prize of unending life and the Resurrection.

Theotokion

Refrain: Most holy Theotokos save us.

Having received your own Creator, as he himself willed, incarnate beyond nature from your womb, pure Virgin, you were revealed as truly Sovereign Lady of all creatures.

Another Canon, of Cross and Resurrection.

The Irmos. Κύματι θαλάσσης.

Refrain: Glory to Thy precious Cross and Resurrection.

The God at whom earth and heaven tremble willingly stands at Pilate's judgement seat on a lawless charge, and is struck in the face by an unjust hand.

Refrain: Glory to Thy precious Cross and Resurrection.

You opened wide your divine hands, O Saviour, on your immaculate and life-bringing Cross, and you gathered to knowledge of you, Master, the nations who worship your glorious Crucifixion.

Cross-Theotokion.

Refrain: Most holy Theotokos save us.

The All-blameless stood by your Cross, O Saviour, weeping floods of tears, as she watched the drops of blood from your side, O Christ, and glorified your immense compassion.

荣耀归于父、及子、及圣神

仁慈主、以使徒祈祷、洁净我等多罪。

自今至永远、及于万世、阿民。

仁慈主、以圣母转达、洁净我等多罪。

上帝欤、因尔大仁慈、矜怜我、以大怜惠、删除我诸愆尤。

此处诵唱庆日赞词（任何日子、包括在主日在内的主及圣母的庆日；平日圣人的庆日）。在四旬期之外的主日；

耶稣依预言由柩中复活者、赐我等常生及宏恩。

念完「上帝、求祢拯救祢的子民……」、司祭高声诵念完结束祝文之后、开始诵念圣颂典。圣颂典的念法如下：由复活圣颂典取四段圣颂、由十字复活圣颂典取三段圣颂、由向生神女的圣颂典取三段圣颂、由本日所纪念的圣人的圣颂典取四段圣颂。若本日乃圣人的「庆节」、则取六段或八段圣颂。第三及第六圣颂小连祷后、诵念指定合众词。

复活圣颂典。

圣歌一 第六调式 首节

以色列履渊如行陆地、并见法老追军陨溺乃吁曰、我众宜向上帝颂凯歌。

圣颂

节句：主欤、赞荣尔圣复活。

至善之耶稣欤、尔伸手于十字架上、而以圣父之恩宠充满万物、故我众向尔颂凯歌。

节句：主欤、赞荣尔圣复活。

常生之主宰欤、死如婢惊惧至尔、因尔借之赐我等常生及复活。

生神女颂

节句：祈至圣母救我等。

至洁者欤、因尔聆纳超明悟由尔净孕甘愿受人体之造尔者、故真为万物之宰后。

又圣颂典 十字架复活圣颂典

首节 古时将追赶的暴君

节句：主欤、赞荣尔尊十字架、及荣复活。

审判万物者如被控者、立受彼拉多违理之审判、使天地战栗之上帝、而由不公义之手批颊。

节句：主欤、赞荣尔尊十字架、及荣复活。

救世者欤、尔伸圣手于至洁施生活之十字架、而萃聚诸民识尔主宰、及叩拜尔荣十字架之难。

十字架赞圣母词

节句：祈至圣母救我等。

救世之基督欤、至无玷者依尔十字架而立、见由尔肋所流之血、涌泪如泉、而赞美尔无限之慈怜。

*Another Canon, to the Mother of God,
of which the acrostic, with the Irmi, is: Mother of God, grant me unstinted grace.
The Irmos. Ως ἐν ἡπείρῳ πεζεύσας.*

Refrain: Most holy Theotokos save us.

When Eve partook of the food of disobedience of the tree she introduced the curse; but the Pure Virgin abolished it when she bore Christ, the first fruit of blessing.

Refrain: Most holy Theotokos save us.

You bore Christ, the Pearl of the divine lightning. Scatter the fog of my passions and the disorder of my faults, Pure Virgin, by the light of your radiance.

Refrain: Most holy Theotokos save us.

With spiritual eyes Jacob mystically foresaw the expectation of the nations, the God who was incarnate from you, and who delivered us at your mediation.

Refrain: Most holy Theotokos save us.

When rulers had failed from the tribe of Juda, O All-pure, your Son and God came forth from you as leader and now truly reigns over the ends of the earth.

Ode 3. The Irmos

None is holy as you, O Lord my God, who have exalted the horn of your faithful people, O Good one, and established me on the rock of confession of you.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Creation, when it saw God crucified in the flesh, grew weak through fear; but by the hand of the One who was crucified for us was mightily made firm.

Refrain: Glory to Thy holy Resurrection O Lord.

Death, destroyed by death, lies a lifeless coward, for the strong one, unable to stand the divine assault of life, falls dead; and Resurrection is given to all.

Theotokion

Refrain: Most holy Theotokos save us.

The wonder of your divine child-bearing, Pure Virgin, surpasses every order of nature, for beyond nature you conceived God in your womb, and having given birth you remain Ever-Virgin.

Of Cross and Resurrection. Σὲ τὸν ἐπὶ ὑδάτων.

Refrain: Glory to Thy precious Cross and Resurrection.

Having spent three days in a tomb, by your life-giving Rising you raised those who had earlier been condemned to death, and, freed from their sentence, they gladly rejoiced, crying out, 'See, you have come, Lord, our redemption.'

Refrain: Glory to Thy precious Cross and Resurrection.

Glory to your Rising, our Saviour, for as all-powerful you have delivered us from Hades, corruption and death, singing we say, 'None is holy, but you, Lord, lover of humankind'.

Refrain: Most holy Theotokos save us.

When you saw the one born from you pierced by lance, you were pierced through the heart, All-holy and unblemished, in consternation you said, 'How has the lawless people repaid you?'

又圣颂典 生神女圣颂典

藏头诗：上帝之母、求妳赏赐我们不受限制的恩宠。

首节：以色列人穿过大海

节句：祈至圣母救我等。

昔夏娃因在地堂食禁食之果、使众受诅詈、今尔至洁者因生基督系诸福之原、释此诅詈。

节句：祈至圣母救我等。

至洁者欤、因尔生如电发光之珠、即基督、求以尔光耀之光、分散我私欲之昏暗、及我罪之迷惑。

节句：祈至圣母救我等。

昔雅各以灵目预见由尔受人体诸民所冀望之上帝、系借尔转达救我等者。

节句：祈至圣母救我等。

至洁者、当犹大支派不再有统治者时、妳的圣子及上帝由妳而来、犹如领袖、祂真地统治直到地极。

圣歌三 首节

主我上帝、圣无如尔、至善者、尔举信尔者之角、尔建我等于承认尔之石上。

圣颂

节句：主欤、赞荣尔圣复活。

万物见受人体之上帝被钉十字架、而惊惧战栗、但以尔为我等被钉十字架者掌权之手而获坚固。

节句：主欤、赞荣尔圣复活。

借死所败之死、无气息而僵卧、彼虽坚固、因不可耐上帝生命之至而自灭、众乃得复活。

生神女颂

节句：祈至圣母救我等。

至洁者欤、尔生上帝之奇迹、乃超性之法力、因尔超性胎孕上帝、故产后永存童贞。

又圣颂典 十字架复活圣颂典

首节：看到使整个大地悬于

节句：主欤、赞荣尔尊十字架、及荣复活。

三日在柩者、以尔施生活之复活、使诸已死者复苏、而伊等获释其罚者、以喜乐吁曰、此乃来救我等之主。

节句：主欤、赞荣尔尊十字架、及荣复活。

救我等之主欤、因尔以全能救我等于地狱之苦及死、故我众赞荣尔复活及歌颂尔曰、吾主圣无如尔。

节句：祈至圣母救我等。

至圣无玷者、尔见由尔所生者被枪所刺、中心忧伤、且惊惧曰、吾子欤、违理之民、何以如此报尔之恩云。

Another, of the Mother of God.

Οὐκ ἔστιν ἅγιος ὡς σύ.

Refrain: Most holy Theotokos save us.

Taking my changing and mortal flesh ineffably from your womb, God's all-pure Mother, the Good One bound it to himself eternally and made it incorruptible.

Refrain: Most holy Theotokos save us.

When they saw God incarnate from you, O Virgin, the choirs of Angels, were smitten with fear, and in never silent hymns they honour you as Mother of God.

Refrain: Most holy Theotokos save us.

The Prophet Daniel was amazed, seeing you, a spiritual mountain from which a stone was hewn without hands, and smashed with might, Mother of God, the altars of the demons.

Refrain: Most holy Theotokos save us.

No mortal word or tongue has strength to praise you fittingly, O Virgin, for from you, without seed, Christ the giver of life was well-pleased to be incarnate.

Ode 4. The Irmos.

Christ is my power, my God and Lord, the holy Church cries out from a pure mind in song befitting God, as it keeps festival in the Lord.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The tree of life has truly flowered, O Christ, for the Cross was fixed and, watered with blood and water from your most pure side, it blossomed with life for us.

Refrain: Glory to Thy holy Resurrection O Lord.

No longer does the serpent lyingly suggests deification to me; for Christ, the divine fashioner of human nature, has opened wide for me the unhindered path of life.

Theotokion

Refrain: Most holy Theotokos save us.

How truly ineffable and incomprehensible to those on earth and in heaven, Mother of God, are mysteries of your divine child-bearing.

Another, of Cross and Resurrection.

Τὴν ἐν Σταυρῷ σου θεῖαν κένωσιν.

Refrain: Glory to Thy precious Cross and Resurrection.

We honour your precious Cross, O Christ, the nails and the holy lance, with the reed and the crown of thorns. Through them we have been delivered from the corruption of Hades.

Refrain: Glory to Thy precious Cross and Resurrection.

A tomb received you, seen willingly a corpse for us, but in no way could it hold you fast, for as God you arose and saved our race.

Refrain: Most holy Theotokos save us.

Ever-virgin God's conceiver, who for mortals gave birth to Christ the Saviour, deliver from dangers and punishments those who with divine faith take refuge in your protection.

又圣颂典 生神女圣颂典

首节：无人像祢一样神圣

节句：祈至圣母救我等。

至洁圣母坎、至善者以不可测由尔胎受属死朽之人体永远体合之而赋以常生。

节句：祈至圣母救我等。

圣女坎、天军见上帝由尔受人体而惊惧、以不绝之歌颂、赞扬尔为上帝之母。

节句：祈至圣母救我等。

上帝之母、先知但以理看到妳、未经人手所凿之石所出之属灵山岳、以大能粉碎了魔鬼的祭台、因而感到惊奇。

节句：祈至圣母救我等。

至洁圣女坎、无人言无人口能满赞扬尔、因施生活之基督、借尔净孕受人体。

圣歌四 首节

至尊教会、因主庆贺、赖净意以上帝所宜赞颂吁曰、基督系我之能力、乃我之上帝主宰。

圣颂

节句：主坎、赞荣尔圣复活。

基督坎、尔乃滋长真生命之树、即以由尔圣肋血水所浇注之十字架、而借之发生生命于我等。

节句：主坎、赞荣尔圣复活。

蛇已不以与上帝无异之谰诱惑我、因使人体成圣之基督、今启我生命之路、毫无阻窒。

生神女颂

节句：祈至圣母救我等。

永贞圣母坎、尔因生主之奥秘、诚为在天在地不可测不可言者。

又圣颂典 十字架复活圣颂典

首节：预见到祢在十字架上

节句：主坎、赞荣尔尊十字架、及荣复活。

基督坎、我众赞荣尔尊十字架钉枪藤杖刺冠、因借此我众得避地狱之朽坏。

节句：主坎、赞荣尔尊十字架、及荣复活。

救世者坎、圻枢纳受尔甘愿为我等受死者、但不能拘束尔圣言者、因尔系上帝复活、为救我等人类。

节句：祈至圣母救我等。

生救世基督于众人之永贞圣母坎、求避我等以信投归尔圣幃幃者、于一切祸灾愁难。

Another, of the Mother of God.

Χριστός μου δόναμις.

Refrain: Most holy Theotokos save us.

All-pure, we who have been saved through you, the All-unblemished, and who devoutly sing your praise, cry out, 'Blessed are you, Ever-Virgin, who bore God!'

Refrain: Most holy Theotokos save us.

All-blessed Virgin, you gave birth to the inaccessible light that, appearing through flesh, shines for those in the darkness of life, and for those who sing your praise, Ever-Virgin, you are a source of joy.

Refrain: Most holy Theotokos save us.

Grace has flowered, the law has ceased, through you, All-holy, for you gave birth, pure Ever-Virgin, to the Lord, who grants us forgiveness.

Refrain: Most holy Theotokos save us.

Tasting of a plant declared me to be a corpse, but the tree of life which appeared from you, All-pure, raised me up and established me as heir to the delight of Paradise.

Ode 5. The Irmos.

With your divine radiance, O Good One, illumine, I beg, the souls of those who rise to you at dawn with love to know you, Word of God, to be truly God, calling them back from the gloom of offences.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The Cherubim withdraw for me, and now the sword of flame takes flight, Master, Word of God, on seeing you, the true God, making Paradise a road for a Thief.

Refrain: Glory to Thy holy Resurrection O Lord.

I no longer fear your return to earth, Christ my Master, for through your great compassion you raised me, who was forgotten, to the height of incorruption by your Resurrection.

Theotokion

Refrain: Most holy Theotokos save us.

Good sovereign Lady of the world, save those who from the soul confess you to be Mother of God, for we have gained you, who truly gave birth to God, as an invincible protection.

Another, of Cross and Resurrection.

Θεοφανείας σου Χριστέ.

Refrain: Glory to Thy precious Cross and Resurrection.

Deceived by the food from the tree, disobeying your command, O Lord, supremely good, our Ancestor sank down into corruption; but through the Cross you brought him up again to his former beauty, O Saviour, when you were obedient to the Father.

Refrain: Glory to Thy precious Cross and Resurrection.

By your death, O Good One, death's might disappeared, a source of life gushed up for us and we were given immortality. And so with faith we worship your Burial and your Resurrection, through which, as God, you enlightened all things.

Refrain: Most holy Theotokos save us.

The Lord who dwells in heaven and the maker of all things dwelt ineffably in your womb, O All-unblemished, glorifying you as higher than the heavens and holier than the Ranks of immaterial powers. Therefore we on earth now call you blessed.

又圣颂典 生神女圣颂典

首节：基督是我的力量

节句：祈至圣母救我等。

至洁者欤、我众借尔得救之人、赞颂尔无玷者、并以虔诚歌颂曰、生上帝之永贞、乃满被赞扬者。

节句：祈至圣母救我等。

至福乐之圣女欤、尔生不落之光、乃以肉躯光照在世界之昏暗、并尔永贞者发喜于歌颂尔之人。

节句：祈至圣母救我等。

至圣者欤、借尔圣宠乃发生、法律乃断止、因尔至洁永贞者、生赦我等罪之主。

节句：祈至圣母救我等。

全然纯洁者、吃了一棵树上果子、我被宣告为一具死尸、但是由妳而显现的生命之树却提拔了我、立我为乐园之喜乐的继承者。

圣歌五 首节

至善者欤、我祈祷尔、以尔上帝之光烛、照秉爱向尔早祈者之灵、为克识尔上帝圣言、乃真援人于罪暗之上帝。

圣颂

节句：主欤、赞荣尔圣复活。

主宰欤、今革鲁宾等见尔圣言真上帝辟右盗进天堂之路、亦不阻我进天堂、而其火剑亦退于我前。

节句：主欤、赞荣尔圣复活。

主宰基督欤、我已不惧归于土、盖因尔以大仁慈、借复活举我被忘者由地升至常生之天。

生神女颂

节句：祈至圣母救我等。

司普世至善宰后欤、求救我等以尽心认尔为圣母者、盖我等以尔为不可败之转达、系真生上帝者。

又圣颂典 十字架复活圣颂典

首节 基督、祢的显现

节句：主欤、赞荣尔尊十字架、及荣复活。

至善之主欤、昔原祖在伊甸、因受诱惑食树之果、犯尔诫则受死罚、今尔顺上帝圣父旨之救世者、借十字架复立原祖受原始之位置。

节句：主欤、赞荣尔尊十字架、及荣复活。

至善者欤、借尔之死灭死权、生命之泉乃流注于我等、而我即获常生、故我众秉信叩拜尔埋葬及复活、因借之尔为上帝者、光照普世。

节句：祈至圣母救我等。

至无玷者欤、永居于天造万物之主、不可测而容于尔胎、使尔超诸天及诸天军获显荣、故我众赞美尔于地。

Another, of the Mother of God.

Τῷ θείῳ φέγγει σου.

Refrain: Most holy Theotokos save us.

Shining radiantly with purity you became a divine dwelling for the Master, for you alone were declared to be truly Mother of God, as you carried him as an infant in your arms.

Refrain: Most holy Theotokos save us.

Wearing the spiritual beauty of the loveliness your soul, you bore the title Bride of God, sealed by virginity as holy, and flooding the world with the light of your purity.

Refrain: Most holy Theotokos save us.

Let the community of the impious who do not expressly proclaim you to be God's pure Mother lament, for you were revealed to us as Gate of divine light that scatters the gloom of offences.

Ode 6. The Irmos.

Watching life's sea rising with a tempest of temptations, fleeing to your calm haven, I cry out to you, 'Bring my life up from corruption, O Most merciful'.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

When you were crucified with the nails, Master, you wiped the curse against us, while when pierced in the side by the lance you tore up Adam's record of our debt and freed the world.

Refrain: Glory to Thy holy Resurrection O Lord.

Adam, when tripped up by deceit, was brought down to the pit of Hades, but you, by nature God and compassionate, came down to search for him and, bearing him on your shoulders, raised him with yourself.

Theotokion

Refrain: Most holy Theotokos save us.

All-pure Lady, who gave birth for mortals to the Lord, our helmsman, calm the unstable and dread tumult of my passions and grant calm to my heart.

Another, of Cross and Resurrection.

Συνεσχέθη, ἀλλ' οὐ κατέσθη.

Refrain: Glory to Thy precious Cross and Resurrection.

The multitude of Hebrews killed Christ and the Prophets, for as it was not afraid of old to kill Prophets, rays of truth, so now, like those of old, overcome by envy they killed the Lord, whom the Prophets once proclaimed; but for us his death has become our life.

Refrain: Glory to Thy precious Cross and Resurrection.

You were confined but not held fast by a grave, O Saviour, for though you willingly tasted death, O Word, but as immortal God you arose, raising the prisoners in Hades with you and giving the women joy in place of their former grief.

Refrain: Most holy Theotokos save us.

'The form of your flesh appeared dishonoured and deceased to mortals at the time of your Passion, although by the nature of your Godhead you revealed to David that you are fair in your beauty; but with the rod of your Kingship you smash the strength of your enemies', said the Pure Virgin, 'my Son and my God, and arise'.

又圣颂典 生神女圣颂典

首节 良善者、我祈求祢

节句：祈至圣母救我等。

满被赞扬者欵、尔乃发洁德之光、而为上帝主宰之居M处、盖惟尔独一圣母而抱之如婴。

节句：祈至圣母救我等。

至洁童贞因尔神灵美好极大、所以尔为上帝所聘者、及以洁德之光、光照普世。

节句：祈至圣母救我等。

不承认尔为至洁圣母违理者之会宜号咷、因尔如上帝光之门、显现于我等、逐散罪恶之黑暗。

圣歌六 首节

我见世海以诱患起风波、乃就尔平安之停泊、吁曰、大仁慈者、拯我生命于朽坏。

圣颂

节句：主欵、赞荣尔圣复活。

主宰被钉于十字架而灭我等之诅詈、受枪刺胁而拆亚当之罪券、且救赎普世。

节句：主欵、赞荣尔圣复活。

亚当因受谰诬、被落于地狱之底、而以本性慈怜之上帝、降临为觅之、负于肩并使偕已复活。

生神女颂

节句：祈至圣母救我等。

至洁宰后生引人之主者欵、求安慰我私欲之摇荡、及甚重之扰乱、并赐平安于我心。

又圣颂典 十字架复活圣颂典

首节 约拿被大鱼吞下

节句：主欵、赞荣尔尊十字架、及荣复活。

希伯来之民诚为害基督害先知者、因昔不畏击毙诸先知、乃道之奥秘光者、今被妒所辖而杀先知所预言之主、但其死为我等之常生。

节句：主欵、赞荣尔尊十字架、及荣复活。

救世者、被墓包涵而弗存之、圣言者、虽系甘愿受死、然因系永在之上帝复活矣、使众被缚于地狱者、偕已复苏、并使携香液女以忧而易为喜。

节句：祈至圣母救我等。

至洁者曰、吾子上帝欵、受难时尔人体之形、较诸人为可辱、然以上帝之性体、显现于大卫为极美者、宜以尔国权、败尔仇讎、及由枢复苏。

Another, of the Mother of God.

Τοῦ βίου τὴν θάλασσαν.

Refrain: Most holy Theotokos save us.

Moses, great among the Prophets, described you as Ark, Table, Lampstand and Jar, symbolically depicting the incarnation from you of the Most High, O Virgin Mother.

Refrain: Most holy Theotokos save us.

Death, Adam's condemnation, becomes a corpse, corruption too is abolished, when it attacks your fruit, Sovereign Lady, for you gave to birth to Life that ransoms from corruption those who sing your praise.

Refrain: Most holy Theotokos save us.

The law grew weak and the shadow passed away when grace that surpasses mind and understanding shone out for me, the birth of our God and Saviour from you, Virgin highly praised.

Kontakion. 6th Tone.

Τὴν ὑπὲρ ἡμῶν.

With his life-giving hand, Christ God, the Giver of life, raised all from the murky vaults below and gave resurrection as the prize to mortal clay; for he is the Saviour of all, resurrection and life, and the God of all that is.

The Ikos.

Your Cross and Burial, O Giver of life, we the faithful praise and worship, for you bound Hades, O Immortal, as God all-powerful, you raised the dead with you, you smashed the gates of Hades and destroyed Death's might as God. Therefore we born of earth with love glorify you who rose, destroyed the might of the all-destroying foe, raised all who believe in you, redeemed the world from the arrows of the serpent and as all-powerful redeemed us from the error of the foe. Therefore we devoutly sing the praise of your Resurrection, through which you saved us as the God of all that is.

Ode 7. The Irmos.

An Angel made the furnace moist with dew for the godly Youths, while God's command consuming the Chaldeans persuaded the tyrant to cry out, 'Blessed are you, God of our Fathers'.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Lamenting at your Passion, the sun robed itself in darkness, Master, and in broad day quenched its light over all the earth, crying out, 'Blessed are you, the God of our fathers!'

Refrain: Glory to Thy holy Resurrection O Lord.

The powers below the earth clothed themselves in light, O Christ, at your condescension; while the Forefather appeared filled with gladness, dancing he leapt with joy as he cried out, 'Blessed are you, the God of our fathers!'

Theotokion

Refrain: Most holy Theotokos save us.

Through you, Virgin Mother, a radiant light has dawned for the whole inhabited world, for you gave birth to God, the Creator of all things. Ask him for us, All-pure, that there may be sent down to all the faithful his great mercy.

又圣颂典 生神女圣颂典

首词 看到生命之海

节句：祈至圣母救我等。

圣母坎、诸先知中为大之摩西、以圣栳、圣几、烛檠、罇、预像至上者由尔受人体。

节句：祈至圣母救我等。

宰后坎、藉由尔所生者死被灭、亚当刑罚被绝、因尔所生常生者救歌颂尔者于朽坏。

节句：祈至圣母救我等。

满被赞扬之圣女坎、法律已绝、厥影已逝、因藉由尔所生救世上帝超明悟之圣宠、显现于我等中。

集祷颂 第六调式

通用调式 为了我们

施生活之上帝基督、尔以生活原之手、使诸死者由翳暗处复活、且赐人类复活、因救世者乃众之复活常生及上帝。

行述赞

施生活者坎、我众诚信者、赞颂叩拜尔十字架之难及埋瘞、盖常生者、因上帝之全能缚执地狱、复苏诸死者、毁灭死门、灭死权、故我众在世者、以爱慕赞扬尔乃复活者、败魔极害之权、使众信尔之复苏、救普世于蛇之矢、及魔之诱惑者、且我众以虔诚赞美尔复活、因借之而拯救我等、乃众之上帝。

圣歌七 首节

天神为成德幼童于火窑施清露、上帝命焚迦勒底人、迫使之吁曰、我等祖父之上帝、系被赞扬者。

圣颂

节句：主坎、赞荣尔圣复活。

主宰尔受难时、日惨然而衣黑暗、使昼遍地失光、意谓我等祖父之上帝、系被赞扬者。

节句：主坎、赞荣尔圣复活。

基督坎、地狱借尔降临而被以光、原祖洋溢喜乐踊跃欢呼曰、我等祖父之上帝、系被赞扬者。

生神女颂

节句：祈至圣母救我等。

童贞圣母坎、借尔之光、光照普世、因尔生造万物之上帝、故求至洁者代祈伊施宏恩于众信者。

*Another, of Cross and Resurrection.**Ἀφραστον θαῦμα.**Refrain: Glory to Thy precious Cross and Resurrection.*

O strange conduct! The one who delivered Israel from the slavery of Pharaoh is willingly crucified by him and looses the bands of his errors. To him we sing with faith, 'God, our Redeemer, blessed are you!'

Refrain: Glory to Thy precious Cross and Resurrection.

Impious children of transgressors crucified on Calvary you, the Saviour, who smashed gates of bronze and their bolts for the salvation us who sing, 'God, our Redeemer, blessed are you!'

Refrain: Most holy Theotokos save us.

By bearing the first Eve's liberation, pure Virgin, you delivered Adam from the curse, therefore with Angels we hymn you with your Son and we cry out, 'God, our Redeemer, blessed are you!'

*Another, of the Mother of God.**Δροσοβόλον μὲν τὴν κάμινον.**Refrain: Most holy Theotokos save us.*

The furnace did not burn three youths, fore-imaging your giving birth, for the divine fire, without burning you, dwelt in you, and taught all to sing, 'Blessed are you, the God of our fathers!'

Refrain: Most holy Theotokos save us.

The ends of the earth call you blessed, all-pure Mother, as you prophesied; enlightened by your shining beams and grace they sing, 'Blessed are you, the God of our fathers!'

