



主日八調讚詞

第一調式

SUNDAY OCTOECHOS

TONS 1



Sunday Octoechos

Tone 1

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## 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:*



## 第一調式

### 安息日晚

### 大暮時課

誦唸開端聖詠（第一百零三篇聖詠）與聖詠集第一座聖詠、誦唸籲主聖詠「主歟、我呼籲爾……」時、插入十段讚詞：七段取自復活讚詞、三段取自本日所紀念的聖人讚詞、若遇慶節、則插入四段或六段聖人讚詞。

#### 復活行間讚詞 第一調式

插入十句讚頌：拯提我靈出獄岸、為我克讚頌爾名。

聖主聆我等宵祈、賜我等罪赦、因爾乃獨一顯復活於普世者。

插入：爾以恩寵顯於我時、義者將環我。

請眾環攻錫安山而克之、於內讚榮由死復活者、因其乃我等上帝、救我等於罪中者。

插入八句讚頌：主歟、我自深淵呼籲爾、主歟、聆我聲。

請眾至前歌頌叩拜基督、讚美其由死中復活、因其乃我等上帝、救普世於魔之誘惑者。

#### 其它讚詞、阿納托利作

插入：願爾耳聽我之禱聲。

諸天宜喜悅、地基宜吹角、諸山宜發歡樂之聲、蓋以馬內利將我等罪釘於十字架、施生活滅死、使亞當復生、因其係愛人者。

插入六句讚頌：主歟、若究察罪惡、主歟、則孰能立、第爾施救宥、願人敬畏於爾前。

我眾宜對越、為我等甘願以肉軀被釘十字架受難被瘞、及由死復活者讚頌曰、祈基督以正道堅固聖教會、安慰我等度日、因爾乃至善愛人者。

插入：我望主、我靈望主、冀望主言。

我眾不堪之人、環立於我等上帝基督受生活之樞、讚榮爾不可測之慈憐、爾係無罪者、為使普世復活、而受十字架苦及死、因爾係愛人者。

插入四句讚頌：我靈候主、踰於更漏之待旦、踰於更漏之待旦、願以色列冀望主。

我眾宜讚頌與上帝聖父同無始相偕永在之聖言、由童貞女不可測而生、為救我等甘願受十字架苦及死、且以榮復活者、曰、施生活救我等靈之主、讚榮爾。

若《月份禮典》上載有指定的榮光讚詞、則誦唸「榮耀歸於父……」後、詠唱榮光讚詞、之後接唸「自今至永遠……」；若無指定的榮光讚詞、則直接誦唸「榮耀歸於父…、自今至永遠……」。生神女頌。



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.*



我等將讚頌普世之榮、由人所生而產主宰之永貞瑪利亞、稱其為天門、受無形者之頌揚、為誠信者之修飾、因其為天、為上帝性之堂、因其毀仇垣、降安和、啟天國、我等以其為固我信者、以其所生之主、為我等之護佑、故主之民宜冀望、誠應冀望、緣主因其全能、將勝仇敵也。

聖入禮與禧光頌後、指定的修士向長上行一躬拜、詠唱本日的經前詠。

主為君、乃以威嚴為衣。

詩節一：主以能力服之、束繫之。

詩節二：故世界乃堅固、必不搖撼。

之後誦唸熱誠連禱、「主、開恩護守……」等、司祭唸完結束禱詞後、詠唱本修道院主保聖人的專用讚詞、列隊進入教堂前廳。唸完慣常的禱文後、回至教堂、詠唱：

### 復活後行間讚詞

#### 第一調式

基督歟、我等以爾受難免苦難、以爾復活救朽壞、主歟、榮光於爾。

#### 其它讚詞（按字母順序）

詩節一：主為君、乃以威嚴為衣。主以能力服之、束繫之。

萬物宜歡樂、諸天宜喜悅、萬民亦宜欣忭拍掌、蓋我救世主基督以我等罪、釘於十字架、滅死而賜我等常生、復起墜落萬民之祖亞當、因其係愛人者。

詩節二：故世界乃堅固必不搖撼。

不可測司天地之君、因愛人甘願被釘十字架、降地獄、魔見之而驚懼、義者之靈候望之、而欣悅、亞當見造萬物者在地獄而復活、異哉萬物之生命、如何受死、因伊欲光照普世、而普世呼籲之曰、由死中復活之主、讚榮爾。