Refrain: Most holy Theotokos save us.

The most evil serpent impaled me on his deadly fangs, but your Son shattered them, Mother of God, and gave me strength to cry out, 'Blessed are you, the God of our fathers!'

Refrain: Most holy Theotokos save us.

You alone are nature's mercy-seat; bearing in your arms the God who is seated on the shoulders of the Cherubim, you cry out, 'Blessed are you, the God of our fathers!'

Ode 8. The Irmos.

From flame you made a source of dew for the Saints and with water you consumed the sacrifice of a righteous man with flame. For you do all things, O Christ, simply by willing them. We highly exalt you to all the ages.

*Troparia**Refrain: Glory to Thy holy Resurrection O Lord.*

The people of the Jews that killed the prophets of old envy now makes into one that kills God by hanging you on a Cross, O Word of God, whom we highly exalt to all the ages.

Refrain: Glory to Thy holy Resurrection O Lord.

You did not abandon heaven's vaults, and entering Hades you raised up with you all humanity that lay in decay as it highly exalted you to all the ages.

*Theotokion**Refrain: Most holy Theotokos save us.*

From light you conceived the Word, giver of light, and having given birth you glorified him; for the divine Spirit dwelt in you, pure Maiden, and therefore we sing your praise to all the ages.

又圣颂典 十字架复活圣颂典

首节 无可言喻的奇事

节句：主欸、赞荣尔尊十字架、及荣复活。

妙哉斯事、昔释以色列脱离法老之奴役者、今甘愿被此民钉于十字架、解罪之縲、故我众宜以诚心歌颂之曰、救援之上帝、系被赞扬者。

节句：主欸、赞荣尔尊十字架、及荣复活。

救世者欸、违理者之恶子、于髑髅地钉尔、乃败铜门及关键、为救我歌颂尔者曰、救援之上帝、系被赞扬者。

节句：祈至圣母救我等。

至洁圣女欸、因尔生释夏娃救诅詈者、并释亚当、故我众偕天神赞颂尔及尔子、而吁曰、救援之上帝、系被赞扬者。

又圣颂典 生神女圣颂典

首节 天使为称虔诚的三圣童

节句：祈至圣母救我等。

昔三幼童未受火焚、预像尔之产生、盖上帝之火居于尔亦不致焚、但使众歌颂曰、我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

至洁圣母欸、依所预言被尔光耀及圣宠所光照之地涯、赞颂尔、且吁曰、我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

上帝之母、最邪恶的毒蛇用它致命的毒牙蛰我、但是、妳的圣子却粉碎了它们、并赐我们力量高呼：「我们先祖的上帝、赞颂归于妳。」

节句：祈至圣母救我等。

满被上帝宠福者欸、尔乃独一我等性体之洁净、因尔抱坐在革鲁宾上之上帝、且曰、我等祖父之上帝、系被赞扬者。

圣歌八 首节

基督昔为成德者、由火焰施清露、以水燔圣人祭祀、尔所愿为者即为、我等赞扬尔于无穷世。

圣颂

节句：主欸、赞荣尔圣复活。

上帝圣言者欸、昔害先知之犹太民、今因嫉妒举尔于十字架而有害主者、我等赞扬尔于无穷世。

节句：主欸、赞荣尔圣复活。

基督欸、尔不离天涯降临地狱、而复苏卧于朽坏、系赞扬尔于无穷世之人。

生神女颂

节句：祈至圣母救我等。

圣女欸、尔由光胎孕施光之圣言、以莫测之生而获荣耀、因圣神居于尔、故我众歌颂尔于无穷世。

*Another, of Cross and Resurrection.**"Ἐκστηθὶ φρίττων οὐρανέ.**Refrain: Glory to Thy precious Cross and Resurrection.*

Every ear trembled to hear that the Most High had willingly come on earth to subdue the strength of Hades through Cross and Burial, and to raise up all to cry aloud, 'Youths bless, priests praise, people highly exalt him to all the ages.'

Refrain: Glory to Thy precious Cross and Resurrection.

The tyranny of Hades has ceased, and its palace been set at naught, for nailed to a Cross on earth the God who is over all destroyed its power. Youths bless, priests praise, people highly exalt him to all the ages.

Refrain: Glory to Thy precious Cross and Resurrection.

How great, O Christ, is your ineffable love for humankind; how great your inexpressible blessings! For when you saw me perishing in Hades' prison you underwent your Passion and delivered me, and we bless you, Master of all things, and highly exalt you to all the ages.

*Another, of the Mother of God.**Ἐκ φλογὸς τοῖς Ὁσίοις.**Refrain: Most holy Theotokos save us.*

Your Son adorned you with a shining garment woven with gold as a Queen with the radiance of the Spirit and placed you at his right hand, O All-pure. We highly exalt him to all the ages.

Refrain: Most holy Theotokos save us.

The One who fixed the world by his will alone borrowed his flesh from your immaculate womb, wishing to refashion it from on high. We highly exalt him to all the ages.

Refrain: Most holy Theotokos save us.

You became a divine dwelling of the connection of the Word to me, humanity, pure Virgin, who shine out with the radiance of virginity. Therefore we sing your praise to all the ages.

Refrain: Most holy Theotokos save us.

The golden lampstand prefigured you who received the unapproachable Light that illumines the universe with his knowledge. Therefore we sing your praise, pure Virgin, to the ages.

Then we sing the song of the Virgin: My soul magnifies the Lord: with the refrain: More honorable than the Cherubim:

Ode 9. The Irmos.

It is impossible for humans to see God, on whom the ranks of Angels dare not gaze. But through you, O All-pure, the incarnate Word has been seen by mortals. As we magnify him, with the heavenly armies we call you blessed.

*Troparia**Refrain: Glory to Thy holy Resurrection O Lord.*

You remained untouched by passions, Word of God, when by flesh you became acquainted with the passions; but you free humanity from the passions by your Passion taking the name Passion, our Saviour, for you alone are without passions and all-powerful.

Refrain: Glory to Thy holy Resurrection O Lord.

In accepting the corruption of death, you preserved your Body without taint of destruction; but your life-giving and divine soul, Master, was not abandoned in Hades; but rising as from sleep you raised us with you.

又圣颂典 十字架复活圣颂典

首节 上天、恐惧战惊

节句：主欸、赞荣尔尊十字架、及荣复活。

凡耳惊惧而听、至善者甘愿降世、为以十字架及埋瘞败地狱之权、及复苏大众、而使之吁曰、幼童等宜赞扬、众司祭宜歌颂、众人宜称美主于无穷世。

节句：主欸、赞荣尔尊十字架、及荣复活。

地狱之苦已绝、其国已灭、因在地被钉十字架至善之上帝败其权柄、幼童等宜赞扬、众司祭宜歌颂、众人宜称美主于无穷世。

节句：主欸、赞荣尔尊十字架、及荣复活。

基督欸、尔爱人乃不可测量者、尔善恩乃不可言喻者、因尔见我在地狱之囹圄将灭亡者、而受难救赎之、故我众赞扬尔万物之主宰、及称美于无穷世。

又圣颂典 生神女圣颂典

首节 称为圣人由火焰中降下甘露

节句：祈至圣母救我等。

至洁者、尔子借圣神之光以金衣光照尔宰后而立尔于右、故我众称美之于无穷世。

节句：祈至圣母救我等。

以一意造天地者、欲整饬人体、而由尔至洁腹受人体、故我众称美之于无穷世。

节句：祈至圣母救我等。

至洁者、因圣言结合于我人、尔为上帝之居所、发童贞之德辉、故我众歌颂尔于无穷世。

节句：祈至圣母救我等。

金灯台预示了妳、妳怀孕了以其知识光照寰宇的不可接近之光。因此、我们歌唱赞美妳、至洁童贞女、及于万世。

于圣第九歌颂前唱至圣生神女之歌：我灵惟感颂主、我神惟悦上帝救我者。

节句：我等赞扬尔革鲁宾而尊、逾塞拉芬、荣光无比、无损而生上帝言、诚上帝之母云。

圣歌九 首节

人人不克见上帝、天神品位亦不敢仰视、至洁者欸、借尔受人体之圣言现于众、我等称颂伊、并偕天军赞扬尔。

圣颂

节句：主欸、赞荣尔圣复活。

上帝圣言者欸、尔乃不属情欲者、以人体受难、救我等者欸、尔释人于私欲、借受难以灭之、因尔乃独一全能无私欲者。

节句：主欸、赞荣尔圣复活。

主宰欸、尔受死而存尔身于无朽、尔上帝施生活之灵、不遗于地狱、尔复活如寝而醒、并使我众偕之复苏。

Triadikon

Refrain: Most Holy Trinity, our God, glory to Thee.

All we mortals with pure lips glorify God, Father, Son like him without beginning, while we reverence the ineffable and supremely glorious power of the all-holy Spirit, for you alone are Trinity all-powerful and indivisible.

Another, of Cross and Resurrection.

Μὴ ἐποδύρου μου Μῆτερ.

Refrain: Glory to Thy precious Cross and Resurrection.

Though you descended into a tomb as mortal, O Giver of life, yet you destroyed the strength of Hades, O Christ, and with you raised the dead that it had swallowed; and as God you grant resurrection to all who magnify you with faith and love.

Refrain: Glory to Thy precious Cross and Resurrection.

Let creation rejoice and flower like a lily, for Christ has been raised from the dead as God. 'Where now death is your sting?' we cry. 'Where Hades your victory?' The One who exalts our horn as compassionate has utterly destroyed you.

Cross-Theotokion

Refrain: Most holy Theotokos save us.

You carry the one who carries all things, and you clasp in your hands as an infant the One who delivers us from the hand of the warlike foe, immaculate Sovereign Lady; and you see lifted up on the tree of the Cross the One who lifted us up from the pit of wickedness.

Another, of the Mother of God.

Θεὸν ἀνθρώποις ἰδεῖν ἀδυνατόν.

Refrain: Most holy Theotokos save us.

A star, shining out with rays of divinity, has now dawned from Jacob for those held fast by deep darkness, through you, All-pure, Christ God, Word incarnate, enlightened by whom, along with the heavenly hosts, we call you blessed.

Refrain: Most holy Theotokos save us.

Strengthened by your power and grace, fervently I offer you from the heart this song. But accept it, pure Virgin, giving me in return grace with many lights from your undefiled treasures.

Refrain: Most holy Theotokos save us.

You were declared to be the womb of the Godhead, on which the Word wove the robes of his body, making my form divine, O Virgin; putting it on he saved all those who from a pure mind magnify you.

Refrain: Most holy Theotokos save us.

Now resurrection has been granted to the dead through your ineffable and inexpressible conceiving, all-pure Mother of God; for life clothed in flesh has shone out from you for all, and has destroyed the gloom of death.

After katavasia there is a small litany. Then we sing Holy is the Lord our God.

Exapostilarion, the prescribed Eothinon. At Lauds, Let everything that has breath. We insert 8 Stichera.

Resurrection Stichera. Tone 6.

Verse 8: To execute upon them the judgement that is decreed; such glory will be for all his holy ones.

Your Cross, O Lord, is life and resurrection for your people, and trusting in it we sing your praise, our risen God; have mercy on us.

圣三颂

节句：至圣三者、我等上帝、赞荣尔。

我众宜以洁口赞扬上帝圣父、及偕伊无原始之子、及至圣神、不可言喻极荣之能力、因其乃独一全能不相离之圣三。

又圣颂典 十字架复活圣颂典

首节 母亲、不要为我悲伤

节句：主欸、赞荣尔尊十字架、及荣复活。

施生活之基督欸、爾雖如死者降於柩、仍敗壞地獄之權力、使其已吞噬死者偕已復甦、因係上帝施復活於一切秉信愛慕讚揚爾者。

节句：主欸、赞荣尔尊十字架、及荣复活。

萬物宜騰歡而如百合花發榮、因基督以上帝之能力由死中復活、而我眾宜曰、死乎爾毒刺何在、地獄乎爾勝我何在、舉我等角者使爾墜落、因其乃慈憐者。

十字架复活圣颂典

节句：祈至圣母救我等。

至洁宰后欸、尔捧掌万物者、尔抱救援我等于攻我仇敌之手者、如婴、尔见援我众于陷阱者、被举于十字架上。

又圣颂典 生神女圣颂典

首节 人无法看到

节句：祈至圣母救我等。

至洁者欸、借尔上帝基督系受人体之圣言、即由雅各所现上帝光之星、光照在黑暗者、故我众被其所光照者、偕天军赞扬尔。

节句：祈至圣母救我等。

至洁圣女欸、我等被尔能力及圣宠所坚固者、尽心献尔以歌颂、求满被上帝安福者聆纳之、而以由无朽宝藏之光耀圣宠酬我。

节句：祈至圣母救我等。

童贞女、妳被宣告、成为神性之胎、圣言在其中编织了自己肉身的外衣、使我的样式成为属神的。祂穿上这外衣、拯救凡是以纯洁的思想称扬妳的众人。

节句：祈至圣母救我等。

至洁圣母欸、藉由尔不可测不可言所生者、而诸死者获复活、因由尔受人体之生命发光于众、及显然灭死。

合众词后小连祷、后唱：圣哉、上主、我众之上帝。（三次）

差遣颂、指定的味爽赞词。诵念赞美圣咏「凡有呼吸者……」时、插入八段赞词。

复活行间赞词 第六调式

插入八句赞颂：为以所纪录之审判行于伊等、斯荣耀皆属其圣人。

主欸、尔十字架为尔民之生命及复活、我众冀望伊者赞颂尔由死中复活之上帝曰、求矜怜我等。

Verse: Praise God in his saints; praise him in the firmament of his power.

Your burial, Master, has opened Paradise to the human race, and delivered from corruption we sing your praise, our risen God; have mercy on us.

Verse: Praise him for his mighty acts; praise him according to the greatness of his majesty.

With the Father and the Spirit let us hymn Christ risen from the dead, and let us cry out him, ‘You are our life and resurrection. Have mercy on us’.

Verse: Praise him with the sound of the trumpet; praise him with lute and harp.

On the third day you rose from the tomb, O Christ, as it is written, and you raised our Forefather with you; therefore the human race both glorifies you and hymns your Resurrection.

Other Stichera by Anatolios

Verse: Praise him with timbrel and dance; praise him with strings and pipe.

Lord, great and fearful is the mystery of your Resurrection; for you came from the tomb like a bridegroom from his marriage chamber, having abolished death by death, that you might free Adam; therefore Angels dance in heaven and humankind on earth glorifies your compassion towards us, Lover of humankind.

Verse: Praise him with tuneful cymbals; praise him with loud cymbals. Let everything that has breath praise the Lord.

Lawless Jews, where are the seals, and the money you gave the soldiers? The treasure was not stolen, but he has risen, as a mighty one; you have been put to shame, you who denied Christ, the Lord of glory, who suffered and was buried and rose from the dead; let us worship him.

Verse: Arise, O Lord, my God, lift up your hand: do not forget your poor for ever.

While the sealed was sealed, how were you robbed, O Jews? You set guards and placed seals. While the doors were shut the King came forth. Either produce him as a corpse, or worship him as God, along with us who sing, ‘Glory, Lord, to your Cross and Resurrection!’

Verse: I will give you thanks, O Lord, with my whole heart: I will tell of all your wonders.

The Myrrh-bearing Women came to your grave that received life, O Lord, and carrying spices they were seeking to anoint your immaculate Body; but they found a light-bearing Angel seated on the stone, and he addressed them and said, ‘Why do you weep for the One who poured out life for the world from his side? Why do you seek the Immortal as a mortal in a grave? Rather run and tell his Disciples the universal joy of his glorious Resurrection’. With it enlighten us also, Saviour, and grant us pardon and your great mercy.

Glory. The Eothinon.

Both now. Theotokion.

You are most blessed, O Virgin Mother of God, for through him who took flesh from you, Hell has been captured, Adam recalled, the curse slain, Eve set free, death put to death, and we given life. Therefore in praise we cry: Blessed are you, Christ our God, who have been thus well-pleased, glory to you.

Then the Great Doxology and after it the Resurrection Troparion.

Having risen from the tomb, and having burst the bonds of Hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

The Litanies and Dismissal.



诗节：众宜赞美主于其圣所、赞美其荣名穹苍。

主宰欤、尔被埋葬使天堂开启于人类、而我众由朽坏得救援者、赞颂尔由死中复活之上帝曰、求矜怜我等。

插入四节赞词：因其全能赞美之、因其宏威赞美之。

我众宜歌颂偕圣父及圣神由死中复活之基督而向之吁曰、尔乃我等生命及复活、求矜怜我等。

诗节：以角声赞美、以琴以瑟赞美。

基督据圣经所载第三日由柩复活、使我等原祖偕已复苏、故人类赞荣尔且颂扬尔复活。

又行间赞词 阿纳托利作

诗节：以鼓及佾赞美、以弦及笙笛赞美。

主欤、尔复活之机密乃极大极威、如新郎出宫以出柩、以死灭死为释亚当、故天军在天人类在地赞扬尔爱人者所施于我之慈怜。

诗节：以和声之钹赞美、以大声之铙赞美、凡有呼吸者、宜赞扬主。

违理之犹太人欤、印志及尔所予兵卒之银钱安在、宝器未被窃、实以其全能复活矣、尔等反自获辱、缘背逆受难被瘞及由死中复活之基督、伊系威荣之主、而我众宜叩拜之。

诗节：主欤、我上帝欤、起举尔手、莫忘尔之受窘迫者。

犹太人印封于墓驻兵卒置记志而被窃者何哉、因君经扃户而出、尔等宜或呈显尸身、或拜之为上帝、且偕我众歌众之曰、主欤、赞荣尔十字架及复活。

诗节：主欤、我将尽心称扬尔、而传扬尔之诸奇事。

主欤、携香液女哭泣至尔蕴生命之柩、携香膏欲傅尔洁体者、见发光之天神坐于石上、向之报曰、何哭由胁施生命于普世者、何觅常生者于坟墓如觅死者然、但宜往告使徒等、伊之荣复活、乃遍满普世之喜、求救世者、以复活光照我等、赐我等罪赦及宏恩。

荣耀归于父…… 咏唱主日咏爽赞词

自今至永远…… 生神女颂

童贞上帝圣母、尔系被赞扬者、因由尔受人体者掳地狱、召苏亚当灭诅詈、释夏娃灭死、而我等获生、故赞颂曰、如此行之上帝基督、寔宜受赞扬、故我等赞荣尔。

咏唱大荣耀颂、之后咏唱复活圣颂：

吾主尔由柩而起、败坏地狱之缚、灭死之詈、拯众由敌仇之网、尔独一大仁慈者、显现尔使徒、遣伊等传教、并借伊等赐安和于普世。

连祷及遣散词





AT THE LITURGY

Typika and Beatitudes.

on 8. Blessed are the merciful, for they shall obtain mercy.

Remember me, God my Saviour, when you come in your kingdom, and save me, for you alone love humankind.

on 7. Blessed are the pure in heart, for they shall see God.

Through a tree Adam was deceived; through the tree of the Cross you saved him again, a Thief who cried, 'Remember me, Lord, in your kingdom'.

on 6. Blessed are the peacemakers, for they shall be called sons of God.

You smashed the gates and bars of Hell, O Giver of life, and you raised all the dead, O Saviour, as they cried, 'Glory to your Rising'.

on 5. Blessed are they that are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

You despoiled death by your burial and filled all things with joy by your Resurrection. Remember me, as you are compassionate.

on 4. Blessed are ye when men shall revile and persecute you and say all manner of evil against you falsely for My sake.

Myrrhbearing women came to the grave and heard an Angel cry aloud, 'Christ has risen, enlightening all things'.

on 3. Rejoice and be exceeding glad, for your reward is great in the Heavens.

Let us all with one accord praise Christ, who was nailed to the tree of the Cross and delivered the world from error.

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

We glorify the Father and the Son and the Holy Spirit, as we say, 'Holy Trinity, save our souls!'

Both now and for ever, and to the ages of ages. Amen. Theotokion.

O Virgin, who conceived ineffably in the last times and gave birth to your own Creator, save those who magnify you.





事奉圣礼

真福颂赞词

八、哀矜者诚福、因伊等将蒙哀矜。

求救我之上帝、于尔国来时怜念我、因尔乃独一爱人者救我。

七、心净者诚福、因伊等将得见上帝。

亚当因木被诱、因木架复得拯救、偕右盗吁曰、主欤、于尔国怜念我。

六、敷和者诚福、因伊等将称为上帝子。

施生活救世者、败地狱之门及关键、复活诸吁者曰、赞荣尔复活。

五、为义被窘害者福、因天国属伊等。

以尔埋瘞掠死权、以尔复活满众乐、求怜念我、因尔乃慈衷者。

四、既人因我而诽谤尔、迫害尔、诸妄言诅詈尔、则尔诚福。

携香液女至柩者听天使言曰、基督复活及光照万物。

三、尔当欣喜悦乐、因在天尔之赏厚。

我众宜同心赞颂被钉十字架、及救普世于魔诱之基督。

荣耀归于父及子及圣神：

我等赞扬圣父及子圣神曰、圣三者救我等灵。

自今至永远及于万世。阿民：生神女颂

童贞欤、尔末日不可言孕生造尔者、求救赞扬尔之人。



Resurrection Apolytikion.

Angelic Powers were at your grave, and those who guarded it became as dead, and Mary stood by the tomb, seeking your most pure Body. You despoiled Hell, and emerged unscathed by it; you met the Virgin and granted life. Lord, risen from the dead, glory to you!

Resurrection Kontakion.

With his life-bestowing hand Christ God, the Giver of life, raised all from the murky vaults below, and gave resurrection as the prize to mortal clay; for he is the Saviour of all, Resurrection and Life, and the God of all that is.

Prokeimenon. Psalm 27

Save, O Lord, Thy people, and bless Thine inheritance.

Verse: Unto Thee, O Lord, will I cry; O my God, be not silent unto me.

Alleluia. Psalm 90

Verse: He that dwelleth in the help of the Most High shall abide in the shelter of the God of Heaven.

Verse: He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him.

The communion hymn on sundays: Praise the Lord from heaven, praise him in the highest. Alleluia, alleluia, alleluia.



复活遣散颂

天神军倏降于圻枢、守卒如死、而马利亚立于石洞寻尔圣躯、被掠地狱者不复受其制、施生活者迎圣女、赞荣尔由死复活者。

集祷颂

施生活之上帝基督、尔以生活原之手、使诸死者由翳暗处复活、且赐人类复活、因救世者乃众之复活常生及上帝。

经前咏 圣咏27

祈主救尔之民、赐福于尔之嗣业。

诗节：主欤、我吁称尔、毋缄默于我。

阿利鲁伊亚 圣咏90

诗节：凡居至高之覆中、必获息于全能之荫。

诗节：向主曰、我之投避、及我之护佑、我所冀望之上帝。

主日各调式领主颂：赞主于天中、赞主于苍穹。阿利路亚、阿利路亚、阿利路亚。



第六调

主日小赞词



大 能 的 天 使 降 臨 于 祢 的 墳 墓，
Da - neng - de tian-shi jiang - lin yu Mi de fen - mu,

3
守 墓 的 士 兵 變 得 如 同 死 人 一 般，
shou mu de shi-bing bian - de ru - tong si - ren yi - ban,

5
瑪 利 亞 站 在 墳 墓 前，
Ma - li - ya zhan zai fen - mu qian,

7
尋 找 祢 至 潔 的 遺 體。
xun - zhao Mi zhi jie de yi - ti.

9
祢 劫 掠 了 地 獄， 未 受 它 的 轄 制；
Mi jie lue-le di - yu, wei shou ta - de xia - zhi;

11
祢 遇 見 了 童 貞 女， 賜 予 生 命。
Mi yu - jian - le tong-zhen Nǚ, ci - yu sheng - ming.

13
自 死 者 中 復 活 的 主， 榮 耀 歸 於 祢！
Zi si zhe zhongfu - huo - de Zhu, rong-yao gui - yu Mi!

第六调

主日副赞词

復活集禱頌

14



上 帝 基 督， 生 命 的 賦 予 者，
Shang - Di Ji - Du, sheng - ming de fu - yu zhe,

16



以 祂 賦 予 生 命 的 手， 使 眾 人 由 幽 暗 的 墓 穴 中 復 生，
yi Ta fu-yu sheng-ming de shou, shi zhong-ren youyouan de mu-xue zhong fu-sheng,

18



賜 予 人 類 復 活； 因 為 祂 是 眾 人 的 救 主，
ci - yu ren-lei fu - huo; yin - wei ta shi zhong-ren de Jiu - Zhu,

20



復 活 與 生 命， 萬 有 的 上 帝。
fu - huo yu sheng - ming, wan you de Shang - Di.

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第七調式

主日八調贊詞

SUNDAY OCTOECHOS

TONS 7



Sunday Octoechos

Tone 7

第七
调式

主
日
八
调
赞
词





TONE 7

ON SATURDAY EVENING

AT GREAT VESPERS

After the Opening Psalm and the first Kathisma of the Psalter, at Lord I have cried, we insert 10 Stichera, and we sing 7 Resurrection Stichera and 3 of the Saint of the day, or 4 and 6 if the Saint is 'feasted'.

Resurrection Stichera. Tone 7.

Verse 10: Bring my soul out of prison, that I may confess your name.

Come, let us rejoice in the Lord who has smashed the might of death and enlightened the human race, as we cry with the Bodiless Powers: Our Creator and Saviour, glory to you!

Verse: The just will await me, until you reward me.

For us, O Saviour, you endured the Cross and burial; but as God by your death you put death to death; and so we worship your Resurrection on the third day. Lord, glory to you!

Verse 8: Out of the depths I have cried to you, O Lord. Lord hear my voice.

The Apostles marvelled when they saw the Cre-ator's Rising and cried aloud the angelic hymn of praise: This is the glory of the Church, this is the wealth of the Kingdom. O Lord, who suffered for us, glory to you!

Other Stichera, by Anatolios.

Verse: Let your ears be attentive, to the voice of my supplication.

Though you were seized by lawless men, O Christ, yet you are my God, and I am not ashamed; your back was scourged, I do not deny you; You were nailed to a Cross, and I do not hide. I make my boast in your Rising; for your death is my life. All-powerful Lord who love mankind, glory to you!

Verse 6: If you, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

Fulfilling David's prophecy Christ revealed his own greatness in Sion to his Disciples, showing that he was praised and ever glorified with the Father and the Holy Spirit; before without flesh as Word later for us incarnate and put to death as man, and risen with authority as he loves mankind.

Verse: For your name's sake I have waited for you, O Lord. My soul has waited on your word. My soul has hoped in the Lord.

You descended into Hell as you willed, O Christ, you despoiled death as God and master; and you rose on the third day, raising with yourself from the bonds of Hell and from corruption Adam as he cried and said: Glory to your Resurrection, only lover of mankind.

Verse 4: From the morning watch until night, from the morning watch, let Israel hope in the Lord.

You were laid in a tomb, O Lord, as one who slept and you rose on the third day as one powerful in strength, raising Adam with yourself from the corruption of death, as all-powerful.

Glory from the Menaion, if appointed otherwise:



第七调式

安息日晚

大暮时课

诵念开端圣咏（第一百零三篇圣咏）与圣咏集第一座圣咏、诵念吁主圣咏「主欸、我呼吁尔……」时、插入十段赞词：七段取自复活赞词、三段取自本日所纪念的圣人赞词、若遇庆节、则插入四段或六段圣人赞词。

复活行间赞词 第七调式

插入十句赞颂：拯提我灵出狱岸、为我克赞颂尔名。

请众至为主而喜、因其败坏死权光照人类、我众宜偕无形体者呼曰、造我救我之主荣光于尔。

插入：尔以恩宠显于我时、义者将环我。

救世者欸、尔为我等受十字架及埋瘞、因系上帝已死灭我等之死、故我众即拜尔第三日复活曰、主欸、荣光于尔。

插入八句赞颂：主欸、我自深渊呼吁尔、主欸、聆我声。

使徒等见造万物者之复活而诧异、以天神赞词歌颂曰、此乃圣教会之荣光、此乃天国之能力、为我等受难之主、荣光于尔。

其它赞词、阿纳托利作

插入：愿尔耳、听我之祷声。

基督欸、尔虽被违理者所执、而尔乃我上帝、我不以尔为羞、虽被槌伤背、而我不背尔、虽被钉十字架、而我不端隐之、以尔复活而我自、谢尔之死乃为我之生命、全能爱人之主荣光于尔！

插入六句赞颂：主欸、若究察罪恶、主欸、则孰能立、第尔施救宥、愿人敬畏于尔前。

基督应验大卫之预言、在锡安显已威荣于使徒等、示已乃偕圣父及圣神永被称扬赞荣者、先系无形之圣言、后缘爱我等人受人体、死与人无异、并以全能复活。

插入：我望主、我灵望主、冀望主言。

基督欸、尔甘愿降狱、因系上帝主宰灭死第三日复活、使亚当由地狱縲继朽坏中偕已复活、其乃呼吁曰、独一爱人者、荣光尔复活。

插入四句赞颂：我灵候主、逾于更漏之待旦、逾于更漏之待旦、愿以色列冀望主。

主欸、尔如寝被置于柩、因宏能第三日复活、因全能使亚当由死朽中偕已复活。

若《月份礼典》上载有指定的荣光赞词、则诵念「荣耀归于父……」后、咏唱荣光赞词、之后接念「自今至永远……」；若无指定的荣光赞词、则直接诵念「荣耀归于父…、自今至永远……」。

Glory ..., Now & Ever ..., *Theotokion Dogmatic:*

You were known as a Mother beyond nature, O Mother of God; you remained a Virgin beyond reason and understanding; no tongue can expound the marvel of your child-bearing; for while your conceiving, Pure One, was wondrous, the manner of your bearing child cannot be comprehended, for wherever God wills the order of nature is overthrown. Therefore as we all acknowledge you to be Mother of God we implore you insistently: Intercede that our souls may be saved.

After the Entrance and O Joyful Light, the designated Monk makes a metania to the Superior and sings the Prokeimenon of the day.

The Lord is King: he has robed himself in majesty.

Verse 1: The Lord has robed and girded himself with power.

Verse 2: He has made the world firm; it will not be shaken.

Then the usual Litany, Grant Lord etc. and after the Ekphonesis we sing the idiomet Sticheron of the Saint of the Monastery as we process into the Narthex. After the usual prayers we return to the Church singing the Resurrection Stichera of the Aposticha.

Resurrection Stichera of the Aposticha. Tone 7.

You rose from the tomb, Saviour of the world, and with your flesh you raised mankind. Lord, glory to you!

Other, alphabetical, Stichera.

Verse 1: The Lord is King: he has robed himself in majesty. The Lord has robed and girded himself with power.

Come, let us worship the one who rose from the dead and enlightened all things; for he has freed us from the tyranny of Hell through his Rising on the third day so granting us life and his great mercy.

Verse 2: He has made the world firm; it will not be shaken.

O Christ, by descending below Hell you despoiled death, and by rising on the third day you raised us with you as we glorified your all-powerful Rising. Lord, glory to you!

Verse 3: Holiness befits your house, O Lord, to length of days.

Fearful you appeared, Lord, as you lay in the tomb; but rising on the third day in power you raised with you Adam, who cried: Glory to your Resurrection, only lover of mankind.

Glory

of the Saint, if one is 'feasted'; otherwise

Glory. Both now. *Theotokion.*

As all we born of earth flee to your protection, Sovereign Lady, we cry out to you: Mother of God, our hope, deliver us from unnumbered faults and save our souls.

And the rest of the Office of the Vigil.



生神女颂

圣母欤、尔超性而为母者、逾于所言、越于明悟、为存童贞者、至洁者欤、尔产生之奇异、凡人舌所不能讲、因降孕寔至荣、产生之理不可测、缘上帝随己旨克胜性之理、故我众承认尔为上帝之母、尽心祷尔、求代所救我等灵。

圣入礼与禧光颂后、指定的修士向长上行一躬拜、咏唱本日的经前咏。

主为君、乃以威严为衣。

诗节一：主以能力服之、束系之。

诗节二：故世界乃坚固必不摇撼。

之后诵念热诚连祷、「主、开恩护守……」等、司祭念完结束祷词后、咏唱本修道院主保圣人的专用赞词、列队进入教堂前厅。念完惯常的祷文后、回至教堂、咏唱：

复活后行间赞词 第七调式

救普世者欤、尔由柩中复活、并使众人偕己肉驱复活、主欤、赞荣于尔。

其它赞词（按字母顺序）

诗节一：主为君、乃以威严为衣。主以能力服之、束系之。

请众叩拜由死中复活及光照万物者、因伊释我等于地狱之苦、而以第三日复活、赐我等常生及宏恩。

诗节二：故世界乃坚固必不摇撼。

基督欤、尔降狱灭死、第三日复活、使我等赞扬尔爱人主之全能复活者、偕己复活。

诗节三：主欤、圣德属尔之堂、直至永远。

卧柩如寝之主欤、尔乃威严者、以全能第三日复活、使亚当偕己复活、其乃呼吁曰、独一爱人者荣光尔复活。

荣耀归于父……

本日所纪念的圣人赞词、若本日为「庆节」、则

荣耀归于父……自今至永远…… 生神女颂

宰后欤、众在世者赴尔幃帟吁曰、圣母系我等冀望者、求援我等于无数罪愆且拯我等灵。

继续举行守夜祈祷的其余部分。





ON SUNDAY MORNING

AT MATINS

After the Six Psalms we sing The Lord is God to Tone 7, and the Resurrection Apolytikion twice, but the Theotokion once. Then the usual Reading from the Psalter [Kathismata 2 and 3].

Resurrection Apolytikion.

You abolished death by your Cross, you opened Paradise to the Thief, you transformed the Myrrhbearers' lament and ordered your Apostles to proclaim: that you had risen, O Christ God, granting the world your great mercy. *(twice)*

Theotokion.

As the treasure-house of our Resurrection, All-praised Lady, bring up from the pit and from the deep of offences those who have put their trust in you; for you saved those who were subject to sin by giving birth to Salvation. You were Virgin before bearing child, Virgin in bearing child and after bearing child you are still Virgin.

After the 1st reading from the Psalter [Kathisma 2], we sing Kathismata of the Resurrection. Tone 7.

When Life had been laid in the tomb and a seal laid on the stone, soldiers guarded Christ as a sleeping King and Angels glorified him as immortal God; while women cried aloud: The Lord has risen, granting the world his great mercy.

Verse: Arise, Lord my God, lift up your hand; do not forget your poor for ever.

By your burial for three days you despoiled death, and by your life-bearing Rising you raised corrupted humanity, O Christ god, as you love humankind. Glory to you!

Glory. Both now. *Theotokion.*

Virgin Mother of God unceasingly implore Christ God, who was crucified for us and rose again and destroyed the might of death, to save our souls.

After the 2nd Psalter reading [Kathisma 3], Kathismata.

While the grave was sealed, Christ God, you dawned, O Life, from the tomb; and while the doors were shut, you, the Resurrection of all, came to your Disciples, through them renewing a right Spirit in us, according to your great mercy.

Verse: I will praise you, Lord, with my whole heart; I will tell of all your marvellous works.

Bringing sweet spices with their tears, women ran to the grave, and while soldiers guarded you, the King of all, they said to one another: Who will roll away the stone for us? The Angel of great Counsel has risen, trampling on death. All-powerful Lord, glory to you!

Glory. Both now. *Theotokion.*

Hail full of grace, Virgin Mother of God, haven and protection of the human race, for from you the Redeemer of the world took flesh, for you alone are Mother and Virgin, ever blessed and glorified; intercede with Christ God to grant the whole world peace.





主日上午

晨时课

诵念完六篇圣咏后、以第七调式咏唱「主是上帝」、接着咏唱复活遣散颂两遍、生神女颂一遍。之后、按惯例诵念圣咏集第二座与第三座。

复活遣散词

上帝基督欤、尔以十字架败坏死之权、为右盗开天堂、易携香液女之哀为喜、命使徒传宣尔复活、以赐宏恩于普世。（两遍）

生神女颂

满被赞扬者、乃我等复活之宝藏、求援我等倚望尔者于罪之陷阱深渊、缘尔生我等之拯救、而使属罪者获救、尔乃系产前童贞、产时亦童贞、产后仍童贞者。

诵念完第一圣咏集选段（第二座）后、咏唱复活坐赞词。

第七调式

常生者被置于柩、且石加印志、兵卒守护基督如寝君、天军赞扬之为永在之上帝、而携香液女呼吁曰、主已复活矣、施宏恩于普世。

诗节：主欤、我上帝欤、起举尔手、莫忘尔之受窘迫者。

上帝基督欤、因系爱人者以尔三日之埋瘞掳执死权、以尔施生活之复活、复苏属朽坏之人类、荣光于尔。

荣耀归于父…… 自今至永远…… 生神女颂

求童贞圣母不绝代祈、为我等被钉十字架复活及灭死权之我等上帝基督、救我等灵。

诵念完第二圣咏集选段（第三座）后、咏唱复活坐赞词。通用调式

上帝基督欤、尔诚生命者、墓被印封之时自柩而起、尔乃众之复活者、闭门时显现于门徒、以尔大仁慈、借伊等复新正神于我等。

诗节：主欤、我将尽心称扬尔、而传扬尔之诸奇事。

卒守尔万物之主宰时、携香液女涕泣往墓相言曰、谁为我移厥石云、灭死之谋议使者复活矣、全能之主荣光于尔。

荣耀归于父…… 自今至永远…… 生神女颂

庆哉满被圣宠童贞圣母、系人类转达及投归处、因由尔救世者受人体、尔乃独一恒被赞扬及荣光之童贞圣母、求代祈上帝基督赐安和于普世。



After the reading of the 'Blameless' [Kathisma 17, Psalm 118], we sing the Evlogitaria. Then the little Litany and The Ypakoi.

Christ God, who took our form and endured the Cross in the body, save me by your Resurrection, as you love humankind.

The Anavathmi. 1st Antiphon.

You turned back the captivity of Sion from error, make me too live, O Saviour, seizing me from the slavery of the passions.

He who sows tribulations in the south with tears of fasting, he will reap with joy sheaves of nourishment that lives for ever.

Glory. Both now.

In the Holy Spirit is the source of divine treasures, from him come wisdom, understanding, fear; to him be praise, glory, honour and might.

2nd Antiphon.

Unless the Lord build the house of the soul, we labour in vain; for without him no deed or word is perfected.

Of the fruit of the womb the Saints, moved by the Spirit, produce the Father's teachings of filial adoption.

Glory. Both now.

By the Holy Spirit all things have being; before all he is God, lordship of the universe, unapproachable Light, Life of all.

3rd Antiphon.

Those who fear the Lord and find the ways of life, now and always are blest with unsullied glory.

As you see your offspring like a shoot around your table, rejoice, be glad as you bring them to Christ the Chief Shepherd.

Glory. Both now.

In the Holy Spirit is an abyss of graces, a wealth of glory and a great deep of judgements; for he is to be worshipped as identical in glory with the Father and the Son.

Prokeimenon.

Arise, O Lord my God, lift up your hand; do not forget your poor for ever.

Verse: I will confess you, Lord, with my whole heart; I will tell of all your marvellous works.

Then: Let every breath praise the Lord: The appointed Matins Gospel

Stichera after the Gospel: Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. We venerate Thy Cross, O Christ, and Thy holy Resurrection we hymn 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 worship Christ's holy Resurrection, for, behold, through the Cross joy hath come to all the world. Ever blessing the Lord, we hymn His Resurrection; for, having endured crucifixion, He hath destroyed death by death.

Psalm 50

诵念完「无瑕圣咏」（第十七座、圣咏第一百十八篇）后、咏唱复活「赞主颂」。之后诵念小连祷及聆听赞。

受我等形及以人体被钉十字架之上帝基督欤、求以尔复活拯救我、因尔系爱人者。

升阶赞 第一对经（圣咏125）

救世者欤、尔昔使锡安之被掳者出迷路今求复生我提拔我于转制我之私欲。

以泪及斋戒之难播种者、在天将以喜乐刈获常生之穰。

荣耀归于父…… 自今至永远……

圣神乃上帝畀予之泉源、由伊出智慧明哲敬畏、凡称颂赞扬尊贵及权柄皆归于伊。

第二对经（圣咏126）

苟主弗建灵魂之室、则建者徒劳、除彼外即一行一言无能成。

圣人尽心遵圣师之道、而获上帝义子之位。

荣耀归于父…… 自今至永远……

圣神乃万物之原始、因其乃诸世前万有之上帝、诸物之主宰、不可至之光、及众之生命。

第三对经（圣咏127）

敬畏主者、因获常生之途、自今至恒久享福于永在之荣光。

尔见尔诸子环尔席如青果枝、宜欣喜悦乐、携之向牧首基督。

荣耀归于父…… 自今至永远……

圣神乃界予无底之渊、荣光之富丽、命令之奥秘、因伊偕圣父及圣子同受赞荣事奉。

经前咏（圣咏9）

主欤、我上帝欤、起举尔手、莫忘尔之受窘迫者。

诗节：主欤、我将尽心称扬尔。

凡有呼吸者、宜赞扬主

诵福音经：

我等既睹基督之复活、宜叩拜独一无罪圣主耶稣基督、我等叩拜尔十字架、赞荣称颂尔圣复活、缘尔乃我等上帝、尔之外我等弗识他主、我等既以尔名自称、请众诚信者至而叩拜基督圣复活、因借仗十字架而喜降至于普世、因此我等常感谢主、赞颂其复活、缘其为我等而被钉十字架、以死灭死。

圣咏经第五十章

Glory to the Father, and to the Son, and the Holy Spirit: Through the prayers of the apostles, O Merciful One, blot out the multitude of our transgressions.

Both now and ever, and unto the ages of ages. Amen: Through the prayers of the Theotokos, O Merciful One, blot out the multitude of our transgressions.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgressions.

And if there is a festal sticheron appointed at this place (for feasts of the Lord and the Theotokos, on any day, including Sundays; for saints, on weekdays only), it is sung. Otherwise, on Sundays outside the Lenten cycle we sing:

Jesus having risen from the grave, as He foretold, hath given us life eternal, and great mercy.

After O God, save your people and the Ekphonesis, we begin the Canons, singing the Resurrection Canon to 4, the Cross-Resurrection to 3, that of the Mother of God to 3, and that of the Saint of the day to 4. But if the Saint is 'feasted' to 6 or 8. Katavasia appointed. At the end of the 3rd and 6th Odes, the Short Litany.

Resurrection Canon.

Ode 1. Tone 7. The Irmos.

At your behest, O Lord, the nature of the waters that before flowed freely was transformed and became like earth; and so Israel having marched dryshod sings you a song of victory.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The tyranny of death was judged through a tree, Lord, when you were condemned to an unjust death; and so the ruler of darkness had no power over you and was rightly cast out.

Refrain: Glory to Thy holy Resurrection O Lord.

Hades drew near you and having no strength to crush your body with its teeth it broke its jaws; and so, O Saviour, loosing the pains of death, you rose on the third day.

Theotokion

Refrain: Most holy Theotokos save us.

The pangs of the foremother Eve have been abolished, for you escaped pangs when you gave birth without wedlock; and so knowing you to be truly Mother of God we all glorify you.

Another Canon, of Cross and Resurrection.

The Irmos. He who brings wars.

Refrain: Glory to Thy precious Cross and Resurrection.

Two life-bearing sources the Saviour poured out for us on the Cross from his pierced side. Let us sing to him, for he has been glorified.

Refrain: Glory to Thy precious Cross and Resurrection.

By dwelling in a tomb and rising on the third day Christ granted mortals the expectation of incorruption. Let us sing to him, for he has been glorified.

Refrain: Most holy Theotokos save us.

Alone you were revealed a virgin even after childbirth; for you gave birth to the Creator of the world made flesh. Therefore we all cry to you, 'Hail!'

荣耀归于父、及子、及圣神

仁慈主、以使徒祈祷、洁净我等多罪。

自今至永远、及于万世、阿民。

仁慈主、以圣母转达、洁净我等多罪。

上帝欵、因尔大仁慈、矜怜我、以大怜惠、删除我诸愆尤。

此处诵唱庆日赞词（任何日子、包括在主日在内的主及圣母的庆日；平日圣人的庆日）。在四旬期之外的主日；

耶稣依预言由柩中复活者、赐我等常生及宏恩。

念完「上帝、求祢拯救祢的子民……」、司祭高声诵念完结束祝文之后、开始诵念圣颂典。圣颂典的念法如下：由复活圣颂典取四段圣颂、由十字复活圣颂典取三段圣颂、由向生神女的圣颂典取三段圣颂、由本日所纪念的圣人的圣颂典取四段圣颂。若本日乃圣人的「庆节」、则取六段或八段圣颂。第三及第六圣颂小连祷后、诵念指定合众词。

复活圣颂典。

圣歌一 第七调式 首节

主欵、先水性极易汎滥、借尔命易为陆地、故以色列民不沾足而行、及向尔颂凯歌。

圣颂

节句：主欵、赞荣尔圣复活。

主欵、以尔为不公义而定死罪、死权借刑木受灭而阴翳之王不克攻尔、而按公义被逐。

节句：主欵、赞荣尔圣复活。

救世者欵、地狱近尔、厥齿不克嚼尔之身、反自坏其腭、尔灭死之难、而第三日复活矣。

生神女颂

节句：祈至圣母救我等。

至洁者欵、原母夏娃之苦已绝、缘尔不识夫而产生无恙、故我众承认尔为圣母赞荣尔。

又圣颂典 十字架复活圣颂典

首节

节句：主欵、赞荣尔尊十字架、及荣复活。

被钉十字架救世者、由所刺之胁流二施生活之泉于我等、故我众向之歌颂曰、爰其赫着矣。

节句：主欵、赞荣尔尊十字架、及荣复活。

基督入柩第三日复活而赐常生之望于属死者、故我众向之歌颂曰、爰其赫着矣。

节句：祈至圣母救我等。

尔乃独一产后为童贞、因受人体之造万物者借尔降生、故我众向尔吁曰庆哉。

*Another Canon, to the Mother of God,
of which the acrostic, with the Irmi, is the Alphabet.
The Irmos. At your behest.*

Refrain: Most holy Theotokos save us.

O Virgin who gave birth of the abyss of compassion, flood my soul with your light-bearing radiance, that I may sing with love the praise of the abyss of your wonders.

Refrain: Most holy Theotokos save us.

Seeing us wounded by the arrow of sin, the Word took pity on us as benefactor. Therefore the One who is beyond godhead, O all-pure, was united ineffably to flesh from you.

Refrain: Most holy Theotokos save us.

Human nature had become subject to death, corruptible and mortal. But by conceiving life, O all-pure, you led it back from corruption to life.

Ode 3. The Irmos

Lord, Saviour, who established the heavens in the beginning by your all-powerful Word and by the divine and all-effecting Spirit all their power, establish me on the unshakeable rock of confession of you.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Ascending the Tree for our sake, compassionate Saviour, willingly to suffer pain, you bear the wound, cause of peace and salvation for the faithful. Through it, O Merciful, we have all been reconciled to your Begetter.

Refrain: Glory to Thy holy Resurrection O Lord.

You cleansed me, wounded in soul by the bite of the serpent, of my wound, O Christ, and showed me light, who of old dwelt in darkness and corruption; for through the Cross you descended into Hades and raised me up with yourself.

Theotokion

Refrain: Most holy Theotokos save us.

At the entreaties of your Mother who did not know man, grant peace to your world, O Saviour; give victory to the King over hostile barbarians and count those who glorify you worthy of your ineffable glory.

Of Cross and Resurrection.

The Irmos. You established the heavens.

Refrain: Glory to Thy precious Cross and Resurrection.

You endured the sufferings on the Cross and opened Paradise to the Thief, as benefactor and God; establish my mind to do your will, only Lover of humankind.

Refrain: Glory to Thy precious Cross and Resurrection.

You rose from the tomb on the third day and made life dawn for the world, as giver of life and God; establish my mind to do your will, only Lover of humankind.

Refrain: Most holy Theotokos save us.

O Virgin-mother Mary, who conceived God without seed and delivered Eve from the curse, entreat God who was incarnate from you to save your flock.

又圣颂典 生神女圣颂典
藏头诗、按字母顺序。
首节：上主、因着祢的命令

节句：祈至圣母救我等。

求生无穷慈怜者之圣女、以尔极光之光照耀我灵、为我克如量赞扬尔无数之奇迹。

节句：祈至圣母救我等。

至洁者欤、圣言见我等被罪矢所伤、因系恩主怜悯我等、因系上帝以莫测由尔受人体。

节句：祈至圣母救我等。

宰后欤、可朽可死之人体、被死所制、因尔胎孕常生者、使之由朽死至常生。

圣歌三 首节

救世主原始借尔权命定天位、以成万物之圣神备诸悬象、求建立我于不可撼摇信德石上。

圣颂

节句：主欤、赞荣尔圣复活。

善衷仁慈救世者欤、尔被钉木架甘愿为我等忍难、受施安和及拯救于众之伤、而借此我众得和睦于尔圣父。

节句：主欤、赞荣尔圣复活。

基督欤、蛇啮伤我灵、而尔医治之、我自古卧于翳暗及朽坏、而尔光照之、借十字架降狱、而使我偕已复苏。

生神女颂

节句：祈至圣母救我等。

求救世者借尔不识夫之母之代祈、布安和于普世、赐皇帝胜仇敌、施尔不可测之荣光于众赞扬尔者。

又圣颂典 十字架复活圣颂典

首节：以圣言建立诸天者

节句：主欤、赞荣尔尊十字架、及荣复活。

受十字架之难及为右盗启天国、施恩之上帝欤、求坚吾明悟以遵尔旨、因尔乃独一无二爱人者。

节句：主欤、赞荣尔尊十字架、及荣复活。

第三日由死中复活、赐常生于普世、施生之上帝欤、求坚吾明悟以遵尔旨、因尔乃独一无二爱人者。

节句：祈至圣母救我等。

净孕上帝及释夏娃诅咒之童贞圣母玛利亚欤、求代祈由尔受人体之上帝拯救尔群。

*Another, of the Mother of God.
The Irmos. Lord, Saviour who established.*

Refrain: Most holy Theotokos save us.

A serpent crawling out of Eden enticed me with a longing to be divine and hurled me to the earth. But he who is by nature compassionate and kind took pity on me and having dwelt in your womb and been made like me, O Virgin-Mother, he makes me divine.

Refrain: Most holy Theotokos save us.

Blessed is the fruit of your womb, Virgin Mother of God, the joy of all; for you gave birth to joy for all the world and to gladness that truly scatters the grief of sin, O Bride of God.

Refrain: Most holy Theotokos save us.

Virgin Mother of God, you gave birth for us to eternal life and light and peace, ending the warfare of the old man against his Father and God by faith and the acknowledgement of grace.

Ode 4. The Irmos.

Christ God, who did not leave the Father's bosom and who came down to earth, I have heard of the mystery of your dispensation and I have glorified you, only Lover of humankind.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The innocent Master who was incarnate from a Virgin, having given his own back to the scourges of a fallen slave, is maltreated, abolishing the charges against me.

Refrain: Glory to Thy holy Resurrection O Lord.

The One who as God fashioned humankind and who judges the whole earth with justice, standing before a tribunal of lawless judges, is examined like a culprit and struck by a hand of clay.

Theotokion

Refrain: Most holy Theotokos save us.

As truly Mother of God, implore your Maker and Son to direct me, O all-blameless, to the saving harbour of his glorious will.

*Another, of Cross and Resurrection.
The Irmos. The Prophet, O Christ.*

Refrain: Glory to Thy precious Cross and Resurrection.

O Lord, who do not know sin, because of which you became what you were not, you took a form that was another's, that you might save the world and lure the tyrant and slay him.

Refrain: Glory to Thy precious Cross and Resurrection.

You were hung upon a cross, O Lord, and, having abolished the sin of our forefather Adam, you filled our foremother with joy; because you had come to save all your anointed.

Refrain: Most holy Theotokos save us.

Born from a Virgin, you die, but you give life to Adam, who had been led astray of his own accord; for death too quailed at your strength, when you came to save all who had been corrupted.