詩節三：主歟、聖德屬爾之堂、直至永遠。

攜香液女、速攜香膏以哭泣至爾柩前、而未見爾至潔之體、由天神獲聞極奇妙之新蹟、向使徒等曰、主復活施宏恩於普世。

榮耀歸於父…… 本日所紀念的聖人讚詞、若本日為「慶節」、則

榮耀歸於父……自今至永遠…… 生神女頌

今應以賽亞預言、緣童貞生育、娩後與產前無異、因其所生者、乃復新人本性之上帝、求聖母毋輕視爾僕於爾堂所獻之祈禱、乃於己手懷抱慈衷之主、矜憐爾僕、代祈救我等靈。

繼續舉行守夜祈禱的其餘部分。





## 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' 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

### 晨時課

誦唸完六篇聖詠後、以第一調式詠唱「主是上帝」、接着詠唱復活遣散頌兩遍、生神女頌一遍。之後、按慣例誦唸聖詠集第二座與第三座。

#### 復活遣散詞

救世者、猶太人封石洞、及卒守爾至聖軀時、而第三日復活、以賜普世生活、因此天上軍呼於爾施生活者曰、基督讚揚爾復活、讚揚爾國、讚揚爾司理、乃獨一愛人者。（兩遍）

#### 生神女頌

聖女歟、加百列向爾報慶哉之時、萬物之君降孕於爾聖券笥（音：序）、誠如成德大衛之所云、胎孕造爾之主、而顯其較天為廣大、讚榮於爾降孕者、讚揚於爾所生者、讚頌以己降生釋我等者。

誦唸完第一聖詠集選段（第二座）後、詠唱復活坐讚詞。

#### 第一調式 通用本調

救世者歟、兵卒守爾柩時、見天神顯現發光耀而如死、天神報主復活之音於婦人、我眾讚榮爾滅朽壞者、我眾叩拜爾、我等獨一上帝由死中復活者。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

施宏恩者、甘願被釘十字架、施生活者、為死而置於柩、全能者以己死敗壞死權、司地獄門者、見爾而戰慄、爾援原始已亡之眾偕己復甦、因爾乃獨一愛人者。

#### 榮耀歸於父…… 自今至永遠…… 生神女頌

聖母歟、我眾以愛慕投歸爾之恩賜者、皆知爾乃降生後仍實為童貞、我眾罪人遇災禍、以爾獨一無玷者、為拯救之轉達。

誦唸完第二聖詠集選段（第三座）後、詠唱復活坐讚詞。

#### 通用調式 當巨石被密封時

清晨婦至主柩前、見天神顯現而戰慄、自柩發生命、睹其奇蹟甚為駭異、故奔告復活之信於眾使徒、基督係獨一堅固及全能者、敗地獄而令諸死朽者偕己復甦、藉十字架之力、免原罪所定之死。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