*Another, of the Mother of God.
The Irmos. Christ God, who did not leave.*

Refrain: Most holy Theotokos save us.

Wholly chosen and fair, you appeared to God before creation; by the splendour of the light that pours from you make radiant those who sing your praise.

又圣颂典 生神女圣颂典
首节：上主、救主、祢在起初

节句：祈至圣母救我等。

童贞圣母欸、在伊甸园之蛇、以僭上帝之意诱我、使我归土、但以本位仁慈者、为怜恤我居于尔腹、成与我相似之人、而体合我于上帝。

节句：祈至圣母救我等。

童贞圣母欸、尔胎之果被赞扬、圣聘者乃众人之喜乐、生普世之欢庆、诚哉实乃麾散罪愁之愉快。

节句：祈至圣母救我等。

童贞圣母欸、尔生我等之常生真光及安和、借尔之中保及宏恩息人与其父上帝古昔之仇。

圣歌四 首节

上帝基督欸、尔弗离圣父之怀抱而降世、我甫聆尔司理之奥密、即赞扬尔独一爱人者。

圣颂

节句：主欸、赞荣尔圣复活。

由圣女受人體者、舍其肩背以受擊、僕犯罪而無辜之主宰受擊、為釋我諸罪。

节句：主欸、赞荣尔圣复活。

造人及以公義審判地之上帝、今立於違理者之審判前、如罪人被控、被扯賴於泥手。

生神女颂

节句：祈至圣母救我等。

至无玷者欸、因尔诚为上帝之母、求代祈造尔之子导我至其荣旨施救之停泊。

又圣颂典 十字架复活圣颂典
首节：先知认识到

节句：主欸、赞荣尔尊十字架、及荣复活。

不识罪之主、因原罪故受本性外之人体、为救普世击散诱人之魔。

节句：主欸、赞荣尔尊十字架、及荣复活。

尔被钉十字架、释原祖亚当之罪、缘此我获间尔能力、因尔降至特为教尔众被傅油者。

节句：祈至圣母救我等。

由圣女所生者受死、为复苏迷惘之亚当、尔降世为救被罪所坏者、则死见尔坚固而惊惧。

又圣颂典 生神女圣颂典
首节：上帝基督、祢未离开

节句：祈至圣母救我等。

满被赞扬者、系上帝所悦极华丽者、以荣光超万有者、求以尔光辉光照歌颂尔者。

Refrain: Most holy Theotokos save us.

Pure Virgin Mother, for mortals you gave birth to God, incarnate from your pure blood, who redeems from many faults those who love honour you and sing your praise.

Refrain: Most holy Theotokos save us.

Rational nature, now initiated into the ineffable mystery of your childbearing, ministers as priest to the One who dawned from you, O All-praised.

Ode 5. The Irmos.

Night is without light for unbelievers, O Christ, but enlightenment to believers in the delight of divine words. Therefore I rise to you at dawn and sing the praise of your Godhead.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

You are sold on behalf of your slaves, O Christ, and endure a blow, cause of freedom for those who sing to you. I rise to you at dawn and sing the praise of your Godhead.

Refrain: Glory to Thy holy Resurrection O Lord.

By your divine power, O Christ, through the weakness of the flesh you overthrew the strong one and declared me victor over death, O Saviour, through your Resurrection.

Theotokion

Refrain: Most holy Theotokos save us.

In a manner fitting God, All-praised Mother, you gave birth to God become incarnate from you; since you did not know the marriage bed of a male, but you conceived from the holy Spirit.

Another, of Cross and Resurrection.

The Irmos. O Lord my God.

Refrain: Glory to Thy precious Cross and Resurrection.

When, numbered with the lawless, you were lifted up on Calvary, the great lights hid themselves and the earth was shaken, and the splendour of the Temple was rent, showing the rejection of the Hebrews.

Refrain: Glory to Thy precious Cross and Resurrection.

With hymns we glorify you that destroyed all the power of the tyrant by the incomprehensible strength of your Godhead and raised the dead by your Resurrection.

Refrain: Most holy Theotokos save us.

All-praised Mother of God, Mother of the King and God, by your intercessions send down pardon of offences to those who with faith and love ever praise you in hymns.

Another, of the Mother of God.

The Irmos. The same.

Refrain: Most holy Theotokos save us.

When Jacob saw a ladder stretching to the heights he learned an image of your virginity; for through you, all-pure Lady, God associated with humankind.

Refrain: Most holy Theotokos save us.

O Virgin, as through you we have now found eternal redemption, with eagerness we cry to you, 'Hail, Bride of God!' And joyful in your light with hymns we sing to you, All-praised.

节句：祈至圣母救我等。

至洁童贞圣母坎、尔生由尔至洁血受人体之上帝、为赦以爱慕赞扬及恭敬尔者之多罪。

节句：祈至圣母救我等。

鸿福满被赞扬者、能言之性体因今识尔不可测生产之奥秘、事奉由尔而显者。

圣歌五 首节

基督坎、宵时为不信者俾弗晓、而为信者启明、缘伊等以尔甘言获光照、故我早寤向尔、且赞颂尔上帝之威赫。

圣颂

节句：主坎、赞荣尔圣复活。

基督坎、尔代尔仆受卖及被批颊、为救赎歌颂尔者曰、我早寤向尔且赞颂尔上帝之威赫。

节句：主坎、赞荣尔圣复活。

基督坎、以尔上帝之能力、借肉躯之劣弱攻败坚固者、救世者坎、借尔复活使我胜死。

生神女颂

节句：祈至圣母救我等。

满被赞扬至洁圣母坎、尔生受人体之上帝、乃合上帝所宜者、因尔不识夫而借圣神产生之。

又圣颂典 十字架复活圣颂典

首节 上主、我的上帝

节句：主坎、赞荣尔尊十字架、及荣复活。

尔列于罪犯中、及于髑髅地被举时、日蚀地震、堂幔中分、而明显希伯来民之背逆。

节句：主坎、赞荣尔尊十字架、及荣复活。

我众以歌颂赞扬尔、依不可测上帝之能力败魔之权、及以尔复活使亡人复苏者。

节句：祈至圣母救我等。

上帝主宰满被赞扬之母坎、求以尔转达洁净以信爱恒歌颂尔者之罪。

又圣颂典 生神女圣颂典

首节 同一首节

节句：祈至圣母救我等。

不识夫者坎、昔雅各见通天之梯、喻此为尔之预像、因借尔至洁宰后上帝受人体。

节句：祈至圣母救我等。

圣女坎、我众今借尔获永拯救者、尽心向尔吁曰、庆哉圣聘女云、并借尔满被赞扬者之荣光、获喜乐者、以歌颂赞扬尔。

Refrain: Most holy Theotokos save us.

The Bridegroom found you, O Virgin, only lily among thorns, shining with the brightness of purity and the light of virginity, he made you his Bride.

Ode 6. The Irmos.

Sick on the rolling swell of the cares of this life, thrown overboard by the sins that sail with me and hurled to the soul-destroying beast, like Jonas I cry out to you, O Christ, 'Bring me up from this death-dealing deep'.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The souls of the righteous, shut up and forsaken in Hell, remembered you and prayed for salvation from you. This you granted through the Cross, O Christ, when in your compassion you went down to the regions below the earth.

Refrain: Glory to Thy holy Resurrection O Lord.

The choir of the Apostles despaired of looking again towards your living temple, not made with hands, that had been destroyed by sufferings. But worshipping beyond hope they proclaimed everywhere that it had been raised again.

Theotokion

Refrain: Most holy Theotokos save us.

What human can explain the manner of your ineffable child-bearing for our sake, all-blameless Virgin, Bride of God? For God the Word, who is uncircumscribed, being made one with you, from you became flesh.

Another, of Cross and Resurrection.

The Irmos. Jonas from the bowels of Hell.

Refrain: Glory to Thy precious Cross and Resurrection.

Willingly lifted up on the Cross, O Saviour, you took prisoner the might of the foe. On it, loving Lord, you nailed the record of our sin.

Refrain: Glory to Thy precious Cross and Resurrection.

When you rose from the dead, O Saviour, you raised up with you the human race, granting us life and incorruption, for you love humankind.

Refrain: Most holy Theotokos save us.

Mother of God, do not cease to entreat our God, to whom you gave birth beyond explanation, that those who sing your praise, ever-Virgin, may be delivered from dangers.

Another, of the Mother of God.

The Irmos. Sick on the rolling swell.

Refrain: Most holy Theotokos save us.

Types in the Law and the sayings of the Prophets clearly foretold that you would give birth to the Benefactor of all creation, Pure Virgin, who in many and varied ways had bestowed benefits on those who with faith sing your praise.

Refrain: Most holy Theotokos save us.

Adam, the first-formed, was exiled of old by the plot of the slayer of mortals, from the delight of Paradise. But you, Virgin who knew not wedlock, led him back again, by giving birth to the One who delivered us from transgression.

Refrain: Most holy Theotokos save us.

The One who by his divine purpose and creative power brought the universe into being from non-existence came forth from your womb, pure Virgin, and shone with the blaze of divine lightning on those in the shadow of death.

节句：祈至圣母救我等。

无玷者欤、新郎见尔独一以洁德及童贞发光之圣女、如棘中百合花、纳尔为新妇。

圣歌六 首节

基督欤、我游于世界憧扰之渊、及溺于罪之波涛、掷于害灵之野兽、我如约拿向尔吁曰、由施死之渊拯援我云。

圣颂

节句：主欤、赞荣尔圣复活。

基督欤、被囚于地狱诸灵、因丧失义人分业而纪念尔、并求尔拯救、尔系慈怜者、降地狱、以十字架施拯救于伊等。

节句：主欤、赞荣尔圣复活。

诸使徒无望复见尔因难被毁非手所造赋灵之堂、伊等之叩拜尔、实出望外、放普传尔之复活。

生神女颂

节句：祈至圣母救我等。

圣聘女欤、谁能讲尔为众产生至善者之形状、盖上帝圣言不可测结、合于尔而为人。

又圣颂典 十字架复活圣颂典

首节 约拿由鱼腹中出来

节句：主欤、赞荣尔尊十字架、及荣复活。

救世者甘愿被举于十字架而夺魔权、至善者将死券钉于十字。

节句：主欤、赞荣尔尊十字架、及荣复活。

救世者以全能复活、使人类偕已复苏、且系爱人者、赐我等常生及无朽。

节句：祈至圣母救我等。

求至洁永贞圣母不绝代祈由尔不可测所生之上帝、使歌颂尔者得越诸祸灾。

又圣颂典 生神女圣颂典

首词 今生之挂虑

节句：祈至圣母救我等。

法律预像及先知预言、明示尔超万物至洁者将生恩主、乃以多方施恩于诚信歌颂尔者。

节句：祈至圣母救我等。

婚而不媾者、因尔生由罪中救赎我等之主、使昔因魔诱失天堂福乐之亚当复获福乐。

节句：祈至圣母救我等。

至洁者欤、以上帝之意及全能之力、从虚无创造者由尔腹出、且以上帝之光、照耀在死暗者。

*Kontakion. 7th Tone.**No longer does the sword.*

No longer does the might of death have power to keep mortals captive; for Christ came down, breaking in pieces and destroying its power. Now Hell is bound, the Prophets with one in joy declare, 'The Saviour has appeared to those with faith. Come out you faithful to the Resurrection!'

The Ikos.

All that is beneath the earth, Hades and death, trembled today before one of the Trinity; the earth quaked, the gate-keepers of Hades, when they saw you, quailed; all creation, rejoicing with the prophets, sings you a song of victory, our Re-deemer and God, who destroyed the power of death. Let us shout with joy and cry out to Adam and to Adam's race, 'Come out, you faithful, to the Resurrection!'

Ode 7. The Irmos.

The Youths of old revealed the furnace that blazed with fire to be moist with dew, as they sang the praise of the one God and said, 'O highly exalted and highly glorified God of our Fathers'.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Adam having by his own will worked disobedience was slain by a tree, but by Christ's obedience he was refashioned. Because for my sake was crucified the Son of God, the highly glorified.

Refrain: Glory to Thy holy Resurrection O Lord.

All creation sang your praise, O Christ, when you rose from the tomb; for you made life flower for those in Hades, resurrection for the dead and light for those in darkness, O highly glorified.

Theotokion

Refrain: Most holy Theotokos save us.

Hail, daughter of Adam, who fell into corruption! Hail, only Bride of God! Hail, who bore God and through whom corruption was banished! Entreat him, Pure Virgin that we may all be saved.

*Another, of Cross and Resurrection.**The Irmos. Οἱ ἐν καμίνῳ τοῦ πυρός.*

Refrain: Glory to Thy precious Cross and Resurrection.

On the Tree of the Cross you blunted the goad of sin, and by the lance in your side you abolished the record of Adam's transgression. Blessed are you, O Lord, the God of our Fathers.

Refrain: Glory to Thy precious Cross and Resurrection.

You were pierced in the side and with the drops of your divine Blood you cleaned the earth that had been polluted with the bloodshed of the folly of idolatry. Blessed are you, O Lord, the God of our Fathers.

Refrain: Most holy Theotokos save us.

Mother of God, you made the enlightenment that is before the sun dawn for world, Christ who delivered from darkness and enlightened all with knowledge of God, as they cried, Blessed are you, O Lord, the God of our Fathers.

集祷颂 第七调式
通用调式 刀剑不再

自今死之权、再弗辖人矣、因基督降临而败灭其能力、地狱被繫、诸先知和合喜乐曰、救世者至于信者前、诸诚信者应出而获复活。

行述赞

地狱及死今见尔圣三之一下降而战栗、地震而地狱门隶惊惧、万物偕诸先知欢欣、以凯歌歌颂尔系灭死权、及救赎我等之上帝、故我众宜向亚当及其裔吁曰、十字架之木、使尔复享福、诚信者应唱而获复活。

圣歌七 首节

昔三圣童以炮烙火窑、易之为施露、而赞颂独一上帝曰、满被赞扬我等祖父之上帝、系被赞荣者。

圣颂

节句：主欸、赞荣尔圣复活。

阿当甘愿犯诫命、因树获死、而借基督之顺旨、复获饬、被赞荣之上帝子、为我等受十字架之难。

节句：主欸、赞荣尔圣复活。

基督欸、万物歌颂尔由死中复活者、因尔乃在黑暗者被赞荣之光、发生命于在地狱者、施复活于诸死者。

生神女颂

节句：祈至圣母救我等。

庆哉属死之阿当之女、庆哉独一圣聘者、庆哉因尔而死被灭、庆哉生上帝者、求至洁者代祈伊施拯救于我等中。

又圣颂典 十字架复活圣颂典
首节 进入燃烧着的火窑

节句：主欸、赞荣尔尊十字架、及荣复活。

尔被钉十字架时、以枪刺胁、钝罪之螫、拆亚当罪券、主我等祖父之上帝、系被赞扬者。

节句：主欸、赞荣尔尊十字架、及荣复活。

尔被枪刺胁之时、倾尔圣血以洁地、因其系被祀偶之血所污者、主我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

圣母欸、尔发出光照普世之日、即基督由黑暗中救众、使识上帝而获光照、乃呼吁曰、我等祖父之上帝、系被赞扬者。

*Another, of the Mother of God.
The Irmos. The Youths of old revealed.*

Refrain: Most holy Theotokos save us.

Having you as his possession, O Virgin, an adornment wrought in gold, of many colours, he loved you, your Creator and Lord, the highly exalted and highly glorified God of our Fathers.

Refrain: Most holy Theotokos save us.

When Isaías of old received the coal and was cleansed, O Maiden, he saw in symbol your Offspring, the highly exalted and highly glorified God of our Fathers.

Refrain: Most holy Theotokos save us.

When the godly Prophets of old saw symbols of your godly child-bearing they raise in harmony, O Virgin, clothed in a robe of many colours a song of praise and cried, ‘O highly exalted and highly glorified God of our Fathers’.

Ode 8. The Irmos.

Unconsumed by fire, the bush on Sinai spoke and made God known to the slow-tongued Moses, clumsy in speech; and the burning zeal for God revealed the three young men unharmed by fire and singing, ‘All you works of the Lord, praise the Lord, and highly exalt him to all the ages’.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The most-pure spiritual Lamb, slaughtered for the sake of the world, brought to an end the offerings according to the Law, purifying as God without transgressions the world which ever cries, ‘All you works of the Lord, praise the Lord, and highly exalt him to all the ages’.

Refrain: Glory to Thy holy Resurrection O Lord.

The flesh assumed by our Creator, which was not incorruptible before the Passion, after his Passion and his Rising was rendered inaccessible to corruption, and it makes mortals new as they cry, ‘All you works of the Lord, praise the Lord, and highly exalt him to all the ages’.

Theotokion

Refrain: Most holy Theotokos save us.

Your total purity and lack of blemish, O Virgin, purified the inhabited world of filth and pollution, and you became for us, O all-pure, the cause of our being reconciled to God. Therefore, O Virgin, we bless and highly exalt you to all the ages.

*Another, of Cross and Resurrection.
The Irmos. The King of glory, alone without beginning.*

Refrain: Glory to Thy precious Cross and Resurrection.

The One who willingly endured the Passion and by his own design was nailed to a Cross and abolished the powers of Hades, praise him, you Priests, highly exalt him, you peoples, to all the ages.

Refrain: Glory to Thy precious Cross and Resurrection.

The One who made the might of death no effect and who rose from the tomb in glory and saved the human race, praise him, you Priests, highly exalt him, you peoples, to all the ages.

Refrain: Glory to Thy precious Cross and Resurrection.

The Word, alone compassionate and pre-eternal, who was born in the last times from a Virgin and abolished the ancient curse, praise him, you Priests, highly exalt him, you peoples, to all the ages.

又圣颂典 生神女圣颂典

首节 昔日、三圣童

节句：祈至圣母救我等。

圣女坎、造尔之主、爱惜尔为极美之金罇、满被赞扬我等祖父之上帝、系被赞荣者。

节句：祈至圣母救我等。

圣女坎、昔以赛亚受火炭而获洁、因借预像见由尔所生、满被赞扬我等祖父之上帝、系被赞荣者。

节句：祈至圣母救我等。

昔诸先知见由尔生上帝之预像以喜歌颂曰、满被赞扬我等祖父之上帝、系满赞荣者。

圣歌八 首节

在西奈山著火而不烬之棘丛、显现上帝于舌吃鼻塞之摩西、为上帝热衷之三幼童于火窑亦成焚不烬之歌颂者曰、主所造之物应歌颂主、且赞扬之于无穷世。

圣颂

节句：主坎、赞荣尔圣复活。

代普世被宰灵明至洁之羔、止法律所定之祀、无罪之上帝洁净普世、其乃呼吁曰、主所造之物、应歌颂主、且赞扬之于无穷世。

节句：主坎、赞荣尔圣复活。

造万物者、所受我等人体于未遇难前乃属朽坏者、殆受难复活后朽壤乃不克侵制之、并使属死者咸与维新、伊等呼吁曰、主所造之物、应歌颂主、且赞扬之于无穷世。

生神女颂

节句：祈至圣母救我等。

至洁圣女坎、尔至洁无玷、亦使普世洁诸污、为上帝与我等和睦之缘、故我众赞荣尔圣女、且赞扬尔于无穷世。

又圣颂典 十字架复活圣颂典

首节 唯一无始者

节句：主坎、赞荣尔尊十字架、及荣复活。

甘愿受难顺己意被钉十字架、且败地狱能力者、司祭宜歌颂、众人宣称美之于无穷世。

节句：主坎、赞荣尔尊十字架、及荣复活。

灭死权以威荣由枢复活及救人类者、司祭宜歌颂、众人宣称美之于无穷世。

节句：主坎、赞荣尔尊十字架、及荣复活。

诸世前即在、独一慈怜之圣言、末世由圣女降生、而释古昔诅詈者、司祭宜歌颂、众人宣称美之于无穷世。

*Another, of the Mother of God.
The Irmos. Unconsumed by fire.*

Refrain: Most holy Theotokos save us.

By the splendour of your childbearing, Mother of God, you have marvellously enlightened the inhabited world. For you carry in your arms the true God, who makes radiant the faithful who ever cry, ‘All you works of the Lord, praise the Lord, and highly exalt him to all the ages’.

Refrain: Most holy Theotokos save us.

Pure Virgin, we devoutly sing the praise of your womb which contained God, incarnate beyond explanation, who gives the enlightenment of the knowledge of God to all the faithful who ever cry, ‘All you works of the Lord, praise the Lord, and highly exalt him to all the ages’.

Refrain: Most holy Theotokos save us.

With the bright rays of your light you make light those who sing your praise, pure Mother of God, parent of the light; for you appeared as tabernacle of light, making radiant with light those who ever cry, ‘All you works of the Lord, praise the Lord, and highly exalt him to all the ages’.

Then we sing the song of the Virgin: My soul magnifies the Lord: with the refrain: More honorable than the Cherubim:

Ode 9. The Irmos.

Conceiving without knowing corruption, lending your flesh to the Word, the deviser of all, Mother knowing no man, Virgin Mother of God, vessel of the uncontainable, space for your infinite Maker, we magnify you.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Shut your mouths, all you that with minds gone astray make sufferings harmonize with Godhead; for it is the Lord of glory, crucified in the flesh, but not crucified in his divine nature, as one in two natures, that we magnify.

Refrain: Glory to Thy holy Resurrection O Lord.

You that reject the resurrection of bodies go to the grave of Christ and be taught that the flesh of the Giver of life was slain and rose again in confirmation of the final Resurrection, for we hope.

Triadikon

Refrain: Most Holy Trinity, our God, glory to Thee.

As we honour not a Trinity of godheads but of hypostases, not a Unity of persons but of God-head, we cut off those who divide it, while we confound those who dare to confound this Trinity which we magnify.

*Another, of Cross and Resurrection.
The Irmos. Mother of God and Virgin.*

Refrain: Glory to Thy precious Cross and Resurrection.

Light from light, radiance of the Father’s glory, shining out timelessly, Christ shone for the life of mortals that were in darkness and dispelled the pursuing darkness. Without ceasing we the faithful magnify him.

又圣颂典 生神女圣颂典

首节 在西奈山上、焚而不毁之荆棘

节句：祈至圣母救我等。

圣母坎、尔以尔所生者之光奇妙照耀普世、因曾怀抱真上帝、乃光照诸虔信者、其乃恒呼吁曰、主所造之物、应歌颂主且赞扬之于无穷世。

节句：祈至圣母救我等。

至洁者坎、我众以虔诚赞美尔腹包涵莫测受人体之上帝、使诸诚信者获识上帝以光照之、其乃恒呼吁曰、主所造之物、应歌颂主、且赞扬之于无穷世。

节句：祈至圣母救我等。

至洁宠光之母坎、尔以尔光之耀、光照歌颂尔者、因为圣光之居所、而光明呼吁者曰、主所造之物、应歌颂主、且赞扬之于无穷世。

于圣第九歌颂前唱至圣生神女之歌：我灵惟感颂主、我神惟悦上帝救我者。

节句：我等赞扬尔革鲁宾而尊、逾塞拉芬、荣光无比、无损而生上帝言、诚上帝之母云。

圣歌九 首节

童贞圣母无损而生娩者、予造万物之圣言而受人体、无夫之母为不可容者之容藏、无限量造尔者之居处、我等赞颂尔。

圣颂

节句：主坎、赞荣尔圣复活。

尔等上帝性体受难者宜缄口、尔等意乃奇怪、我等所赞荣一位兼两性威荣之主、非以上帝性、第以人性被钉十字架者。

节句：主坎、赞荣尔圣复活。

尔等不信死而复活者、宜往至基督之枢前得知、施生活者被死、而肉驱复活、为证我等候望末世之复活。

圣三颂

节句：至圣三者、我等上帝、赞荣尔。

我众所承认者非三上帝第三位、非一位第一上帝、我等灭摈分裂圣三者、我等羞辱联合圣三者。

又圣颂典 十字架复活圣颂典

首节 上帝的童贞之母

节句：主坎、赞荣尔尊十字架、及荣复活。

基督系由光之光、以圣父诸世前荣光之光耀、光照于黑暗之人类、分散其蔽翳、我众诚信者不绝赞扬之。

Refrain: Glory to Thy precious Cross and Resurrection.

As they contemplate the sufferings of the flesh and the strength of the Godhead in Christ let those who maintain one compound nature be ashamed; for he died as man, but rose again as Creator of the universe.

Refrain: Most holy Theotokos save us.

‘Apart from you I know no other God’, your Church cries out to you, ‘who chose me as your own bride from unbelieving nations.’ Then give salvation to believers, O Word, at the prayers of her who bore you, for you are compassionate.

Another, of the Mother of God.

The Irmos. The same.

Refrain: Most holy Theotokos save us.

Ever-virgin maiden, you were declared to be for us cause of eternal joy and gladness, for you carried in your womb the Redeemer, who redeems those who in truth and in the divine Spirit honour him as God.

Refrain: Most holy Theotokos save us.

David, your forefather, in a psalm names you ark of divine sanctification, O All-pure, who contained beyond nature the One who is seated in the Father’s bosom. Without ceasing we the faithful magnify him.

Refrain: Most holy Theotokos save us.

You are truly higher than all creation, O Maiden; for for us you gave birth in bodily form to the Creator of all things; therefore, as Mother of the only Master, you royally carry off the victory against all.

After katavasia there is a small litany. Then we sing Holy is the Lord our God.

Exapostilarion, the prescribed Eothinon. At Lauds, Let everything that has breath. We insert 8 Stichera.

Resurrection Stichera. Tone 7.

Verse 8: To execute upon them the judgement that is decreed; such glory will be for all his holy ones.

Christ has risen from the dead, loosing the bonds of death; earth proclaim the good tidings of great joy; heavens sing out the glory of God.

Verse: Praise God in his saints; praise him in the firmament of his power.

Having seen the Resurrection of Christ, let us worship holy Lord Jesus, the only sinless one.

Verse: Praise him for his mighty acts; praise him according to the greatness of his majesty.

We do not cease to worship Christ's Resurrection, for he has saved us from our iniquities, holy is Lord Jesus who showed forth the Resurrection.

Verse: Praise him with the sound of the trumpet; praise him with lute and harp.

What return shall we make to the Lord for all that he has given back to us? For us God came among men; for our corrupted nature the Word became flesh and dwelt amongst us; the Benefactor to the ungrateful; the Liberator to the prisoners; the Sun of justice to those who sat in darkness; the im-passible to the Cross; the Light to Hades; Life to death; Resurrection for the fallen: to him we cry out: Our God, glory to you!

节句：主欸、赞荣尔尊十字架、及荣复活。

当那些坚持基督有一混合的本性的人默思基督在肉身内受苦受难、在神性内具有力量的时候、愿他们蒙受羞辱。因为像人一样地死了、却像宇宙的创造者那样地复活了。

节句：祈至圣母救我等。

圣言者欸、圣教会向尔呼吁曰、尔之外我等弗识他主、因尔由异邦民中选我为继尔之圣聘者、求借尔圣母之代祈施拯救于诚信者、因系慈怜者。

又圣颂典 生神女圣颂典

首节 同一首节

节句：祈至圣母救我等。

永贞圣女欸、尔生救世者、为我众永喜乐之转达、我众以圣神及真实诚认伊乃救援之上帝。

节句：祈至圣母救我等。

至洁者欸、尔祖大卫赞颂尔为上帝圣物之宝藏、内涵超性生圣父怀之上帝、而我众诚信不绝赞扬之。

节句：祈至圣母救我等。

圣女真为超诸物者、因生受人体造诸物者、故系独一主宰之母、有权胜诸仇。

合众词后小连祷、后唱：圣哉、上主、我众之上帝。(三次)

差遣颂、指定的咏赞词。诵念赞美圣咏「凡有呼吸者……」时、插入八段赞词。

复活行间赞词 第七调式

插入八句赞颂：为以所纪录之审判行于伊等、斯荣耀皆属其圣人。

基督由死中复活、而拆毁死之缚、地宜宏喜之信、天宜赞颂上帝之荣。

诗节：众宜赞美主于其圣所、赞美其荣名穹苍。

我等既睹基督之复活、宜叩拜独一无罪圣主耶稣。

插入四节赞词：因其全能赞美之、因其宏威赞美之。

我众宜不绝叩拜基督之复活、因圣主耶稣借复活救我等于诸罪恶。

诗节：以角声赞美、以琴以瑟赞美。

我众何以报主所施于我等之恩、因上帝为我等而为人、圣言为整理朽坏之人体、成为肉驱、居于我侪间、乃我众忘恩人之施恩者、乃我等被掳人之解释者、乃坐于黑暗者之义德之日、乃非能受难者钉于十字架上、乃地狱中之光、死中之生命、坠落者之复活、故我等宜向之呼吁曰、我等上帝赞荣尔。

Other Stichera by Anatolios

Verse: Praise him with timbrel and dance; praise him with strings and pipe.

By your mighty power, Lord, you have smashed the gates of Hades and destroyed the might of death; and raised with yourself the dead who slept from eternity in darkness, by your divine and glorious Resurrection, as King of the universe and all-powerful God.

Verse: Praise him with tuneful cymbals; praise him with loud cymbals. Let everything that has breath praise the Lord.

Come, let us rejoice in the Lord and be glad in his Resurrection; for he has raised the dead with himself from the indissoluble bonds of Hades, and as God granted the world eternal life and his great mercy.

Verse: Arise, O Lord, my God, lift up your hand: do not forget your poor for ever.

A dazzling Angel sat on the stone of the grave that held Life, and gave the good tidings to the Myrrh-bearing women saying: The Lord has risen, as he foretold to you; announce to his Disciples that he goes before you into Galilee; while to the world he grants eternal life and his great mercy.

Verse: I will give you thanks, O Lord, with my whole heart: I will tell of all your wonders.

Lawless Jews, why did you reject the Corner-stone? This is the stone which God placed in Sion, the God who made water spring from the rock in the wilderness, and poured immortality for us from his side; this is the stone which was hewn from the Virgin mountain, with the will of man, the Son of man who is coming on the clouds of heaven before the Ancient of days, as Daniel said, and his Kingdom is eternal.

Glory. The Eothinon.

Both now. Theotokion.

You are most blessed, O Virgin Mother of God, for through him who took flesh from you, Hell has been captured, Adam recalled, the curse slain, Eve set free, death put to death, and we given life. Therefore in praise we cry: Blessed are you, Christ our God, who have been thus well-pleased, glory to you.

Then the Great Doxology and after it the Resurrection Troparion.

Today salvation has come to the world. Let us sing to him who rose from the tomb, the Author of our life. For destroying death by death, he has given us the victory and his great mercy.

The Litanies and Dismissal.



又行间赞词 阿纳托利作

诗节：以鼓及伶赞美、以弦及笙笛赞美。

主欸、尔败地狱之门、以尔宏能灭死权、因尔乃全能上帝及众之主宰、借尔荣复活、使诸自古寝于翳暗之亡人偕已复苏。

诗节：以和声之钹赞美、以大声之铙赞美、凡有呼吸者、宜赞扬主。

请众至主前、以其复活欢欣喜乐、因其由地狱莫解之縲绁、复苏诸死者、因其乃上帝施宏恩及常生于普世。

诗节：主欸、我上帝欸、起举尔手、莫忘尔之受窘迫者。

坐在受生活墓石上之辉耀天神、向携香液女报曰、主如前言已复活矣、转告使徒等、伊必遇尔于加利利、且施宏恩及常生于普世。

诗节：主欸、我将尽心称扬尔、而传扬尔之诸奇事。

违理犹太人乎、何为藐视隅首之石、此石乃昔在旷野自石流水及从己胁涌常生之上帝置于锡安者、此石乃由童贞之由无夫所凿者、此乃先知但以理所言之乘云至自古常在者之人子、其国无终。

荣耀归于父…… 咏唱主日昧爽赞词

自今至永远…… 生神女颂

童贞上帝圣母、尔系被赞扬者、因由尔受人体者掳地狱、召苏亚当灭诅詈、释夏娃灭死、而我等获生、故赞颂曰、如此行之上帝基督、实宜受赞扬、故我等赞荣尔。

咏唱大荣耀颂、之后咏唱复活圣颂：

今普世得救赎、我等歌颂吾等生命之帅、由枢而复活者、因其以死灭死、赐凯胜及宏恩于我众。

连祷及遣散词





AT THE LITURGY

Typika and Beatitudes.

on 8. Blessed are the merciful, for they shall obtain mercy.

The fruit which slew me was beautiful and good to eat; but Christ is the Tree of life, and eating of Him I do not die, but cry out with the thief: Remember me, O Lord, in Thy kingdom!

on 7. Blessed are the pure in heart, for they shall see God.

O Compassionate One, Who wast lifted up upon the Cross, Thou hast erased the record of Adam's ancient sin, and hast saved the whole human race from deception. Wherefore, we hymn Thee, O Lord and Benefactor.

on 6. Blessed are the peacemakers, for they shall be called sons of God.

Thou didst nail our sins to Cross, O compassionate Christ, and by Thy death Thou didst slay death, O Thou who didst raise up the dead from among the dead. Wherefore, we worship Thy holy resurrection.

on 5. Blessed are they that are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

The serpent once poured its venom into the ears of Eve; but on the tree of the Cross, Christ poured forth the sweetness of life upon the world. Wherefore, we cry out: Remember us, O Lord, in Thy kingdom!

on 4. Blessed are ye when men shall revile and persecute you and say all manner of evil against you falsely for My sake.

Thou wast laid in the tomb as one dead, O Christ, Thou Life of all; and Thou didst break down the gates of hades; and having risen again in glory on the third day as One mighty, Thou hast illumined all. Glory to Thine arising!

on 3. Rejoice and be exceeding glad, for your reward is great in the Heavens.

Having risen from the dead on the third day, the Lord bestowed His peace upon His disciples; and having blessed them, He sent them forth saying: Lead all into My kingdom!

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

The Father is light; the Son and Word is light; and the Holy Spirit is light. Yet the Three are one Light, for they are one God in three Persons, One in nature and origin, indivisible, unconfused and preeternal.

Both now and for ever, and to the ages of ages. Amen. Theotokion.

For our sake thou gavest birth in the flesh to the Son and Word of the Father, as thou hast declared, O Theotokos. Wherefore, O Virgin Mother, we who are deified through thee cry out to thee: Rejoice, O hope of Christians!





事奉圣礼

真福颂赞词

八、**哀**矜者诚福、因伊等将蒙哀矜。

致我死之果、乃适口悦目者、基督乃生命之树、食其果我永不死、而偕右盗呼吁曰、主欤、于尔国怜念我。

七、**心**净者诚福、因伊等将得见上帝。

宏恩者被举于十字架、勾销亚当古罪之券、而救人类于迷惘、故我众歌颂尔乃施恩之主。

六、**敷**和者诚福、因伊等将称为上帝子。

宏恩之基督欤、尔以我等罪钉于十字架上、以己死灭死、使死者复苏、故我众叩拜尔圣复活。

五、**为**义被窘害者福、因天国属伊等。

昔蛇以毒言注于夏娃之耳、而被钉十字架之基督注常生之福乐于普世、故我众曰、主欤、于尔国怜念我等。

四、**既**人因我而诽谤尔、迫害尔、诸妄言诅詈尔、则尔诚福。

万物生命之基督、乃如死而置于柩者、因系全能者坏地狱之门、第三日以荣复活光照众人、我众赞荣尔复活。

三、**尔**当欣喜悦乐、因在天尔之赏厚。

第三日由死中复活之主、赐安和于使徒等、而降福遣之曰、尔等宜引众入我之国。

荣耀归于父及子及圣神：

圣父乃光、圣子即圣言乃光、圣神乃光、第三光实是一光、因上帝乃独一三位一体同原者、不相离、不相合诸世前在者。

自今至永远及于万世。阿民：**生神女颂**

圣母欤、尔生子系上帝圣父之言、伊随己意受人体而降世、故我众借尔童贞圣母与上帝体合者呼吁曰、庆哉正教者之冀望。



Resurrection Apolytikion.

You abolished death by your Cross, you opened Paradise to the Thief, you transformed the Myrrhbearers' lament and ordered your Apostles to proclaim: that you had risen, O Christ God, granting the world your great mercy.

*Resurrection Kontakion.
No longer does the sword.*

No longer does the might of death have power to keep mortals captive; for Christ came down, breaking in pieces and destroying its power. Now Hell is bound, the Prophets with one in joy declare, 'The Saviour has appeared to those with faith. Come out you faithful to the Resurrection!'

Prokeimenon. Psalm 28

The Lord will give strength unto His people; the Lord will bless His people with peace.

Verse: Bring unto the Lord, ye sons of God, bring unto the Lord the sons of rams; bring unto the Lord glory and honour.

Alleluia. Psalm 91

Verse: It is good to give praise unto the Lord, and chant unto Thy Name, O Most High.

Verse: To proclaim in the morning Thy mercy, and Thy truth by night.

The communion hymn on sundays: Praise the Lord from heaven, praise him in the highest. Alleluia, alleluia, alleluia.



复活遣散颂

上帝基督欤、尔以十字架败坏死之权、为右盗开天堂、易携香液女之哀为喜、命使徒传宣尔复活、以赐宏恩于普世。

集祷颂

通用调式 刀剑不再

自今死之权、再弗辖人矣、因基督降临而败灭其能力、地狱被繫、诸先知和合喜乐曰、救世者至于信者前、诸诚信者应出而获复活。

经前咏 圣咏28

主将赐能力于其民、主将降平安之福于其民。

诗节：上帝子等当献于主、以荣光恭敬献于主。

阿利鲁伊亚 圣咏91

诗节：至上者欤、赞荣主、歌颂尔名乃为善。

诗节：于旦传扬尔之恩、尔之真实于夜亦然。

主日各调式领主颂：赞主于天中、赞主于苍穹。阿利路亚、阿利路亚、阿利路亚。



第七调

主日小赞词

祢 以 祢 的 十 字 架 摧 毀 了 死 亡，
Mi yi Mi de shi - zi - jia cui - hui - le si - wang,

爲 右 盜 開 啟 了 樂 國 之 門，
wei you dao kai - qi - le le - yuan zhi men,

使 攜 香 液 女 轉 悲 爲 喜，
shi xie xiang ye nǚ zhuan bei wei xi,

命 自 己 的 使 徒 傳 報：
ming zi - ji de shi - tu chuan bao:

上 帝 基 督， 祢 已 復 活，
Shang - Di Ji - Du, Mi yi fu - huo,

並 賜 予 普 世 宏 恩。
bing ci - yu pu shi hong en.

第七调

主日副赞词

13
死 亡 的 權 勢 再 也 無 法 俘 獲 世 人，
Si - wang - de quan - shi zai ye wu - fa fu-huo shi - ren,

15
因 為 基 督 降 臨， 擊 碎 並 摧 毀 了 死 亡 的 權 能。
yin - wei Ji - Du jiang - lin, ji sui bing cui-hui-le si - wang de quan-neng.

17
陰 府 被 束 縛， 眾 先 知 一 道 喜 樂，
Yin fu bei shu - fu, zhong xian - zhi yi-dao xi - le,

19
宣 告 說： 救 主 已 顯 現 於
xuan - gao shuo: Jiu Zhu yi xian - xian yu

21
懷 有 信 德 之 人。 信 者 啊，
huai you xin - de zhi ren. Xin - zhe a,

23
你 們 出 來 獲 得 復 活 吧！
ni - men chu - lai huo - de fu - huo ba!

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第八調式

主日八調贊詞

SUNDAY OCTOECHOS

TONE 8



Sunday Octoechos

Tone 8

主日八调赞词

第八调式



TONE 8
ON SATURDAY EVENING
AT GREAT VESPERS

After the Opening Psalm and the first Kathisma of the Psalter, at Lord I have cried, we insert 10 Stichera, and we sing 7 Resurrection Stichera and 3 of the Saint of the day, or 4 and 6 if the Saint is 'feasted'.

Resurrection Stichera. Tone 8.

Verse 10: Bring my soul out of prison, that I may confess your name.

We offer you, O Christ, an evening hymn and spiritual worship; because you were well-pleased to have mercy on us through the Resurrection.

Verse: The just will await me, until you reward me.

Lord, Lord, do not cast us away from your presence; but be well-pleased to have mercy on us through the Resurrection.

Verse 8: Out of the depths I have cried to you, O Lord. Lord hear my voice.

Hail holy Sion, Mother of the Churches, dwelling place of God; for it was you who first received forgiveness of sins through the Resurrection.

Other Stichera, by Anatolios.

Verse: Let your ears be attentive, to the voice of my supplication.

The Word begotten of God the Father before the ages, but in the last times incarnate of her who knew not wedlock, willingly endured the crucifixion of death, and mankind, slain of old, He saved through his own Resurrection.

Verse 6: If you, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

We glorify your Resurrection from the dead, O Christ, through which You freed Adam's race from the tyranny of Hades, and as God granted the world eternal life and your great mercy.

Verse: For your name's sake I have waited for you, O Lord. My soul has waited on your word. My soul has hoped in the Lord.

Glory to you, Christ Saviour, only-begotten Son of God, nailed to the cross and risen from the tomb on the third day.

Verse 4: From the morning watch until night, from the morning watch, let Israel hope in the Lord.

We glorify you, Lord, who willingly endured the cross for us, and we worship you, all-powerful Saviour; do not cast us away from your presence, but hearken and save us through your Resurrection, O Lover of mankind.

Glory from the Menaion, if appointed otherwise:



第八调式

安息日晚

大暮时课

诵念开端圣咏（第一百零三篇圣咏）与圣咏集第一座圣咏、诵念吁主圣咏「主欸、我呼吁尔……」时、插入十段赞词：七段取自复活赞词、三段取自本日所纪念的圣人赞词、若遇庆节、则插入四段或六段圣人赞词。

复活行间赞词 第八调式

插入十句赞颂：拯提我灵出狱岸、为我克赞颂尔名。

基督欸、我等将以宵歌及灵祀献于尔、缘尔施恩借复活矜怜我等。

插入：尔以恩宠显于我时、义者将环我。

主欸、主欸、毋屏我于尔面、求尔施恩、借复活矜怜我等。

插入八句赞颂：主欸、我自深渊呼吁尔、主欸、聆我声。

庆哉圣锡安乃诸教会之母、上帝所居之处、因尔为第一借复活得罪赦者。

其它赞词、阿纳托利作

插入：愿尔耳、听我之祷声。

诸世前由上帝圣父所生、及末世由不识夫者受人体之圣言、甘受钉十字架及死、而借已复活拯救古昔被击死之人。

插入六句赞颂：主欸、若究察罪恶、主欸、则孰能立、第尔施救宥、愿人敬畏于尔前。

基督欸、我众赞扬尔由死中复活、因借此尔释亚当裔于地狱之苦、且因系上帝、施常生及宏恩于普世。

插入：我望主、我灵望主、冀望主言。

荣光尔、救世之基督独一上帝子、被钉十字架而第三日由柩中复活者。

插入四句赞颂：我灵候主、逾于更漏之待旦、逾于更漏之待旦、愿以色列冀望主。

我众赞荣尔为我等甘愿受钉十字架之主、我众叩拜尔全能救世者、求爱人者、毋屏尔面于我等、而听纳之、及借尔复活拯救我等。

若《月份礼典》上载有指定的荣光赞词、则诵念「荣耀归于父……」后、咏唱荣光赞词、之后接念「自今至永远……」；若无指定的荣光赞词、则直接诵念「荣耀归于父…、自今至永远……」。

Glory ..., Now & Ever ..., *Theotokion Dogmatic:*

The King of heaven through love for mankind appeared on earth and lived among men; for taking flesh from a pure Virgin and coming forth from her with the addition, he is one Son, double in nature, but not in person; therefore proclaiming him as truly perfect God and perfect man, we confess Christ our God; implore him, Mother without bridegroom, to have mercy on our souls.

After the Entrance and O Joyful Light, the designated Monk makes a metania to the Superior and sings the Prokeimenon of the day.

The Lord is King: he has robed himself in majesty.

Verse 1: The Lord has robed and girded himself with power.

Verse 2: He has made the world firm; it will not be shaken.

Then the usual Litany, Grant Lord etc. and after the Ekphonesis we sing the idiomet Sticheron of the Saint of the Monastery as we process into the Narthex. After the usual prayers we return to the Church singing the Resurrection Stichera of the Aposticha.

Resurrection Stichera of the Aposticha. Tone 8.

O Jesus, who came down from heaven, You ascended the Cross; you, immortal Life, came to death; the true Light, to those in darkness; the Resurrection of all to those who had fallen. Our illumination and our Saviour, glory to you.

Other, alphabetical, Stichera.

Verse 1: The Lord is King: he has robed himself in majesty. The Lord has robed and girded himself with power.

Let us glorify Christ who rose from the dead: for having taken a body and a soul, he parted them from one another by the passion; for his soul descended into Hades, whom he despoiled, while the holy body of the Redeemer of our souls did not know corruption in the tomb.

Verse 2: He has made the world firm; it will not be shaken.

We glorify your Resurrection from the dead, O Christ, in psalms and hymns. Through it you have freed us from the tyranny of Hades, and as God granted us eternal life and your great mercy.

Verse 3: Holiness befits your house, O Lord, to length of days.

You, Master of all things, incomprehensible Maker of heaven and earth, by suffering the Cross became for me the source of dispassion. Accepting burial and rising in glory, you raised Adam with you by your all-powerful hand. Glory to your Rising on the third day, through which you have granted us eternal life and forgiveness of sins, as you alone are compassionate.

Glory of the Saint, if one is 'feasted'; otherwise

Glory. Both now. Theotokion.

Virgin without bridegroom, who ineffably conceived God, accept the supplications of your servants, all-spotless Mother of God most high, who grant to all cleansing from faults, now receive our entreaties and beg that we may all be saved.

And the rest of the Office of the Vigil.



生神女颂

在天之君、缘爱人而降现地上、居世偕众、由净童贞受肉躯、及由之生而为人、乃独一子其性体重、其位无二、故我等实传认其诚系真上帝、又诚系真人、而敬扬我等上帝基督、祈婚而不媾之圣母、代祈伊救我等灵。

圣入礼与禧光颂后、指定的修士向长上行一躬拜、咏唱本日的经前咏。

主为君、乃以威严为衣。

诗节一：主以能力服之、束系之。

诗节二：故世界乃坚固必不摇撼。

之后诵念热诚连祷、「主、开恩护守……」等、司祭念完结束祷词后、咏唱本修道院主保圣人的专用赞词、列队进入教堂前厅。念完惯常的祷文后、回至教堂、咏唱：

复活后行间赞词 第八调式

自天降下之耶稣、升于十字架上、永在生命者为死而至、真光者降至在黑暗者、使众复活者降至被坠落者、光照救我之主欤、荣光于尔。

其它赞词（按字母顺序）

诗节一：主为君、乃以威严为衣。主以能力服之、束系之。

我众赞扬由死中复活之基督、因受人灵人体、断斯二者之欲、救我等灵者之洁灵降掠地狱时、其圣躯于枢中不尝试朽坏。

诗节二：故世界乃坚固必不摇撼。

基督欤、我众以圣咏及歌颂赞扬尔由死中之复活、因借此释我等于地狱之苦、且因系上帝、施常生及宏恩。

诗节三：主欤、圣德属尔之堂、直至永远。

造天地万物不可测之主宰、因受十字架之苦、赐我无私之心、因被瘥及荣复活、以尔全能之手、使亚当偕己复苏、荣光尔第三日之复活、因借此尔独一慈怜者、赐常生及罪赦于我众。

荣耀归于父……

本日所纪念的圣人赞词、若本日为「庆节」、则

荣耀归于父……自今至永远…… 生神女颂

婚而不媾之童贞女、不可言而生上帝者、至上上帝之母、聆纳尔仆之祈祷、求至无玷者、赐众人罪污之淘、并聆我今之祈祷、代祈为我众获救。

继续举行守夜祈祷的其余部分。





ON SUNDAY MORNING

AT MATINS

After the Six Psalms we sing The Lord is God to Tone 8, and the Resurrection Apolytikion twice, but the Theotokion once. Then the usual Reading from the Psalter [Kathismata 2 and 3].

Resurrection Apolytikion.

You came down from on high, O Compassionate, you accepted burial for three days, that you might free us from the passions. Our Life and Resurrection, Lord, glory to you. *(twice)*

Theotokion.

You were born for us from a Virgin, and endured crucifixion, loving Lord; by your death you despoiled Death, and revealed resurrection as God; do not despise those whom you fashioned with your own hand; show us your compassion, O Merciful; accept the Mother of God who bore you as she intercedes for us, and save, our Saviour, a people in despair.

After the 1st reading from the Psalter [Kathisma 2], we sing Kathismata of the Resurrection.

Tone 8.

Model Melody.

You rose from the dead, the Life of all, and an Angel of light cried out to the women: Cease your tears. Give the good tidings to the Apostles Cry aloud in hymns that Christ the Lord has risen, who as God was well-pleased to save the human race.

Verse: Arise, Lord my God, lift up your hand; do not forget your poor for ever.

When you had truly risen from the tomb you ordered the holy women to proclaim the Resurrection to the Apostles, as it is written; and Peter, coming at full speed, stood by the grave and seeing the light in the tomb was struck with amazement. And so he both saw the grave clothes lying there alone, without the divine body, and he believed and cried out: Glory to you Christ God, because you save us all, our Saviour, for you are the brightness of the Father.

Glory. Both now. *Theotokion.*

The same melody.

Let us hymn the heavenly gate and ark, the all-holy mountain, the cloud of light, the heavenly ladder, the spiritual Paradise, the deliverance of Eve, the great treasure of the world; because salvation for the world and forgiveness of ancient offences were wrought in her; therefore we cry to her: Intercede with your Son and God to grant forgiveness of offences to those who devoutly worship your all-holy Offspring.

After the 2nd Psalter reading [Kathisma 3], Kathismata.

Mortals sealed your grave, O Saviour; an Angel rolled the stone from the door; Women saw you risen from the dead, and it was they who gave the good tidings to your Disciples in Sion: The life of all has risen and the bonds of death are loosed. Lord, glory to you.

Verse: I will praise you, Lord, with my whole heart; I will tell of all your marvellous works.

The women who brought spices for the burial heard from the tomb an Angel's voice: Cease your tears, and bring joy instead of sorrow. Cry aloud in hymns that Christ the Lord has risen, who as God was well-pleased to save the human race.





主日上午

晨时课

诵念完六篇圣咏后、以第八调式咏唱「主是上帝」、接着咏唱复活遣散颂两遍、生神女颂一遍。之后、按惯例诵念圣咏集第二座与第三座。

复活遣散词

慈衷者尔自上降、被葬三日为救我等苦难、赞扬尔我等之生活及复活主。
(两遍)

生神女颂

至善者、尔为我等由童贞降生而受难、被钉十字架以死灭死、缘上帝能力而复活、勿轻视尔手所造者、施恩者显尔仁慈、听尔所由生之母系为我等代祈者、我侪祈救世者、救此失望之人。

诵念完第一圣咏集选段(第二座)后、咏唱复活坐赞词。

第八调式

通用本调 万物的生命、祢由死者复活

万物之生命、由死中复活、而光耀之天神、向携香液女曰、止哭往报使徒曰、主基督、系施恩救赎人类之上帝、已复活矣。

诗节：主坎、我上帝坎、起举尔手、莫忘尔之受窘迫者。

真由柩中复活者、命携香液女传告使徒等其所预言之复活、而彼得速趋至墓前、见其内光辉惊惧、又见布幅无所裹之圣尸、更惊惧曰、荣光尔上帝基督、因救我等者、系圣父之光施拯救于众。

荣耀归于父…… 自今至永远…… 生神女颂

同一调式

我众宜歌颂天门、圣栳、至圣之山、施光之云、至天之梯、灵魂之天堂、夏娃之救援、普世之宝藏、因借伊普世获拯救、及古罪之赦免、故我众向尔吁曰、求代祈尔子、及上帝、赐罪赦于以虔诚叩拜由尔所生至圣者之人。

诵念完第二圣咏集选段(第三座)后、咏唱复活坐赞词。通用调式

救世者坎、人印封尔墓、而天神移石离墓、携香液女见由死中复活者、传告在锡安之使徒等、以万物生命者复活、而死缚已解、主坎、荣光于尔。

诗节：主坎、我将尽心称扬尔、而传扬尔之诸奇事。

携香液女由墓中听天神之言曰、止哭、发喜以代忧而歌颂曰、主基督系施恩救赎人类之上帝、已复活矣。



Glory. Both now. *Theotokion.*

Because of you, O Full of grace, all creation rejoices, the ranks of Angels and the human race; hallowed Temple and spiritual Paradise, pride of Virgins; from you God was incarnate and he who is our God before the ages became a little child. For he made your womb a throne and caused it to become wider than the heavens. Because of you, O Full of grace, all creation rejoices; glory to you.