萬物之生命者、被釘於十字架、常生之主、參列於死人中、救世者、第三日復活、使亞當由朽壞偕己復甦、故天軍向爾呼籲曰、獨一愛人施生活之基督、讚榮爾復活、讚榮爾寬忍。





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 Ypakoi.*

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*



榮耀歸於父…… 自今至永遠…… 生神女頌

瑪利亞係主宰至尊之寶藏、求援我等陷於失望罪惡憂鬱之深淵者、因爾乃諸罪人之拯救扶持、堅固之轉達、爾乃恒救爾僕。

誦唸完「無瑕聖詠」（第十七座、聖詠第一百十八篇）後、詠唱復活「讚主頌」。之後誦唸小連禱及聆聽讚。

右盜痛悔而開天堂、攜香液女哭泣而報喜、因爾上帝基督復活、以賜普世宏恩。

陞階讚 第一對經（聖詠119）

主歟、我於愁苦時呼籲爾、祈聆我之苦難。

隱士遠離世冗、心志時常願歸向上帝。

榮耀歸於父…… 自今至永遠……

聖神宜同聖父偕聖子受尊崇榮光、故我眾讚頌同一權之聖三。

第二對經（聖詠120）

上帝歟、舉我躋爾法律之巍崇、求以德行光照我、為我克讚頌爾。

聖言歟、求爾以右手納我、存守佑護我、不許罪惡火焰焚我。

榮耀歸於父…… 自今至永遠……

萬物藉聖神而復新、復疇昔之位置、因聖神與聖父及聖言係同能者。

第三對經（聖詠121）

人向我云、我儕可以進主堂、我靈欣喜、我心亦歡樂。

在大衛家有巨驚懼、蓋其內建立寶座、而地上一切之族民受審判。

榮耀歸於父…… 自今至永遠……

聖神如聖父及聖子、尊崇叩拜榮光全能皆屬之、因聖三乃三位一體者。

經前詠

主曰、我今欲起、將救彼為人所欲執者。

詩節：主言乃清潔者、如銀於爐冶砂中所鎔淨、而煨經七次者。

凡有呼吸者、宜讚揚主

誦福音經：

我等既睹基督之復活、宜叩拜獨一無罪聖主耶穌基督、我等叩拜爾十字架、讚榮稱頌爾聖復活、緣爾乃我等上帝、爾之外我等弗識他主、我等既以爾名自稱、請眾誠信者至而叩拜基督聖復活、因藉仗十字架而喜降至於普世、因此我等常感謝主、讚頌其復活、緣其為我等而被釘十字架、以死滅死。

聖詠經第五十章

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.

### *Another Canon, to the Mother of God.*

榮耀歸於父、及子、及聖神  
仁慈主、以使徒祈禱、潔淨我等多罪。

自今至永遠、及於萬世、阿民。

仁慈主、以聖母轉達、潔淨我等多罪。

上帝歟、因爾大仁慈、矜憐我、以大憐惠、刪除我諸愆尤。

此處誦唱慶日讚詞（任何日子、包括在主日在內的主及聖母的慶日；平日聖人的慶日）。在四旬期之外的主日；

耶穌依預言由柩中復活者、賜我等常生及宏恩。

唸完「上帝、求祢拯救祢的子民……」、司祭高聲誦唸完結束祝文之後、開始誦唸聖頌典。聖頌典的唸法如下：由復活聖頌典取四段聖頌、由十字復活聖頌典取三段聖頌、由向生神女的聖頌典取三段聖頌、由本日所紀念的聖人的聖頌典取四段聖頌。若本日乃聖人的「慶節」、則取六段或八段聖頌。第三及第六聖頌小連禱後、誦念指定合眾詞。