After the reading of the 'Blameless' [Kathisma 17, Psalm 118], we sing the Evlogitaria. Then the little Litany and The Ypakoï.

The myrrh-bearing women standing at the grave of the Giver of life were seeking the immortal Master among the dead; and when they received the good tidings of joy from the Angel they revealed to the Apostles that Christ had risen, granting the world his great mercy.

The Anavathmi. 1st Antiphon.

From my youth the enemy tempts me, enflames me with pleasures; but I, trusting in you, Lord, put him to flight.

Those that hate Sion, let them become like grass before it is dug up; for Christ will cut their necks with a sharp blade of torments.

Glory. Both now.

By the Holy Spirit all things live; Light from Light, great God: we sing his praise with the Father and the Word.

2nd Antiphon.

Let my humble heart be sheltered by fear of you; lest it fall away from you by being exalted, O most compassionate.

He who has his hope in the Lord will not be afraid when he judges all things by fire and punishment.

Glory. Both now.

By the Holy Spirit everyone that is godly sees and foretells and works the greatest wonders, as they sing one God in three Persons; for though it shines with triple light, the Divine rules as one.

3rd Antiphon.

I have cried to you, Lord, give heed, bend your ear to me as I call and cleanse me before you take me from what is here.

Each one who sinks back upon his mother earth will depart to receive torments or rewards for their life's actions.

Glory. Both now.

By the Holy Spirit contemplation of God is of a thrice-holy unity; for the Father is without beginning, from whom was the Son beyond time, and the Spirit equal in form and majesty, shining forth equally from the Father.

4th Antiphon.

Behold, what so good, what so pleasant as brothers dwelling together? For by this the Lord promised eternal life.

The One who adorns the lilies of the field commands us not to be concerned over our clothing.

Glory. Both now.

By the Holy Spirit, by one single cause all things gain the reward of peace; for he is God exactly consubstantial with both the Father and the Son.

荣耀归于父…… 自今至永远…… 生神女颂

满被圣宠者、万物天神会人类俱因尔而喜、尔乃成圣之圣堂、及灵魂之天堂、童贞之赞美、上帝由之受人体而为婴孩、系诸世前我等之上帝、尔胎为宝座、尔腹较诸天广大、满被圣宠者、万物因尔而喜、赞扬尔。

诵念完「无瑕圣咏」（第十七座、圣咏第一百十八篇）后、咏唱复活「赞主颂」。之后诵念小连祷及聆听赞。

携香液女立于施生活者之墓前、在死者之中觅常生之主宰、及听天神传报之喜音、向使徒等曰、基督施宏恩于普世之上帝、已复活。

升阶赞 第一对经（圣咏128）

自我幼时、魔诱惑我、使我私情欲炽、而我倚望尔吾主胜之。

愿凡疾锡安者、为未耘而枯之草、因基督以苦难将剖断其颈。

荣耀归于父…… 自今至永远……

凡物借圣神而得生活、因其乃由光者光之上帝、我众偕圣父及圣言歌颂之。

第二对经（圣咏129）

愿我谦卑之灵、以敬畏尔为覆蔽、恐因骄傲离尔宏恩者。

凡获倚赖主者、毋惊惧以火及苦难将审判时。

荣耀归于父…… 自今至永远……

凡圣者借圣神预见预言行奇迹、并歌颂三位一体之上帝、虽发三妙光、实乃一统之上帝。

第三对经（圣咏130）

主欵、我呼吁、祈听我、侧尔耳、祈聆我祷、乘此未收取我时、洁净我。

凡逝世者、归至所从出之土、而纷纷散灭、代其所行、或福或苦。

荣耀归于父…… 自今至永远……

借圣神我识三位一体上帝之理、论曰、圣父系无原者、圣子由之诸世前而生者、圣神由圣父所出相偕同式同宝座者。

升阶赞 第四对经（圣咏132）

弟兄同居、何其善、何其美、主许之以常生。

妆饰百合花者、命毋为衣服过虑。

荣耀归于父…… 自今至永远……

圣神乃诸物纯一之原、均存于其安和之中、因其乃与圣父及子一体同宰制之上帝。

Prokeimenon.

The Lord will be king for ever;* your God, O Sion, to generation and generation.

Verse: Praise the Lord, my soul: while I live I will praise the Lord; I will sing to my God for as long as I exist.

Then: Let every breath praise the Lord: The appointed Matins Gospel

Stichera after the Gospel: Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. We venerate Thy Cross, O Christ, and Thy holy Resurrection we hymn 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 worship Christ's holy Resurrection, for, behold, through the Cross joy hath come to all the world. Ever blessing the Lord, we hymn His Resurrection; for, having endured crucifixion, He hath destroyed death by death.

Psalm 50

Glory to the Father, and to the Son, and the Holy Spirit: Through the prayers of the apostles, O Merciful One, blot out the multitude of our transgressions.

Both now and ever, and unto the ages of ages. Amen: Through the prayers of the Theotokos, O Merciful One, blot out the multitude of our transgressions.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgressions.

And if there is a festal sticheron appointed at this place (for feasts of the Lord and the Theotokos, on any day, including Sundays; for saints, on weekdays only), it is sung. Otherwise, on Sundays outside the Lenten cycle we sing:

Jesus having risen from the grave, as He foretold, hath given us life eternal, and great mercy.

After O God, save your people and the Ekphonesis, we begin the Canons, singing the Resurrection Canon to 4, the Cross-Resurrection to 3, that of the Mother of God to 3, and that of the Saint of the day to 4. But if the Saint is 'feasted' to 6 or 8. Katavasia appointed. At the end of the 3rd and 6th Odes, the Short Litany.

*Resurrection Canon.**Ode 1. Tone 8. The Irmos.*

Moses' wonderworking staff, striking and dividing the sea in the figure of a cross, once drowned Pharaoh the charioteer, while it saved Israel the fugitive as he marched on foot, singing a song to God.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

How can we not marvel at Christ's all-powerful divinity? To the faithful it pours out dispassion from his passion, while from his holy side it sheds a fount of incorruption and from his tomb eternal life.

Refrain: Glory to Thy holy Resurrection O Lord.

How glorious does the Angel now appear to the Women, wearing the bright symbols of innate and immaterial purity; while by his form he reveals the radiance of the Resurrection as he cries out, 'The Lord has been raised!'

经前咏（圣咏145）

主将主宰至恒久、锡安乎、尔之上帝宰于世世。

诗节：我灵宜赞美主、我尚生时将赞美主。

凡有呼吸者、宜赞扬主

诵福音经：

我等既睹基督之复活、宜叩拜独一无罪圣主耶稣基督、我等叩拜尔十字架、赞荣称颂尔圣复活、缘尔乃我等上帝、尔之外我等弗识他主、我等既以尔名自称、请众诚信者至、而叩拜基督圣复活、因借仗十字架、而喜降至于普世、因此我等常感谢主、赞颂其复活、缘其为我等而被钉十字架、以死灭死。

圣咏经第五十章

荣耀归于父、及子、及圣神

仁慈主、以使徒祈祷、洁净我等多罪。

自今至永远、及于万世、阿民。

仁慈主、以圣母转达、洁净我等多罪。

上帝欤、因尔大仁慈、矜怜我、以大怜惠、删除我诸愆尤。

此处诵唱庆日赞词（任何日子、包括在主日在内的主及圣母的庆日；平日圣人的庆日）。在四旬期之外的主日；

耶稣依预言由柩中复活者、赐我等常生及宏恩。

念完「上帝、求祢拯救祢的子民……」、司祭高声诵念完结束祝文之后、开始诵念圣颂典。圣颂典的念法如下：由复活圣颂典取四段圣颂、由十字复活圣颂典取三段圣颂、由向生神女的圣颂典取三段圣颂、由本日所纪念的圣人的圣颂典取四段圣颂。若本日乃圣人的「庆节」、则取六段或八段圣颂。第三及第六圣颂小连祷后、诵念指定合众词。

复活圣颂典。

圣歌一 第八调式 首节

昔行奇迹摩西之杖、以十字形式击海使分、及溺乘兵车追蹶之法老、并拯援步行逃遁向上帝吁颂之以色列。

圣颂

节句：主欤、赞荣尔圣复活。

我众何不诧异基督上帝全能之位、伊借受难施无私情及无朽坏于众正信者、由其圣肋流常生之泉、由柩发永在之生命。

节句：主欤、赞荣尔圣复活。

本性无形至洁之天神、今以极美光形显现于携香液女、借此形以传报复活之光、且曰、主复活矣。

Theotokion

Refrain: Most holy Theotokos save us.

Glorious things have been said of you in generation after generation, Virgin Mother of God, who, while remaining pure, contained in your womb God the Word. And so we all honour you as our protection after God.

*Another Canon, of Cross and Resurrection.
The Irmos. Crossing the water .*

Refrain: Glory to Thy precious Cross and Resurrection.

Hell's gates of pain have been removed, its gatekeepers quailed in fear when they saw in the lowest depths the One who on high is beyond the nature of all things.

Refrain: Glory to Thy precious Cross and Resurrection.

The ranks of Angels were amazed when they saw seated on the Father's throne humanity's fallen nature that had been held fast in the lowest depths.

Refrain: Most holy Theotokos save us.

The ranks of Angels and of mortals without ceasing sing your praise, Mother without bridegroom, for you carried their Creator as an infant in your arms.

*Another Canon, to the Mother of God.
In alphabetical order.
The Irmos. Let us sing to the Lord.*

Refrain: Most holy Theotokos save us.

Immaculate Mother of God, who gave birth beyond nature to the incarnate and eternal Word, we sing your praise.

Refrain: Most holy Theotokos save us.

The Virgin gave you birth, O Christ, you the grape cluster from which drops the life-bearing sweetness of the whole world's salvation.

Refrain: Most holy Theotokos save us.

Adam's race, raised to blessedness beyond all thought, Mother of God, fittingly glorifies you.

Ode 3. The Irmos

O Christ, who in the beginning established the heavens with understanding and founded the earth upon the waters, fortify me on the rock of your commandments, because none is holy but you, only lover of humankind.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

The saving suffering of your flesh, O Christ, justified Adam, who had been condemned by the taste of sin; for you, who are without sin, revealed that you were not subject to the trial of death.

Refrain: Glory to Thy holy Resurrection O Lord.

Jesus, my God, the light of the Resurrection has shone out for those who sat in darkness and the shadow of death, and by your divinity you bound the strong one and scattered his spoil.

Theotokion

Refrain: Most holy Theotokos save us.

You were revealed as higher than the Cherubim and Seraphim, Mother of God, for you alone received in your womb, O undefiled, the God who cannot be bounded; and so with hymns all we believers ever call you blessed.

生神女颂

节句：祈至圣母救我等。

圣母玛利亚以尔光荣之事所传于世世、因上帝圣言包涵于尔胎、仍存洁净、故我众以尔为上帝之下独一转达。

又圣颂典 十字架复活圣颂典

首节 以色列人从水中经过

节句：主欸、赞荣尔尊十字架、及荣复活。

超诸性者临至地狱、其愁难之门即启、司地狱门者见之而惊惧。

节句：主欸、赞荣尔尊十字架、及荣复活。

诸品天神见禁锢在地狱被坠落之人性、坐于上帝圣父之宝座而诧异。

节句：祈至圣母救我等。

婚而不媾之圣母欸、诸品天神及人类不绝赞扬尔、因尔如婴抱造之之主。

又圣颂典 生神女圣颂典

圣颂按字母顺序编排。

首节：让我们歌颂上主

节句：祈至圣母救我等。

至洁圣母欸、我众歌颂尔、因尔超人性生受人体永在上帝之圣言。

节句：祈至圣母救我等。

圣女所生基督系施生活之葡萄、滴普世拯救之福乐者。

节句：祈至圣母救我等。

圣母欸、亚当之裔、诚应赞扬尔、因借尔兴起、上至超明悟之福乐。

圣歌三 首节

原始以智慧定天、悬地于水上之基督、求建立我于尔诫命之石上、因除尔独一无二爱人者之外、无一为圣者。

圣颂

节句：主欸、赞荣尔圣复活。

基督欸、尔借施拯救之肉躯受难、表白因食果被定罪之亚当、盖无罪者不属尝试死。

节句：主欸、赞荣尔圣复活。

吾主耶稣发复活之光于坐昏暗死荫中者、以上帝之威荣缚执强健者、且毁其器械。

生神女颂

节句：祈至圣母救我等。

圣母实为超逾于基路伯及撒拉弗等、因尔独一无二玷者、以不可容之上帝而容于尔腹、故我众正信者以歌颂赞美尔至洁者。

*Of Cross and Resurrection.**The Irmos. Lord who constructed.**Refrain: Glory to Thy precious Cross and Resurrection.*

When of old I disobeyed your commandment, Lord, who made me, you made me a strange; having formed me and taught me obedience, reconciling me to yourself through the Crucifixion.

Refrain: Glory to Thy precious Cross and Resurrection.

O Lord, who in wisdom knew all things beforehand and with understanding framed the things beneath the earth, in your condescension, Word of God, you did not disdain to raise up the one [created] according to your image.

Refrain: Most holy Theotokos save us.

Having dwelt in a Virgin, you appeared, Lord, in bodily form to humankind, as it was fitting for you to be seen. And you revealed her to be truly Mother of God and help of believers, only lover of mankind.

*Another, of the Mother of God.**The Irmos. You are the foundation.**Refrain: Most holy Theotokos save us.*

Give me help by your intercessions, O All-pure, beating off the assaults of dread dangers.

Refrain: Most holy Theotokos save us.

You became the righting of our foremother Eve, when you bore for the world the prince of life, O Mother of God.

Refrain: Most holy Theotokos save us.

By your power give me life, O All-pure, who truly gave birth to God in the flesh, the empersonned power of the Father.

Ode 4. The Irmos.

You, Lord, are my strength and you are my power, you are my God and you are my joy, who did not leave your Father's bosom and visited our poverty. Therefore with the Prophet Avvakoum I cry to you, 'Glory to your power, O Lover of mankind!'

*Troparia**Refrain: Glory to Thy holy Resurrection O Lord.*

When I was hostile you loved me greatly. You came down to earth, compassionate Saviour, by a strange self-emptying, not spurning the indignity of my lowest state, and while remaining in the height of your ineffable glory, you glorified the one who had before been dishonoured.

Refrain: Glory to Thy holy Resurrection O Lord.

Who now is not amazed, Master, as they see death destroyed through suffering, corruption taking flight through the Cross, Hell emptied of its wealth through death? This is the amazing action of your power, the Crucified lover of humankind.

*Theotokion**Refrain: Most holy Theotokos save us.*

You are the boast of the faithful, Mother without bridegroom, you are the protection, you are the refuge of Christians, their wall and harbour; for you bring their entreaties to your Son, All-blameless Lady, and you save from dangers those who with faith and love acknowledge you to be the pure Mother of God.

又圣颂典 十字架复活圣颂典

首节：创造了天穹的上主

节句：主欸、赞荣尔尊十字架、及荣复活。

主欸、因古昔我违尔诫、尔逐我离尔、因顺上帝旨受我人体、而借被钉十字架复使我近就于尔。

节句：主欸、赞荣尔尊十字架、及荣复活。

主上帝之圣言欸、尔以智慧光无不知、以明哲造地狱、借尔宽忍、施恩复苏依尔形所造者。

节句：祈至圣母救我等。

主居童贞女而以肉体显现于人、为使人克见之、独一爱人者以尔为真上帝之母、系诸正信者之辅助。

又圣颂典 生神女圣颂典

首节：上主、称是那些求助称者的力量

节句：祈至圣母救我等。

求至洁者、以尔祈祷辅助我等、祛诸祸灾之攻。

节句：祈至圣母救我等。

圣母因生基督系普世生命之原始、复立原母夏娃。

节句：祈至圣母救我等。

至洁者欸、以力束我、因尔诚为生受人体之上帝、系上帝圣父已位之能力。

圣歌四 首节

吾主尔系我之坚固、系我之能力、系我之上帝、系我之喜悦、尔弗离圣父怀抱而降临于我等穷困者、故我等偕先知哈巴谷吁曰、赞荣尔爱人者之能力。

圣颂

节句：主欸、赞荣尔圣复活。

慈怜救世者欸、我仇恨尔者而尔甚爱我、以奇妙降临于地、我有罪恶而不轻忽我、而以不离上帝之威荣、荣耀我先为丑陋不堪之人。

节句：主欸、赞荣尔圣复活。

主宰欸、谁见借尔受难灭死、借尔刑架逐朽坏、借尔死罄地狱而不惊惧、此皆乃尔被钉十字架爱人者之奇妙事。

生神女颂

节句：祈至圣母救我等。

婚而不媾者欸、尔乃诚信者之褒美、尔乃正教者之转达投归城垣泊岸、因尔无玷者、献代祈于尔子、并救秉信爱承认尔为至洁圣母者、于诸灾祸。

*Another, of Cross and Resurrection.
The Irmos. Lord, I have heard.*

Refrain: Glory to Thy precious Cross and Resurrection.

The children of the lawless nailed you to the Cross, Lover of humankind. Through it in your compassion you saved those who glorify your sufferings.

Refrain: Glory to Thy precious Cross and Resurrection.

By rising from the grave, you raised with you all the dead in Hell, and in your compassion you enlightened those who glorify your Resurrection.

Refrain: Most holy Theotokos save us.

Immaculate Mary, implore the God whom you bore to grant your suppliants forgiveness of their offences.

*Another, of the Mother of God.
The same Irmos.*

Refrain: Most holy Theotokos save us.

Mother of God, the unploughed plough land that produced the ear of corn which grants life to the world, save those who sing your praise.

Refrain: Most holy Theotokos save us.

All we who have been enlightened know you, All-pure, to be Mother of God, for you, Ever-Virgin, bore the Sun of justice.

Refrain: Most holy Theotokos save us.

Grant us pardon of our offences, as you are without sin, and give peace to your world, O God, at the entreaties of her who gave you birth.

Ode 5. The Irmos.

Why have you, the Light that never sets, rejected me from your presence, and why has the alien darkness covered me, coward that I am? But turn me back to the light of your commandments and direct my ways, I implore.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

You endured being wrapped in a cloak as you were mocked before your Passion, O Saviour, so covering the unsightly nakedness of Adam the First-formed, and being nailed naked to the Cross, stripping off, O Christ, the tunic of death.

Refrain: Glory to Thy holy Resurrection O Lord.

Rising out of the dust of death, O Christ, you rebuilt my fallen being and rendered it unageing, displaying it again as a royal image, blazing with the light of incorruption.

Theotokion

Refrain: Most holy Theotokos save us.

Having obtained a mother's freedom of speech before your Son, O All-pure, do not neglect your natural providence for us we beg, for you alone we Christians present to the Master as a kindly means of atonement.

*Another, of Cross and Resurrection.
The Irmos. Enlighten us.*

Refrain: Glory to Thy precious Cross and Resurrection.

Guide us by the power of your Cross, O Christ, for through it we fall before you, and grant us peace, Lover of humankind.

又圣颂典 十字架复活圣颂典

首节：上主、我得闻祢圣意的奥秘

节句：主欸、赞荣尔尊十字架、及荣复活。

上帝基督欸、违逆法律者之子、钉尔于十字架、而尔因系慈怜者、借十字架拯救赞扬尔受难之人。

节句：主欸、赞荣尔尊十字架、及荣复活。

由柩中复活、而偕已复苏在地狱之诸死者、并因尔系慈怜者、光照赞扬尔复活之人。

节句：祈至圣母救我等。

求至洁玛利亚代祈由尔所生之上帝、赐罪赦于尔仆。

又圣颂典 生神女圣颂典

同一首节

节句：祈至圣母救我等。

圣母乃为未耕之田、生施生活之穗、系施常生于普世者、求救歌颂尔者。

节句：祈至圣母救我等。

我众蒙教者、承认尔为至洁圣母、因尔永贞者、生义德之日。

节句：祈至圣母救我等。

求无辜之主、借生尔者之代祈、洁净我等不知而作之罪、及安慰普世。

圣歌五 首节

无息之光、尔何祛我于尔面、翳暗倏蔽覆我不堪者、恳尔使我回转、引我步履、向尔诫命之光。

圣颂

节句：主欸、赞荣尔圣复活。

救世者未受难之先、受譏誚者、著赭衣、以此覆蔽原祖愧耻之裸體、受人體者之基督赤體被釘十字架、以此脫死狀。

节句：主欸、赞荣尔圣复活。

基督歟、藉爾復活、由屬死之塵中復造我墜落之性體、使之永無老、顯其無異常生光耀之主像。

生神女颂

节句：祈至圣母救我等。

至洁者欸、因借母位能代祈尔子者、求尔毋藐视我等、而顾虑尔同类之谊、因我众奉教者、以尔为主宰前之转达。

又圣颂典 十字架复活圣颂典

首节 上主、求祢以祢的诫命

节句：主欸、赞荣尔尊十字架、及荣复活。

求基督以尔十字架之能力、引导我等、我众俯伏于尔、且求尔爱人者、赐安和于我等。

Refrain: Glory to Thy precious Cross and Resurrection.

Pilot the lives of us who sing the praise of your Rising, O our God, and grant us peace, Lover of humankind.

Refrain: Most holy Theotokos save us.

Mary, pure and revered, and who did not know wedlock, implore your Son and our God to send down to us who believe his great mercy.

Another, of the Mother of God.

The Irmos. Rising at dawn.

Refrain: Most holy Theotokos save us.

Calm the stormy tempest of my passions, you who gave birth to God, my pilot and Lord.

Refrain: Most holy Theotokos save us.

The ranks of Angels and the companies of mortals worship your Offspring, Immaculate Mother of God.

Refrain: Most holy Theotokos save us.

Mary Mother of God without bridegroom, bring to naught the expectations of our foes and bring joy to those who sing your praise.

Ode 6. The Irmos.

Have mercy on me Saviour, for my iniquities are many; and bring me up, I beg, from the deep of evils - for to you have I cried - and hear me, O God of my salvation.

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Through a tree the author of evil mightily overthrew me, but raised on a Cross, O Christ, you hurled him down more mightily, humiliating him, while you raised the one who had fallen.

Refrain: Glory to Thy holy Resurrection O Lord.

You took pity on Sion when you shone from the grave, in your compassion having made it new instead of old by your divine blood, and now, O Christ, you reign it as king for ever.

Theotokion

Refrain: Most holy Theotokos save us.

May we be delivered from grievous faults at your entreaties, pure Mother of God, and may we experience the divine radiance of the Son of God, who from you ineffably became incarnate.

Another, of Cross and Resurrection.

The Irmos. I pour out my supplication.

Refrain: Glory to Thy precious Cross and Resurrection.

You spread out your hands on the Cross, so healing the hand of Adam the first-formed greedily stretched out in Eden, and you tasted instead gall of a bitter tree, O Christ; and, as you are powerful, you saved those who glorify your sufferings.

Refrain: Glory to Thy precious Cross and Resurrection.

The Redeemer tasted death and the ancient sentence that he might abolish the palace of corruption, and when he had visited those in Hell, he saved, as he is powerful, those who sing the praise of his Resurrection.

节句：主欸、赞荣尔尊十字架、及荣复活。

求至善者、引导我众歌颂尔复活者之生命、且求尔爱人者、赐安和于我等。

节句：祈至圣母救我等。

求婚而不媾至洁玛利亚代祈尔子、及我等上帝、施宏恩于众诚信者。

又圣颂典 生神女圣颂典
首节 上主、我们黎明即起

节句：祈至圣母救我等。

求生上帝系引导人之主者、安慰我私情不可耐之鼓荡。

节句：祈至圣母救我等。

至洁圣母欸、诸品天神及人类之会、皆事奉尔所生者。

节句：祈至圣母救我等。

求婚而不媾之圣母玛利亚、虚我等仇敌之谋想、而施喜乐于歌颂尔者。

圣歌六 首节

救世者洁净我、缘我罪多、祈拯我于恶之渊、我救赎之上帝、我吁尔祈听我。

圣颂

节句：主欸、赞荣尔圣复活。

诸恶之首、借树而猛厉坠落我、基督借被钉十字架、更加猛厉以坠落之、使之受辱、为使被坠落者复苏。

节句：主欸、赞荣尔圣复活。

基督欸、尔藉由枢中复活怜恤锡安、因尔慈怜者、流己圣血、建新锡安以代其旧、而于其内为君于世世。

生神女颂

节句：祈至圣母救我等。

愿至洁圣母、借尔代祈、我众得避重罪、而获由尔不可测受人体上帝子之光照。

又圣颂典 十字架复活圣颂典
首节 我向上主倾诉

节句：主欸、赞荣尔尊十字架、及荣复活。

基督以舒手于十字架上、医在伊甸原祖任意所伸之手、且甘愿尝胆、因系全能者、拯救赞扬尔受难之人。

节句：主欸、赞荣尔尊十字架、及荣复活。

救援之基督尝死、即古诅詈之罚、欲败死国、降临地狱而复活、因系全能者、拯救赞颂尔复活之人。

Refrain: Most holy Theotokos save us.

Do not cease to intercede for us, All-holy Virgin Mother of God, for you are the support of believers and by our hope in you we are made strong, and with love we glorify you and him who from you was made flesh ineffably.

Another, of the Mother of God.

The Irmos. Grant me a tunic of light.

Refrain: Most holy Theotokos save us.

Mother of God, we the faithful proclaim you Temple and Ark and living Bridal Chamber of God, and gate of heaven.

Refrain: Most holy Theotokos save us.

Mary bride of God, your Offspring, who became the destroyer of wooden idols, is worshipped with Father and the Spirit.

Refrain: Most holy Theotokos save us.

The Word of God revealed you to mortals to be a heavenly ladder, for through you he came down to us.

Kontakion. 8th Tone.

As first fruits of nature.

On rising from the grave you roused the dead and raised up Adam. Eve dances at your Resurrection, and the ends of the world keep festival at your Rising from the dead, O Most Merciful.

The Ikos.

When you had ransacked the palaces of Hell and raised the dead, O Longsuffering, you met the Women bearing myrrh, bringing them joy instead of sorrow; and to your Apostles you revealed the symbols of your victory, my Saviour, giver of life, and you enlightened creation, lover of humankind. Therefore too the world rejoices at your Rising from the dead, O Most Merciful.

Ode 7. The Irmos.

The fire in Babylon once stood in awe of God's descent. And so the Youths in the furnace, dancing with joyful steps, as in a meadow, sang, 'Blessed is the God of our Fathers!'

Troparia

Refrain: Glory to Thy holy Resurrection O Lord.

Your glorious self-emptying, the divine wealth of your poverty, O Christ, amazed the Angels when they saw you nailed to a Cross, to save those who with faith cry out, 'Blessed is the God of our Fathers!'

Refrain: Glory to Thy holy Resurrection O Lord.

At your divine descent the regions beneath the earth were filled with light, and the darkness, which before pursued, was driven out. Therefore the prisoners from every age arose, crying aloud, 'Blessed is the God of our Fathers!'

Triadikon.

Refrain: Most Holy Trinity, our God, glory to Thee.

Speaking of God with orthodox belief, we pro-claim you Lord of all, Father of one only-begotten Son, and we know one right Spirit who proceeds from you, consubstantial and co-eternal.

节句：祈至圣母救我等。

求至洁圣母童贞、不绝代我等祈求、因尔乃诸诚信者之坚固、赖尔我得有力、及以爱慕赞扬由尔不可测受人体者。

又圣颂典 生神女圣颂典

首词 至仁慈者、基督

节句：祈至圣母救我等。

圣母欸、我众诚信者承认尔为上帝堂约榑赋灵之殿及天门。

节句：祈至圣母救我等。

圣聘之玛利亚由尔所生者宜受偕圣父及圣神之叩拜、因其乃败奉邪神教之上帝。

节句：祈至圣母救我等。

圣母欸、圣言因借尔而降世、明尔为在世者升天之梯。

集祷颂 第八调式

通用调式 作为本性的初果

至慈者、尔由柩复活矣、使诸死者苏起、亚当偕尔而复活、夏娃以尔之复活而喜乐、地涯以尔之由死复活而庆贺。

行述赞

携地狱之国、及使诸死者复活、宽忍慈怜之主、曾迎携香液女易其忧愁与以喜乐、救我之施生活者以凯胜旌、施于使徒等、爱人者光照万物、故天下以尔之由死复活而庆贺。

圣歌七 首节

昔巴比伦之火愧于上帝降临、因幼童于火窑如在花园喜步、而歌颂曰、我等祖父之上帝、系被赞扬者。

圣颂

节句：主欸、赞荣尔圣复活。

基督歟、眾天神見爾力竭之榮而詫異、因在爾謙卑之內有上帝之威嚴、爾被釘十字架、乃為救秉信呼籲者曰、我等祖父之上帝、係被讚揚者。

节句：主欸、赞荣尔圣复活。

爾以上帝之位降臨地獄、而以光充滿之、逐散先轄制之黑暗、使自古所囚者復活、乃呼籲曰、我等祖父之上帝、係被讚揚者。

圣三颂

节句：至圣三者、我等上帝、赞荣尔。

我众以正信承认尔独一子之独一父、系万物之主、及识由尔所出相偕永在自体之正神。

*Another, of Cross and Resurrection.**The Irmos. The Youths from Judea.**Refrain: Glory to Thy precious Cross and Resurrection.*

You have wrought salvation in the midst of the inhabited world, O God, as the Prophet said, for lifted up on a tree, you called back all those who cry to you with faith, ‘God of our Fathers, blessed are you!’

Refrain: Glory to Thy precious Cross and Resurrection.

Rising from the tomb as from sleep, compas-sionate Lord, you raised the world with you, while creation was persuaded through the Apostles when they preached your Rising. ‘God of our Fathers, blessed are you!’

Refrain: Most holy Theotokos save us.

Equal in action with his Begetter, equal in power and co-eternal, the Word is fashioned in the womb of the Virgin by the good pleasure of the Father and the Spirit. ‘God of our Fathers, blessed are you!’

*Another, of the Mother of God.**The Irmos. Same Irmos.**Refrain: Most holy Theotokos save us.*

You appeared incarnate from a virgin womb for our salvation, and therefore knowing your Mother to be the one who gave birth to God, with thanksgiving we cry, ‘God of our Fathers, blessed are you!’

Refrain: Most holy Theotokos save us.

You are the all-blessed rod from Jesse’s root, O Virgin, and you blossomed with a saving fruit for those who with faith cry to your Son, ‘God of our Fathers, blessed are you!’

Refrain: Most holy Theotokos save us.

Empersonned Wisdom of the Most High, through the Mother of God fill with wisdom and divine power all those who sing to you in faith, ‘God of our Fathers, blessed are you!’

Ode 8. The Irmos.

The Chaldean Tyrant insanely made the furnace blaze seven times more fiercely for those who revered God; but when he saw they had been saved by a greater power he cried aloud to the Creator and Redeemer, ‘O Youths, bless, you priests, praise, you people, highly exalt him to all the ages’.

*Troparia**Refrain: Glory to Thy holy Resurrection O Lord.*

The supreme divine power of Jesus’ godhead has shone out in what is ours in a manner fitting God: for having tasted death on a Cross in the flesh for all, he abolished the strength of Hell. Without ceasing, O Youths, bless, you priests, praise, you people, highly exalt him to all the ages.

Refrain: Glory to Thy holy Resurrection O Lord.

The Crucified has risen, the boastful has fallen, the fallen and crushed has been set upright, corruption has been banished and incorruption has blossomed; for mortality has been swallowed up by life. O Youths, bless, you priests, praise, you people, highly exalt him to all the ages!

又圣颂典 十字架复活圣颂典

首节 三圣童昔日由犹太来到巴比伦

节句：主欸、赞荣尔尊十字架、及荣复活。

主欸、尔如先知所言施救援于地中、被钉木架而拢诸秉信呼吁者曰、我等祖父之上帝、系被赞扬者。

节句：主欸、赞荣尔尊十字架、及荣复活。

施宏恩者欸、尔由柩中复活如初醒、而拯救众人于朽坏、使徒等传报尔复活、而万物信之、我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

圣父所生同权同能相偕永在之圣言、借圣父及圣神之恩宠、在童贞之腹受人体、我等祖父之上帝、系被赞扬者。

又圣颂典 生神女圣颂典

首节 同一首节

节句：祈至圣母救我等。

由童贞腹受人体者显现为拯救我等、故我众认尔母为上帝之母、并以正信呼吁曰、我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

至福乐之圣女欸、尔乃自耶西根所生之枝、发花结果、为施救诚信歌颂尔子者曰、我等祖父之上帝、系被赞扬者。

节句：祈至圣母救我等。

至上者已位之智慧、借圣母以上帝之智慧能力、充满正信呼吁者曰、我等祖父之上帝、系被赞扬者。

圣歌八 首节

迦勒底之虐人者狂怒为敬主者爨火窑烈加七倍、乃见伊等以他盛能获救、遂向救人造物之主吁曰、幼童等宜赞扬、众司祭宜歌颂、众人宜称美之于无穷世。

圣颂

节句：主欸、赞荣尔圣复活。

耶稣上帝位之能力、以合上帝所宜、荣显于我等中、因伊代众以人体受被钉十字架之死、幼童等宜赞扬、司祭宜歌颂、众人宜称美之于无穷世。

节句：主欸、赞荣尔圣复活。

被钉十字架者乃升举、骄傲自大者乃倾陷坠落、被败者乃修理、朽坏乃被逐、常生发花、生命灭死、幼童等宜赞扬、众司祭宜歌颂、众人宜称美之于无穷世。

*Triadikon.**Refrain: Most Holy Trinity, our God, glory to Thee.*

Godhead of triple light, single radiance shining out from one three-personned nature, Begetter without beginning, Word of the Father, one with him in nature and kingship, consubstantial Spirit, O Youths, bless, you priests, praise, you people, highly exalt him to all the ages.

*Another, of Cross and Resurrection.**The Irmos. Victorious by your grace.**Refrain: Glory to Thy precious Cross and Resurrection.*

The One who stretched out his hands on the Tree to me who had been stripped naked and who calls me to warm me with his noble nakedness, all you his works, bless the Lord and highly exalt him to the ages.

Refrain: Glory to Thy precious Cross and Resurrection.

The One who raised me, the fallen, out of the lowest Hell, and honoured me with the high-throned glory of his Begetter, all you works of the Lord, bless the Lord, and highly exalt him to the ages.

Refrain: Most holy Theotokos save us.

You appeared as a daughter of fallen Adam, but also as Mother of the God who renewed my nature. All we his works sing his praise as Lord and highly exalt him to the ages.

*Another, of the Mother of God.**The Irmos. The King of heaven.**Refrain: Most holy Theotokos save us.*

Quench the seductive and fiery darts of those who are our foes, that we may sing your praise, pure Maiden, to the ages.

Refrain: Most holy Theotokos save us.

Beyond nature, O Virgin, you gave birth God the Word, Creator and Saviour; therefore we sing your praise to all the ages.

Refrain: Most holy Theotokos save us.

The unapproachable Light, who dwelt in you, O Virgin, showed you to be a shining, gold-gleaming lamp to all the ages.

Then we sing the song of the Virgin: My soul magnifies the Lord: with the refrain: More honorable than the Cherubim:

Ode 9. The Irmos.

Heaven was amazed at this and the ends of the earth astounded: that God had appeared to mankind in bodily form, and that your womb had become far wider than the heavens. And so, Mother of God, the ranks of Angels and of humans magnify you.

*Troparia**Refrain: Glory to Thy holy Resurrection O Lord.*

Begotten simple in your divine nature that is without beginning, you became compound by assuming flesh, giving it substance in yourself, O Word of God, and having suffered as man, you remained beyond suffering as God, and so in two natures inseparably and unconfusedly we magnify you.

圣三颂

节句：至圣三者、我等上帝、赞荣尔。

由三位一体上帝之性发纯一之三妙光者、无原始之圣父、与一体之圣言、及同权同性之圣神、幼童等宜赞扬、众司祭宜歌颂、众人宜称美之于无穷世。

又圣颂典 十字架复活圣颂典

首节 三圣童因着祢的恩宠

节句：主欸、赞荣尔尊十字架、及荣复活。

赤身伸手于十字架者、招我于善功赤身者、为以爱慕温润我、主所造之物宜赞扬主、且赞美之于无穷世。

节句：主欸、赞荣尔尊十字架、及荣复活。

我坠落者由地狱被提出、及蒙恩近上帝圣父威荣宝座前、主所造之物宜赞扬主、且赞美之于无穷世。

节句：祈至圣母救我等。

圣女欸、尔为坠落亚当之女、并复新人体上帝之母、主所造之物宜赞扬主、且赞美之于无穷世。

又圣颂典 生神女圣颂典

首节 诸天的君王

节句：祈至圣母救我等。

求灭欲攻我者仇敌火焰之矢、为我克赞扬尔于无穷世。

节句：祈至圣母救我等。

圣女欸、尔超性生造万物救世上帝圣言、故我众歌颂尔及赞美于无穷世。

节句：祈至圣母救我等。

圣女欸、不可至之光、因居于尔、以尔为发金光及照众之灯、于无穷世。

于圣第九歌颂前唱至圣生神女之歌：我灵惟感颂主、我神惟悦上帝救我者。

节句：我等赞扬尔革鲁宾而尊、逾塞拉芬、荣光无比、无损而生上帝言、诚上帝之母云。

圣歌九 首节

天惊畏、地界骇异、因上帝借人形而显现于人间、并圣母腹量较天宽洪、故天神及人会赞扬尔为上帝之母。

圣颂

节句：主欸、赞荣尔圣复活。

上帝圣言者、尔以无原始上帝之性体乃纯一者、受纳己所自造之人体、与之体合而受难如人、并无罪染以存上帝之位、故我众赞美尔为有二不相离不相合之性体。

Refrain: Glory to Thy holy Resurrection O Lord.

Your Father according to your divine nature, O Most High, when you became man, coming down to your servants, you addressed as God; having risen from the dead you made the One who is by nature God and Master, Father by grace of those born of earth. You with him we magnify.

Theotokion

Refrain: Most holy Theotokos save us.

You appeared as Mother of God, O Virgin, when beyond nature you gave birth in the body to the good Word, whom the Father uttered from his own heart before all ages, as he is Good. Him we now understand to be beyond bodies, even though he is clothed in a body.

Another, of Cross and Resurrection.

The Irmos. Everything that hears.

Refrain: Glory to Thy precious Cross and Resurrection.

We know that you are Son of God by nature, conceived in the womb of the Mother of God, that you became man for our sake, and, as we see you on the Cross, that you suffer in your human nature, while as God you remain untouched by suffering.

Refrain: Glory to Thy precious Cross and Resurrection.

Murky darkness has been abolished, for from Hell Christ, the sun of justice, has dawned enlightening all the ends of the earth, shining with the rays of his godhead, man from heaven, God on earth, whom in two natures we magnify.

Refrain: Most holy Theotokos save us.

Bend your bow, prosper and reign, Son of the Mother of God, subduing the people of Ishmael who war against us, granting to our devout King the Cross as an invincible weapon.

Another, of the Mother of God.

The Irmos. We who have been saved.

Refrain: Most holy Theotokos save us.

The thought of you is full of joy and gladness, overflowing with healings for those who approach you and devoutly proclaim you Mother of God.

Refrain: Most holy Theotokos save us.

With psalms we sing your praise, O Full of grace, and never silent offer you our 'Hail!'; for you are a fount of rejoicing for all.

Refrain: Most holy Theotokos save us.

Fair is your fruit, Mother of God, no cause of corruption for those who partake, but of life for those who magnify you with faith.

After katavasia there is a small litany. Then we sing Holy is the Lord our God.

Exapostilarion, the prescribed Eothinon. At Lauds, Let everything that has breath. We insert 8 Stichera.

Resurrection Stichera.

Tone 8. Model Melody.

Verse 8: To execute upon them the judgement that is decreed; such glory will be for all his holy ones.

Lord, though you stood at the judgement seat being judged by Pilate, yet seated with the Father you were not absent from your throne; and risen from the dead you freed the world from the slavery of the stranger, as you are full of pity and love mankind.

节句：主坎、赞荣尔圣复活。

至上者因受人性降临于仆、明示上帝圣父之本性、因由死中复活、赐之以依本性为上帝主宰者、依圣宠为众之父者、故我众偕之赞美尔。

生神女颂

节句：祈至圣母救我等。

圣女坎、尔显为上帝之母、因尔超性生诸世前由上帝圣父以慈善所生受人体之上帝圣言、伊虽受人体、但我等承认其为超人性体者。

又圣颂典 十字架复活圣颂典

首节 凡有耳能听的

节句：主坎、赞荣尔尊十字架、及荣复活。

我众承认尔以本性为上帝子、被孕于圣母而缘我等为人、并见尔以人性受十字架之苦、赞美尔依上帝性不能受难者。

节句：主坎、赞荣尔尊十字架、及荣复活。

古时之暗已被破、因义德日之基督由地狱发光、并以上帝之光照耀地涯、系属天之人并为属地之上帝、故我众赞美具有二性者。

节句：祈至圣母救我等。

上帝之母的儿子、祢俯首弯腰、兴旺发达、统治为王、祢征服了发动战争反对我们的以实玛利子民、赐予我们的君王十字架作为不可战胜的武器。

又圣颂典 生神女圣颂典

首节 童贞女啊、我们由妳所拯救者

节句：祈至圣母救我等。

圣母坎、记忆尔而洋溢喜乐、因尔施医治于投归及以虔诚承认尔者。

节句：祈至圣母救我等。

满被圣宠者、我众以圣咏歌颂尔及不绝曰、庆哉因发喜于众。

节句：祈至圣母救我等。

圣母坎、尔结极美之果、非施死乃施生于秉信赞美尔者。

合众词后小连祷、后唱：圣哉、上主、我众之上帝。(三次)

差遣颂、指定的味爽赞词。诵念赞美圣咏「凡有呼吸者……」时、插入八段赞词。

复活行间赞词

第八调式 通用本调

插入八句赞颂：为以所纪录之审判行于伊等、斯荣耀皆属其圣人。

主坎、尔虽立于公堂听彼拉多之审判、反弗离宝座与圣父偕坐、由死中复活释普世于魔之奴、因系仁慈爱人者。

Verse: Praise God in his saints; praise him in the firmament of his power.

Lord, though Jews had laid you as a corpse in a grave, yet soldiers were guarding you as a sleeping king, and they sealed you with a seal as treasure-house of life; but you arose and granted incorruption to our souls.

Verse: Praise him for his mighty acts; praise him according to the greatness of his majesty.

Lord, you have given us your Cross as a weapon against the devil; for he quails and trembles, unable to contemplate your power; for you raise the dead and made death of no effect: therefore we worship your Burial and your Rising.

Verse: Praise him with the sound of the trumpet; praise him with lute and harp.

Your Angel, Lord, proclaiming your Resurrection, filled the guards with fear, but he cried to the women and said: Why do you seek the living with the dead? Being God he has risen and given life to the whole world.

Other Stichera by Anatolios

Verse: Praise him with timbrel and dance; praise him with strings and pipe.

You suffered through the Cross, who are im-passible in your Godhead; to free us from the slavery of the foe you accepted burial for three days, and, having made us immortal, to give us life through your Resurrection, Christ God, lover of mankind.

Verse: Praise him with tuneful cymbals; praise him with loud cymbals. Let everything that has breath praise the Lord.

I worship, I glorify and I praise your Resurrection from the tomb, O Christ, through which you have freed us from the unbreakable bonds of Hell and as God granted the world eternal life and your great mercy.

Verse: Arise, O Lord, my God, lift up your hand: do not forget your poor for ever.

Lawless men, watching over your grave, which had received life, sealed it; but you, as immortal and all-powerful God, rose on the third day.

Verse: I will give you thanks, O Lord, with my whole heart: I will tell of all your wonders.

When you entered the gates of Hell, Lord, and smashed them, the prisoner cried out: Who is this, for he is not condemned to the lowest parts of the earth, but has torn down death's prison-house like a tent? I received him as a mortal, and I tremble at him as God. All-powerful Saviour have mercy on us.

Glory. The Eothinon.

Both now. Theotokion.

You are most blessed, O Virgin Mother of God, for through him who took flesh from you, Hell has been captured, Adam recalled, the curse slain, Eve set free, death put to death, and we given life. Therefore in praise we cry: Blessed are you, Christ our God, who have been thus well-pleased, glory to you.

Then the Great Doxology and after it the Resurrection Troparion.

Having risen from the tomb, and having burst the bonds of Hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

The Litanies and Dismissal.



诗节：众宜赞美主于其圣所、赞美其荣名穹苍。

主坎、犹太人虽置尔如死者于柩内、而卒守尔如寝君、以印封生命之宝藏、但尔复活及施无朽于我等灵。

插入四节赞词：因其全能赞美之、因其宏威赞美之。

主坎、尔以十字架赐我等为攻魔之械、魔不克忍受其能力而战栗、因其灭死及使死者复苏、故我众叩拜尔埋葬及复活。

诗节：以角声赞美、以琴以瑟赞美。

主坎、传报尔复活之天神、使守卒惊惧而谓携香液女曰、尔何觅活人于死者中、伊系永在上帝而复活施常生于普世。

又行间赞词 阿纳托利作

诗节：以鼓及佾赞美、以弦及笙笛赞美。

上帝基督爱人者坎、尔以上帝性不能受难者、为释我等于魔之奴而被钉十字架、受三日埋瘞、并借尔复活复苏我等、及赐我常生。

诗节：以和声之钹赞美、以大声之铙赞美、凡有呼吸者、宜赞扬主。

基督坎、我叩拜赞扬及歌颂尔由柩中之复活、因借之尔释我等于地狱不可解之縲绁、并因系上帝施常生及宏恩于普世。

诗节：主坎、我上帝坎、起举尔手、莫忘尔之受窘迫者。

违理者设兵守尔施生活之墓而印封之、第因尔乃全能永在之上帝、第三日复活矣。

诗节：主坎、我将尽心称扬尔、而传扬尔之诸奇事。

主坎、尔至地狱之门败之之时、司地狱者呼吁曰、此为谁不受地狱之罚而如影败属死之囹圄、我受纳如死者反向之战栗如上帝云、求全能者矜怜我等。

荣耀归于父…… 咏唱主日昧爽赞词

自今至永远…… 生神女颂

童贞上帝圣母、尔系被赞扬者、因由尔受人体者掳地狱、召苏亚当灭诅詈、释夏娃灭死、而我等获生、故赞颂曰、如此行之上帝基督、寔宜受赞扬、故我等赞荣尔。

咏唱大荣耀颂、之后咏唱复活圣颂：

吾主尔由柩而起、败坏地狱之缚、灭死之詈、拯众由敌仇之网、尔独一大仁慈者、显现尔使徒、遣伊等传教、并借伊等赐安和于普世。

连祷及遣散词





AT THE LITURGY

Typika and Beatitudes.

on 8. Blessed are the merciful, for they shall obtain mercy.

Remember us, Christ, Saviour of the world, as you remembered the Thief on the tree, and count us all worthy, O only Merciful, of your heavenly Kingdom.

on 7. Blessed are the pure in heart, for they shall see God.

Listen, Adam, and rejoice with Eve, for the one who stripped you both of old and through deception took us prisoner has been destroyed by the Cross of Christ.

on 6. Blessed are the peacemakers, for they shall be called sons of God.

Nailed to the tree by your own will, our Saviour, you delivered Adam from the curse of the tree, giving him back that which is according to the image and his dwelling in Paradise.

on 5. Blessed are they that are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

Today Christ has risen from the tomb, granting all the faithful incorruption, and renewing joy for the Myrrhbearers, after the Passion and the Resurrection.

on 4. Blessed are ye when men shall revile and persecute you and say all manner of evil against you falsely for My sake.

Hail, wise Myrrhbearing Women, first to see Christ's Resurrection and to announce to the Apostles the restoration of the whole world.

on 3. Rejoice and be exceeding glad, for your reward is great in the Heavens.

Revealed as Christ's friends, O Apostles, who will be enthroned with him in glory, as his Disciples intercede that we may stand beside him with freedom to address him.

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

Eternal Trinity, Essence undivided, Unity enthroned as one, whose glory is the same, nature and Kingship beyond all beginning, save those who sing your praise with faith.

Both now and for ever, and to the ages of ages. Amen. Theotokion.

Hail, wise spacious place of God! Hail, ark of the New Covenant! Hail, jar of gold, from which the heavenly Manna has been given to all.





事奉圣礼

真福颂赞词

八、哀矜者诚福、因伊等将蒙哀矜。

求救世之基督怜念我等、如被钉刑木时曾怜念右盗、祈独一宏恩者、赐尔天国于我众。

七、心净者诚福、因伊等将得见上帝。

亚当宜听、偕夏娃喜悦、因昔使尔二人知赤身及以诱惑掠尔者、今被基督十字架所灭。

六、敷和者诚福、因伊等将称为上帝子。

救我等者、以甘愿被钉十字架、尔释亚当于树之诅詈、因尔宏恩者补报之使居于天堂。

五、为义被窘害者福、因天国属伊等。

今基督由柩中复活、施常生于众信者、并受难及复活后使携香液女复喜。

四、既人因我而诽谤尔、迫害尔、诸妄言诅詈尔、则尔诚福。

庆哉聪慧之携香液女、乃首见基督之复活、及报使徒等复苏普世者。

三、尔当欣喜悦乐、因在天尔之赏厚。

使徒等为基督之友、将偕之坐于荣宝座者、求代我等祈施恩于我显现于其前。

荣耀归于父及子及圣神：

无原始之圣三、系不相离之体、同一宝座、同一尊荣、超诸性体之全能者、求拯救秉信歌颂尔者。

自今至永远及于万世。阿民：生神女颂

庆哉上帝宽宏之宝藏、庆哉新约之棣、庆哉施天吗哪于众之罇。



Resurrection Apolytikion.

You came down from on high, O Compassionate, you accepted burial for three days, that you might free us from the passions. Our Life and Resurrection, Lord, glory to you.

Resurrection Kontakion.

As first fruits of nature.

On rising from the grave you roused the dead and raised up Adam. Eve dances at your Resurrection, and the ends of the world keep festival at your Rising from the dead, O Most Merciful.

Prokeimenon. Psalm 75

Make your vows and pay them to the Lord our God.

Verse: In Judea is God known, His Name is great in Israel.

Alleluia. Psalm 94

Verse: Come, let us rejoice in the Lord, let us shout with jubilation unto God our Saviour.

Verse: Let us come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

The communion hymn on sundays: Praise the Lord from heaven, praise him in the highest. Alleluia, alleluia, alleluia.



复活遣散颂

慈衷者尔自上降、被葬三日为救我等苦难、赞扬尔我等之生活及复活主。

集祷颂

通用调式 作为本性的初果

至慈者、尔由柩复活矣、使诸死者苏起、亚当偕尔而复活、夏娃以尔之复活而喜乐、地涯以尔之由死复活而庆贺。

经前咏 圣咏75

尔曹宜发愿、而偿之于尔主上帝。

诗节：上帝于犹大为其所识、于以色列其名实大。

阿利鲁伊亚 圣咏94

诗节：请众来于主前、歌颂呼吁于上帝、系救我侪者。

诗节：宜以赞扬近至主前、以歌颂呼吁之。

主日各调式领主颂：赞主于天中、赞主于苍穹。阿利路亚、阿利路亚、阿利路亚。



第八调

主日小赞词

仁 慈 者， 祢 從 高 天 降 臨，
Ren - ci zhe, Mi cong gao tian jiang - lin,

接 受 了 在 墳 墓 中 的 三 日 埋 葬，
jie - shou - le zai fen - mu zhong de san ri mai - zang,

為 將 我 們 從 欲 情 中 釋 放，
wei jiang wo - men cong yu - qing zhong shi - fang,

主 啊， 我 們 的 生 命 與 復 活，
Zhu - a, wo - men de sheng - ming yu fu - huo,

榮 耀 歸 於 祢。
rong - yao gui - - - yu Mi.