復活聖頌典。

### 聖歌一 第一調式 首節

聖常生者歟、爾常勝右手、以剛堅光榮赫著、因其全能拂滅敵仇、及為以色列民預闢渡海淵新途。

聖頌

節句：主歟、讚榮爾聖復活。

爾原始以奇妙至潔手、用土造我者、今伸臂於十字架、使藉童貞所受由土所造可朽之人體獲榮光。

節句：主歟、讚榮爾聖復活。

用上帝之嘔氣賦我靈者、今為救我之故而被害、將已靈付於死、釋彼永囚、使我偕之復甦、且以常生榮耀我。

生神女頌

節句：祈至聖母救我等。

慶哉、恩寵之泉源、慶哉昇天之梯階、及天門、慶哉、光燭、及金罇、及未鑿之山、施生活基督所由降世者。

又聖頌典 十字架復活聖頌典

首節：基督誕生了、榮耀歸於祂！

節句：主歟、讚榮爾尊十字架、及榮復活。

基督受人體、而使我體合於上帝之榮、基督自謙卑、而使我升舉、基督施生活者、肉體受難、使我無私情、故我以感謝之詞歌頌曰、緣其赫著矣。

節句：主歟、讚榮爾尊十字架、及榮復活。

基督被釘十字架、而使我升高、基督受死、而使我偕伊復活、基督賜我常生、故我快樂拍掌凱歌救世主之頌曰、緣其赫著矣。

節句：祈至聖母救我等。

至潔童貞歟、爾孕上帝、及由爾所受人體之基督存童貞而生、伊係獨一之子、一位兼兩性者、緣其赫著矣。

*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!

*Another, of the Mother of God.*

## 又聖頌典 生神女聖頌典

## 首節：祢得勝的右手

節句：祈至聖母救我等。

我儕劣弱、何能以如量之詞獻爾、除彼加百列奧秘所誨快樂之詞曰、慶哉聖母、聘而未婚之童貞女。

節句：祈至聖母救我等。

我眾誠信者、應以潔心讚頌永貞係天軍君之母曰、慶哉聖母、聘而未婚之童貞女。

節句：祈至聖母救我等。

至潔者歟、藉爾降生者、不可測其奧秘、實無限量、故我眾信之無疑、獻爾以極潔之詞曰、慶哉聖母、聘而未婚之童貞女。

## 聖歌三 首節

獨一識人性體之弱者、因爾大仁慈、故亦受之、求爾自上以力束我、為我克向爾籲曰、愛人者歟、爾乃不可測威榮神靈之聖堂。

## 聖頌

節句：主歟、讚榮爾聖復活。

至善之上帝、爾寬忍我墜落者、施恩降臨於我、藉被釘十字架升舉我、為我克向爾籲曰、聖威榮之主、爾愛人係不可量者。

節句：主歟、讚榮爾聖復活。

基督乃己位之常生我被朽敗、爾係慈憐之主亦服受之、主宰入於地中、以死滅死之權、藉第三日復活、使諸死者復甦、而衣以不朽。

## 生神女頌

節句：祈至聖母救我等。

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。

## 又聖頌典 十字架復活聖頌典

## 首節：向受生的聖子

節句：主歟、讚榮爾尊十字架、及榮復活。

請眾向上帝基督負失羊、而以十字架滅其罪者、呼籲曰、舉升我等品位之主、係誠聖者。

節句：主歟、讚榮爾尊十字架、及榮復活。

我眾誠信者、宜事奉上帝聖神、令大牧首基督出地獄、而藉使徒所立之神品、以公義牧萬民者。

## 生神女頌

節句：祈至聖母救我等。

請眾向萬物之上帝、係甘願由童貞潔孕受人體之子、以上帝能力、令至潔女產後存童貞者呼籲曰、主係誠聖者。



*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.

#### *Another, of the Mother of God.*

## 又聖頌典 生神女聖頌典

## 首節：惟有你知道

節句：祈至聖母救我等。

我眾按先知之預言、稱爾聖女實為彩雲、因主攜爾抵埃及解彼偶像之惑、且光照其人。

節句：祈至聖母救我等。

滿被讚揚者歟、先知之會誠稱爾為印封之泉及關鍵、用以為爾產後仍童貞之印記。

節句：祈至聖母救我等。

無玷聖女歟、加百列得恩、見尊異超性之上帝、報爾嘉音、明示爾降孕之言、及傳報不可測之降生。

## 聖歌四 首節

哈巴谷以慧目瞻爾如上帝恩寵所庇蔭之山、先言由爾應出以色列之聖者、為救贖復新我等。

## 聖頌

節句：主歟、讚榮爾聖復活。

其自以東來、冠刺冠、衣赭衣、懸於十字架之救世者為誰、乃以色列之聖者、為救贖復新我等。

節句：主歟、讚榮爾聖復活。

爾眾叛逆者宜觀之而發愧、因爾愚昧求彼拉多如暴逆而釘於十字架者、彼已滅死權、因係上帝、由死復活矣。

## 生神女頌

節句：祈至聖母救我等。

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。

## 又聖頌典 十字架復活聖頌典

## 發自耶西之根的枝條

節句：主歟、讚榮爾尊十字架、及榮復活。

此從以東來之美姿容者、厥衣鮮紅、如以沃索爾之葡萄汁所染者為誰、其華美如上帝、其肉軀如人、服以血所染之紅衣、我眾誠信者向之籲曰、主歟、讚榮爾能力。

節句：主歟、讚榮爾尊十字架、及榮復活。

基督為來世福之司祭首、消滅原罪、以己血示我奇妙之途、攜我儕入較前廣且備之帷幄、而為之前驅。

## 生神女頌

節句：祈至聖母救我等。

滿被讚揚者、爾藉為我等降世之新亞當、償往古夏娃之債、蓋由爾所產生之基督、將其靈形、藉爾潔孕體合於上帝性、而為一位兩性之主。

*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.

## 又聖頌典 生神女聖頌典

## 首節：哈巴谷以預見之目

節句：祈至聖母救我等。

天宜聽奇蹟、地宜側耳、因由土所造陷於罪亞當之裔、稱為造伊之上帝之母、為救贖復新我等。

節句：祈至聖母救我等。

滿被讚揚者、我眾讚揚爾極大威嚴之奧秘、因永在之主、係超世諸天軍所不可測者、如雨滴潤於羊皮、而降臨於爾、為救贖復新我等。

節句：祈至聖母救我等。

超諸聖滿被讚揚之聖母、係萬民之冀望、及誠信者之拯救、因施生活救贖之主、由爾發光照、求代祈彼、拯救爾諸僕。

## 聖歌五 首節

基督以降世光及爾聖架照耀輝煌普世界、求以爾上帝智慧、啟牖誠讚頌爾者之心。

## 聖頌

節句：主歟、讚榮爾聖復活。

猶太人藉十字架擊死大牧首、即主、第彼在地獄所繫者之靈、如羊獲免於死權。

節句：主歟、讚榮爾聖復活。

救我之基督歟、爾以十字架傳安和於普世、告被擄者得釋、藉爾復活辱有死權者、明顯其劣弱無權。

## 生神女頌

節句：祈至聖母救我等。

祈滿被讚揚者、勿輕視以誠心祈禱爾者、求至潔者聆納之、而代白於爾子、係獨一施恩之上帝、因爾乃我等之轉達。

## 又聖頌典 十字架復活聖頌典

## 首節 因祢是和平之上帝

節句：主歟、讚榮爾尊十字架、及榮復活。

大哉、上帝榮光智慧之淵、主欲愧彼智慧者、故拯救我等於伊之詭計、甘願以劣弱之人體受難、以上帝全能受死而復甦、為施生活者。

節句：主歟、讚榮爾尊十字架、及榮復活。

基督乃永在之上帝、為我眾受人體、被釘十字架死而瘞復活、及以榮光偕肉軀升至天父、而偕此將來拯救凡真心事奉之者。

## 生神女頌

節句：祈至聖母救我等。

超諸聖至潔童貞歟、爾生超諸聖之聖、成聖萬物之救世基督、故我眾讚揚宰后造萬物者之母。

*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.