第八调

主日副赞词

6
至 仁 慈 者， 當 祢 由 墳 墓 中 復 活 時，
Zhi ren - ci zhe, dang Mi you fen-mu zhong fu - huo shi,

7
祢 使 死 者 複 起，
Mi shi si - zhe fu qi,

8
使 亞 當 復 活。
shi Ya - dang fu - huo.

9
厄 娃 也 因 祢 的 復 活 而 歡 舞，
E - wa ye yin Mi de fu - huo er huan wu,

10
地 極 也 因 祢 自 死 者 中 的 複 起 而 歡 慶。
di ji ye yin Mi zi si - zhe zhong de fu qi er huan qing.

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Appendix

THE RESURRECTIONAL EXAPOSTILARIA & THEIR THEOTOKIA AND THE GOSPEL STICHERA

The composition of the Emperor Constantine VII Porphyrogenitus

差遣赞词由智者莱翁之子——君士坦丁皇帝所作

味爽赞词由智者莱翁所作

EXAPOSTILARION I

With the disciples let us ascend the mountain of Galilee with faith, to behold Christ speaking, and to receive authority over things above and things below. And let us learn how He teacheth us to baptize all the nations in the name of the Father, and of the Son, and of the Holy Spirit, and how He will abide with the initiates of His mysteries, as He promised, until the end of time.

Theotokion: Thou didst rejoice with the disciples, O Virgin Theotokos, for thou didst behold Christ risen from the tomb on the third day, as He said. And He appeared to them, teaching and revealing higher things, and commanding them to baptize in [the name of] the Father, and of the Son, and of the Holy Spirit, that we might believe on His resurrection, and glorify thee, O Maiden.

THE FIRST EVANGELICAL STICHERON

in Tone I

When the disciples came to the Mount of Olives for Christ's ascension from the earth, the Lord stood before them; and having worshipped Him and learned of the authority given them everywhere, they were sent forth to proclaim to the whole world His resurrection from the dead and His ascension into the heavens. And Christ God, the Savior of our souls, promised to remain with them without fail, forever.

EXAPOSTILARION II

Seeing that the stone had been rolled away, the myrrh-bearing women rejoiced, for they beheld a young man sitting in the tomb, who said to them: «Behold! Christ is risen! Say ye unto the disciples and Peter: Haste ye unto the mountain of Galilee. There will He reveal Himself to you, as He foretold to His friends.»

Theotokion: Before Thou wast conceived, O Christ, an angel brought to the Virgin the salutation: «Rejoice!», and an angel rolled away the stone from Thy tomb: the one instead of grief brought tokens of ineffable joy, and the other instead of death confessed and magnified Thee, the Bestower of life, telling the women and the initiates of Thy mysteries of Thy resurrection.

THE SECOND EVANGELICAL STICHERON

in Tone II

When the women who with Mary came bearing myrrh and were at a loss how they would attain their desire, the stone was shown to have been moved, and a divine youth, stilling the turmoil of their souls, said: «The Lord Jesus is risen! Wherefore, tell the disciples who preach Him to go with all haste into Galilee to behold Him risen from the dead, as Bestower of life and Lord!»

EXAPOSTILARION III

Let no one fail to believe that Christ is risen, for He revealed Himself to Mary, and was afterwards seen by those walking to the village [of Emmaus], and again appeared to the eleven initiates of His mysteries as they lay [in hiding], sending them forth to baptize; and He was upborne into the heavens from whence He had descended, confirming His preaching by manifold signs.

Theotokion: O Sun Who hast shone forth today from the tomb, like a bridegroom from a bridal-chamber, making hades captive and abolishing death: through the supplications of her who gave Thee birth Thou hast sent down light upon us: a light illumining our hearts and souls, a light which directeth all to walk in the paths of Thy precepts, in the way of peace.

THE THIRD EVANGELICAL STICHERON

in Tone III

When Mary Magdalene announced the Savior's resurrection from the dead and His appearance, the disciples, refusing to believe, were reproached for their hardness of heart; but armed with signs and wonders, they were sent forth to preach. Thou, O Lord, didst ascend to Thy Father, the original Light; and they preached the word everywhere, persuading by miracles. Wherefore, enlightened by them, we glorify Thy resurrection from the dead, O Lord Who lovest mankind.

差遣赞词一

让我们与门徒一起到加利利的山上去，以信仰默想基督，祂说他领受管理天上地下一切事物的权柄。让我们学习，祂是如何教导他们因父，及子，及圣神之名为万国施洗，正如祂所应许的，祂要与祂的新门徒在一起，直到世界末日。

诞神女颂：童贞诞神女，妳与门徒们一起欢跃，因为妳看到基督正如祂所说的，第三天自死亡中复活了。童女啊，祂还显现给他们，教导并启示他们强有力之事，命他们因父，及子，及圣神之名施洗，使我们也相信祂的复活，并将荣耀归于妳。

味爽赞词一

第一调式

上主站在祂的门徒前，祂已登上山顶，因祂将要被从地上提起升天。他们敬拜了祂，他们被教得知，一切权柄都被授予了祂，他们受派宣讲祂自死者中的复活，及祂的回归天堂。基督，我们灵魂的上帝与救主，祂保证将和他们在一起，直到永远。

差遣赞词二

当看到大石滚开了，携香液女欢欣踊跃，因为她们看见一个年青人坐在坟墓里，对她们说：「妳们看，基督复活了。妳们去告诉门徒和彼得。你们要到加利利的山上去。祂将在那里显现给你们，正如祂曾预先告诉祂的朋友那样。」

诞神女颂：基督，一位天使在童贞女未怀孕之前向她问安：「庆哉」。一位天使从祢的坟墓上将大石滚开。一个宣告并称扬了取代忧伤的无可言喻的喜乐，另一位则向妇女及新门徒宣告了复活，因祢是取代死亡的赋予生命者。

味爽赞词二

第二调式

对那些带着馨香的香料与玛利亚一起前来，以及困惑于该如何达致她们的目的的妇女，巨石被移开了，一位容貌像神一样的青年使她们灵魂的骚动平静下来，因为他说：主耶稣已复活了。因此，门徒们，你们要向他的使者宣讲，快去加利利。在那里你们要看到自死者中复活的祂，主，赋予生命者。

差遣赞词三

但愿没有人怀疑基督已复活了。因为祂显现给玛利亚；之后祂被出城去乡间的那两个门徒看见；当十一位使徒坐席时，祂显现给他们，当祂派遣他们出去为人施洗时，祂被提升天，祂就是从那里降临人世的，借着许多征兆，使宣讲得到确认。

诞神女颂：太阳，今天祢从坟墓中升起，犹如新郎走出洞房，祢却夺了地狱，毁灭了死亡，因着诞生祢的那一位的祈求，祢以祢的光明照耀我们，使光明在我们的心里闪耀，以光明带领我们众人行走在祢诫命的坦途及和平之道上。

味爽赞词三

第三调式

当玛利亚。玛格达利纳传报主从死者中复活并显现出来的喜讯时，门徒心存怀疑，因他们的心硬而受到责备。但是，他们为征兆与奇迹所武装，被派前去宣讲。上主，当祢被提到父——光明之源——那里时，他们因奇迹而被委派，开始到处宣讲圣道。因此，我们由他们而受到光照，归荣耀于祢自死者中的复活，上主，祢是热爱世人者。

EXAPOSTILARION IV

Having been illumined by the virtues, let us behold the man standing in the Life-bearing tomb in brilliant vesture while the myrrhbearing women fall prostrate; let us learn of the resurrection of Him Who hath dominion over the heavens; with Peter let us hasten to the sepulchre of Life; and, marvelling at what hath taken place, let us remain to behold Christ.

Theotokion: O Lord Who hast commanded us to rejoice, Thou hast transformed the grief of our first parents, bearing the joy of Thine arising into the world. Wherefore, O Bestower of life, through her who gave Thee birth send down [upon us] the light of Thy compassions, a light which illumineth our hearts, that we may cry out to Thee: O God-man Who lovest mankind, glory to Thy resurrection!

THE FOURTH EVANGELICAL STICHERON

in Tone IV

It was very early in the morning, and the women arrived at Thy tomb, O Christ; but the body which they desired was nowhere to be found. Wherefore, two angels clad in shining garments, standing before the perplexed ones, said: «Why seek ye the Living among the dead? He is risen, as He foretold! Why do ye not remember His words?» And believing them, they proclaimed the things that they had seen; yet the glad tidings were thought to be false, so slow yet were the disciples. But Peter ran and, seeing, within himself glorified Thy wonders.

EXAPOSTILARION V

Christ, the Life and the Way, arose from the dead. He journeyed with Cleopas and Luke, and was recognized by them in Emmaus when He broke bread, whereat their souls and hearts burned within them when [they remembered how] He had spoken to them on the way and explained to them from the Scriptures that He had to suffer. With them let us cry out: He hath arisen, and hath appeared unto Peter!

Theotokion: I hymn Thine immeasurable mercy, O my Creator, for Thou didst abase Thyself to assume and save afflicted human nature, and, being God, Thou didst will [to be born] of the pure divine Maiden, to become like unto me, and to descend even into hades, desiring that I be saved through the supplications of her who gave Thee birth, O most compassionate Master.

THE FIFTH EVANGELICAL STICHERON

in Tone V

O, Thine all-wise judgements, O Christ! How by the grave clothes alone didst Thou give Peter to understand Thy resurrection? And, while journeying with Luke and Cleopas, how didst Thou converse with them, and in conversing didst not reveal Thyself straightway? Wherefore, Thou wast reproached as a mere traveller to Jerusalem Who took no part in its doings. Yet, ordering all things for the benefit of Thy creation, Thou didst disclose the prophecies concerning Thee, and madest Thyself known to them when Thou didst break the bread; and their hearts burned within them before they recognized Thee. And to Thine assembled disciples they manifestly proclaimed Thy resurrection, whereby do Thou have mercy upon us.

EXAPOSTILARION VI

Showing that Thou art a man by nature, O Savior, having risen from the dead Thou didst stand in the midst [of the apostles] and didst partake of food; and Thou didst teach [them] the baptism of repentance. And straightway Thou didst ascend to the heavenly Father, but didst promise to send the Comforter to Thy disciples. O all-divine God-man, glory to Thine arising!

Theotokion: The Author of creation and God of all took human flesh of thine all-pure blood, O most holy Virgin, renewing all my corrupted nature, and He left [thee] after thy birthgiving as thou wast before giving birth. Wherefore, we all praise thee with faith, crying out: Rejoice, O Mistress of the world!

THE SIXTH EVANGELICAL STICHERON

in Tone VI

Thou art the true Peace, O Christ, Who givest Thy divine peace to men. After Thine arising Thou didst show Thyself to the disciples, and they were affrighted, thinking that they were seeing a ghost. But Thou didst calm the turmoil of their souls, showing them Thy hands and feet. Yet when still they doubted, Thou didst, by partaking of food and recalling Thy teachings, open their minds to understand the Scriptures. And having promised them the promise of the Father, and blessed them, Thou didst depart into heaven. Wherefore, with them we worship Thee. O Lord, glory be to Thee!

差遣赞词四

放射出圣德之光，让我们默思身穿光耀的外衣的人，祂在赐予生命的坟墓中向携香液女显现，当时她们俯首至地。让我们受教于天上君宰的复活，让我们与彼得一起奔赴坟墓中的生命，因所发生的一切而惊奇，让我们坚持不断地瞻仰基督。

诞神女颂：主，祢高呼「庆哉」，祢转变了先祖们的痛苦，带给世界祢复活的喜乐。因此，借着那位诞生祢——赋予生命者，光照心灵的光明——的圣母，求祢放射出祢的仁慈之光，我们向祢呼求：「热爱世人者，神人，荣耀归于祢的复活！」

味爽赞词四

第四调式

基督，天还未亮，妇女们来到祢的坟墓那里。但是她们没找到她们所想望的遗体；因此，那些穿着光耀衣服的天使站在困惑不解的她们面前说：妳们为什么在死人中寻找活人呢？祂按祂所预言的，已经复活了。为什么妳们把祂的话忘记了呢？在他们的劝说下，她们宣讲她们所见到的，但是这喜讯看似语无伦次，因此，门徒们仍然迟钝不解；但是彼得却跑去，亲眼看到祢应受荣耀的奇迹。

差遣赞词五

基督，生命与道路，从死者中复活，与革流巴和路加一起行走，当祂在埃玛乌斯擘饼时，使自己被他们认出。当祂与他们在路上交谈，以祂所应验的圣经给他们解释时，他们的灵魂与心灵火热。让我们与他们一起高呼：「祂已复活了，并显现给了彼得！」

诞神女颂：我的创造者，我歌唱赞美祢不可测度的仁慈，因为祢空虚了自己，为拯救了生出邪恶的可朽人性，取了人性。作为上帝，你由至圣圣母降生，而变得像我一样，并下降阴府，满有怜悯的君宰，祢希望我借着那生祢的圣母的代祷而得救。

味爽赞词五

第五调式

基督，祢的判断多么明智！祢使彼得只看到殓衣就明白了祢的复活，但是祢却在路上与路加和革流巴交谈，当祢谈论时并未立即启示祢自己。祢因只是在耶路撒冷的一个陌生人，并未参与她最后的行为而受到他们的责备。但是，正如一个为了他的创造而安排一切事物的人那样，祢揭示了论及祢自己的预言，当祢祝福饼时，祢使自己被他们认出，甚至在此之前，他们的心就因着对祢的知识而燃烧。他们也已向祢聚集的门徒宣讲祢的复活。借着祢的复活，求祢怜悯我们。

差遣赞词六

救主，祢显明了祢的本性是人，已从坟墓中复活了，祢站在门徒中间，吃了食物，教导门徒宣讲悔改。之后，祢立即上升到天父那里，祢应许门徒要派遣护慰者前来。上帝及人，超越一切神性者，荣耀归于祢的复活。

诞神女颂：全然神圣的童贞女，受造物的创造者，万有的上帝，从妳无玷的净血取了血肉。祂也更新了已全然朽坏的人性，使妳生产之后仍与生产之前一样。因此，我们众人怀着信心向妳宣告，我们高呼：「庆哉，世界的君后！」

味爽赞词六

第六调式

基督，祢是真正的平安，祢将神性的平安赐予人。祢在复活后，把祢的平安赐给了门徒，祢的显示令他们充满恐惧，因为他们以为看到了一个鬼魂。但是祢把祢的手和脚给他们看，驱散了他们灵魂的慌乱。但是，当他们仍然心存疑虑时，祢与他们进食，提醒他们祢的教训，祢开了他们的思想，使他们明白圣经。祢给他们保证了父的应许，祢祝福了他们之后，离开他们升天。因此，我们与祂们一起敬拜祢。主啊，荣耀归于祢！

EXAPOSTILARION VII

When Mary said that the Lord had been taken away, Simon Peter and the other initiate of the mysteries, whom [Jesus] loved, ran to the sepulchre; and when they arrived, they found only the linen-clothes lying within, while the napkin [which had covered the Savior's] head lay in a place apart from them. Wherefore, they kept silence until they beheld Christ again.

Theotokion: Great and all-glorious things hast Thou wrought for my sake, O my greatly merciful Christ! For Thou wast ineffably born of the Virgin Maiden, didst undergo crucifixion, and, having endured death, didst arise in glory, and hast freed our nature from death. Glory to Thy glory, O Christ! Glory to Thy power!

THE SEVENTH EVANGELICAL STICHERON

in Tone VII

Lo! It is dark and very early in the morning. Why standest thou by the tomb, O Mary, harboring much darkness in thy mind, wherein thou askest: Where hath Jesus been laid? But behold the disciples who have come running together, and how they have discovered the resurrection by the grave-clothes and the winding sheet, and remembered the Scriptures concerning them! And we, believing with them and through them, hymn Thee: Christ the Bestower of life.

EXAPOSTILARION VIII

Beholding two angels within the tomb, Mary was amazed; and not recognizing Christ, she questioned Him, [assuming that He was] the gardener, [saying]: «Sir, where have they laid the body of my Jesus?» But recognizing Him as the Savior Himself from the sound of His voice, she heard [Him say]: «Touch me not, for I shall depart unto the Father! Tell this to My brethren.»

Theotokion: O Maiden, thou gavest birth ineffably to One of the Trinity, Who is of two natures and two activities, but a single hypostasis. Him do thou ever entreat in behalf of those who do [thee] homage with faith, that we be delivered from every assault of the enemy, and may all now flee to thee, O Mistress Theotokos.

THE EIGHTH EVANGELICAL STICHERON

in Tone VIII

The tears of Mary were not shed in vain; for, behold! she was counted worthy of having angels instruct her and Jesus Himself appear to her. But, as a weak woman, she thought earthly thoughts. Wherefore, she was turned away and commanded not to touch Christ. Yet was she sent as a herald to Thy disciples, bearing glad tidings to them and announcing Thine ascension to the portion of the Father. With her count us worthy, O Lord and Master, of Thine appearance.

EXAPOSTILARION IX

While the doors were shut, O Master, Thou didst enter in and fill the apostles with the allholy Spirit, breathing forth peace [upon them]; and Thou didst tell them that they have the power to bind and to loose. And on the eighth day Thou didst show Thy side and Thy hands unto Thomas. With him do we cry out: Thou art our Lord and God!

Theotokion: Thou didst behold Thy Son risen from the tomb on the third day, O all-holy Virgin Bride of God, and didst cast off all the grief wherewith, as His Mother, thou wast afflicted when thou didst behold Him suffering; and, full of joy, thou didst chant with His disciples, worshipping Him. Wherefore, save those who now confess thee to be the Theotokos.

THE NINTH EVANGELICAL STICHERON

in Tone V

As in times past, it being late on the evening of the Sabbath, Thou didst stand before Thy friends, O Christ, by a wonder, the entry doors being shut, and didst announce a wonder: Thy resurrection from among the dead. And Thou didst fill Thy disciples with joy, and impart to them the Holy Spirit, and bestow upon them the authority to remit sins. And Thou didst not leave Thomas to be engulfed in the storm of unbelief. Wherefore, grant us also true understanding and remission of transgressions, O compassionate Lord!

差遣赞词七

玛利亚说：「他们取走了主。」西门。彼得与基督的另一个门徒，那人是祂所爱的，急速赶往坟墓。两人跑去，发现坟墓中只有殓布，头巾另在一处。因此他们再次静候，直到他们见到了主。

诞神女颂：至仁慈的基督，祢为我们所做之事伟大而神奇；因为祢以无法解释的方式由童贞女所生，祢接受了十字架，祢忍受了死亡，又荣耀地复活了，使我们的人性从死亡中得到释放。基督，荣耀归于祢的光荣，荣耀归于祢的权能。

味爽赞词七

第七调式

看，天还未亮，一大清早，玛利亚，妳为什么站在坟墓旁？妳的思想为什么充满幽暗呢？妳为什么在曾安放过耶稣的地方寻找呢？妳看门徒们一起跑来，妳要看他们是如何从殓布与头巾就意识到主已复活，因他们记起了论及此事的圣经。基督，赋予生命者，我们也与他们并通过他们，相信并歌唱赞美祢。

差遣赞词八

玛利亚看到两位天使在坟墓之中，感到惊奇，她没有认出基督，以为祂是园丁而问祂道：「先生，你把我的耶稣的遗体放到哪里去了？」基督的呼唤使她认出祂就是救主，她听道：「不要触摸我。妳去告诉我的兄弟，我要到父那里去」

诞神女颂：贞女，妳无可言语地诞生了圣三之一位，祂有二个本性及行动，但只有一个本质。求妳不断为了那些在信仰中敬拜妳的人祈求祂，从仇敌的一切计谋中解救我们，因为现在，君后，上帝之母，我们众人向妳求助。

味爽赞词八

第八调式

耶稣啊，玛利亚的热泪并没有白流，因为她得到天使来教导她，并看到了祢。作为一个弱质女子，她仍有着尘世的思想，因此，基督，为了不让她触摸祢，她受派遣。但是，尽管如此，她被派往祢的门徒那里，犹如信使，她向他们宣讲了喜讯，宣布祢上升到父的产业那里。君宰及主，求祢使我们也与妳一起，堪当承受祢的彰显。

差遣赞词九

君宰，当祢进入屋内时，房门紧闭，祢以平安向使徒吹气，以至圣之灵充满他们。祢告诉他们捆绑罪恶，释放他们，八天以后，祢将肋旁与双手显示给多马。我们与他一起高呼：「祢是我主及上帝。」

诞神女颂：上帝的净配，当妳第三天看到妳的圣子从坟墓中复活，妳抛弃了所有作为一个母亲亲眼目睹祂受难时所承受的痛苦。妳充满了喜乐，歌唱赞美祂，与祂的门徒一起欢欣踊跃。因此，求妳拯救那些称妳为诞神女的人。

味爽赞词九

第五调式

基督，当安息日的晚上，祢最后来到祢的朋友那里，祢以奇迹确认了奇迹，当门户紧闭时，祢进入屋内，证明了祢从死者中复活。祢使祢的门徒充满喜乐，使他们分享圣神。祢赐予他们赦罪的权柄，祢没有抛弃多马任其在不信的海洋里淹死。因此，仁慈的主，求祢也赐我们真正的知识，以及罪过的赦免。

EXAPOSTILARION X

On the Sea of Tiberias of old, the sons of Zebedee, with Nathaniel and Peter, Thomas and two other disciples, were in a boat; and having cast their net on the right side as Christ commanded, they drew forth a great draught of fishes. And Peter, recognizing Him, cast himself forth [to come] to Him. This was His third appearance; and He showed [them] bread and fish upon burning coals.

Theotokion: O Virgin, entreat the Lord Who arose from the tomb on the third day, in behalf of those who praise and bless thee with love; for we all have thee as a refuge of salvation and a mediatrix before Him, for we are thy legacy and thy servants, O Theotokos, and we all look to thee for help.

THE TENTH EVANGELICAL STICHERON

in Tone VI

Grieving, as was meet, over parting from Thee, O Christ, after Thy descent into hades and Thy resurrection from the dead, Thy disciples returned again to their trade, to their boats and nets; yet nowhere did they catch fish. But Thou, O Savior, showing Thyself to be Master of all, didst command them to cast the nets on the right side. And straightway Thy word became reality, and there was a great multitude of fishes, and Thou didst prepare a strange meal on the shore. Of that which Thy disciples then partook, do Thou vouchsafe that we now enjoy noetically, O Lord Who lovest mankind!

EXAPOSTILARION XI

After His divine resurrection, the Lord asked Peter thrice: «Lovest thou Me?», and appointed him the chief shepherd of His sheep. And, seeing [the disciple] whom Jesus loved following behind, he asked the Master: «What shall this man do?» And He said: «If I will that he tarry until I come again, what is that to thee, O Peter [My] friend?»

Theotokion: O the awesome mystery! O the all-glorious wonder! By death hath death been utterly destroyed! Who therefore will not lift up his voice in hymnody? And who will not bow down before Thy resurrection, O Word, and before the Theotokos who gave birth to Thee in purity? Through her supplications, deliver all from Gehenna.

THE ELEVENTH EVANGELICAL STICHERON

in Tone VIII

Revealing Thyself to Thy disciples after the resurrection, O Savior, Thou gavest to Simon the tending of Thy sheep, as a reward for his love, seeking care for the flock. Wherefore, Thou didst say: «If thou lovest Me, O Peter, tend My lambs, tend My sheep!» And, straightway showing love for his friend, he asked concerning the other disciple. Through their prayers, O Christ, preserve Thou Thy flock from the wolves which destroy it.

差遣赞词十

在古时，提韦里亚海发现多马与则维德的儿子们，拿但业，彼得以及另外两人在打渔。在基督的命令下，他们向右手一侧撒网，网了许多鱼。彼得认出是祢，向祂游去。祂第三次向他们显现，指示他们面包，以及在炭上烤的鱼。

诞神女颂：童贞女，求妳代表所有歌唱赞美妳，并以爱称妳为有福的人祈求主，祂第三天从坟墓中复活。因为我们众人以妳和祂一起作为我们得救的庇护与中保，因为我们是妳的产业，妳的仆人，上帝之母，我们众人仰望妳的助佑。

咪爽赞词十

第六调式

基督，祢下降阴府，从死者中复活之后，祢的门徒或许因为祢离开他们而失去了信心，他们重操旧业：再次上船撒网，但却一无所获。但是，救主，祢犹如万有的君宰一般地显现，命他们向右侧撒网，他们立刻按祢的话做了，网了大量的鱼，岸上一顿神奇的饭已准备好了。热爱世人者，祢的门徒吃了饭，现在求祢使我们堪当在灵里享用它。

差遣赞词十一

主在祂神圣的复活之后，三次问彼得：「你爱我吗？」以他作为祂自己的羊群的首牧。当他看见基督所爱的那人跟在后面，就问君宰：「他怎样呢？」祂答道：「朋友，彼得，如果我想让他存留到我再来时，与你何干？」

诞神女颂：令人敬畏的奥迹！非凡的奇迹！借着死亡，死亡被彻底毁灭。圣言，谁不会赞美，谁不会敬拜祢的复活，以及纯洁地诞生了祢的肉身的上帝之母。因着她的代祷，求祢拯救我们众人脱离地狱。

咪爽赞词十一

第八调式

救主，祢复活后把自己显示给祢的门徒，作为爱的回报，祢委派西门牧放羊群，要求他照顾牧放。因此祢说：如果你是我的朋友，彼得，牧放我的小羊，牧放我的羊。但是他立即表现他的爱心，询问另一位门徒的事。基督，因着他们的代祷，求祢护守祢的羊群免受豺狼的掠夺。