## 又聖頌典 生神女聖頌典

## 首節 基督、祢光照

節句：祈至聖母救我等。

童貞聖母歟、天軍見爾而喜樂、會眾偕彼而快愉、伊等翕然同聲、緣爾所生者、我眾亦讚榮之。

節句：祈至聖母救我等。

願眾以思念言語讚美爾係人類之真淑媛、蓋聖女明立賜榮光與秉信讚美其奇蹟者。

節句：祈至聖母救我等。

諸智慧者、因獻歌頌讚美詞於童貞聖母獲榮光、因伊乃上帝榮光之堂、故我眾合伊所宜讚頌之。

## 聖歌六 首節

深淵環圍我等、無人援拯我等、似應屠之羊、求我等上帝救爾民、因爾堅固及助扶諸荏弱者。

## 聖頌

節句：主歟、讚榮爾聖復活。

主歟、緣原祖之罪、我眾受甚重傷痕、而以爾基督為我眾所受之傷、我眾獲醫治、因爾堅固及助扶諸荏弱者。

節句：主歟、讚榮爾聖復活。

全能之主歟、爾提出我等於地獄、滅全吞之魔、及以爾權柄敗壞其能力、因爾乃常生榮光及復活。

## 生神女頌

節句：祈至聖母救我等。

至潔聖女歟、原祖因犯罪而失地堂、今藉爾復獲之而喜、爾乃產前產後均係童貞。

## 又聖頌典 十字架復活聖頌典

## 首節 來自深淵的怪物

節句：主歟、讚榮爾尊十字架、及榮復活。

基督乃永在無形無私之神靈、體合於人靈、而以上帝性體、結合於人肉軀、不易本性成全為人、欲藉被釘十字架、而施拯救於我罪人。

節句：主歟、讚榮爾尊十字架、及榮復活。

昔亞當欲僭上帝反自悞、被惑墜陷於罪而焦慮、今上帝聖言受人體、始克體合於上帝、及藉偕上帝聖父與聖神坐於榮寶座之聖子之苦難而赦難。

## 生神女頌

節句：祈至聖母救我等。

不離無始聖父之懷者、今居於至潔童貞女懷中、諸世前無母而生者、今無父而受孕、乃以公義司掌之上帝、其來歷譜系不載乃係威嚴莫測者。

*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.

## 又聖頌典 生神女聖頌典

## 首節 深淵環繞着我們

節句：祈至聖母救我等。

永貞女歟、爾婉時天軍如僕侍爾面前、驚異爾淨孕之產、因爾至潔者、產前產後均係童貞。

節句：祈至聖母救我等。

至潔者歟、自原始係無形、隨意創萬物、且以全能造無形天軍之聖言、今由爾受人體。

節句：祈至聖母救我等。

滿被上帝之寵者、藉爾施生活之果、魔被滅、地獄被踐、而我眾被囚者得釋、故我呼籲曰、求滅我心之私情。

## 集禱頌

## 通用調式 當祢降臨世界

主宰歟、爾如上帝以榮光由柩中復活、俾世界偕爾復活、凡屬人體者俱讚榮爾如上帝、死化滅、而亞當欣喜、夏娃今日以囚獲釋、歡樂而籲曰、爾乃基督賜萬物復活者。

## 行述讚

請眾讚頌全能之上帝、係第三日復活者、敗壞地獄門者、復甦諸自原始已亡者、及以恩賜首先顯現於攜香液女曰慶哉者、而伊獨一施生活者、藉此傳告喜信於使徒、是以攜香液女秉信往告使徒獲勝之據、地獄呻吟、死亡哭泣、普世喜悅、而眾偕之快樂、因爾基督乃賜萬物復活者。

## 聖歌七 首節

聖母歟、我等誠信者、於火窑睹爾預像、蓋如昔滿被讚揚之主、救援三幼童、今孕於爾腹者、亦復新普世、茲乃祖父之主、滿被稱頌讚揚者。

## 聖頌

節句：主歟、讚榮爾聖復活。

地震、日蝕、光晦、堂幔自裂、磐石亦崩、緣義德者被釘十字架、茲乃祖父之主、滿被稱頌讚揚者。

節句：主歟、讚榮爾聖復活。

崇高者歟、爾為我等如無力者、死後且受茅傷、而施眾以解釋之救援、及以全能之掌、使眾偕爾復活、茲乃祖父之主、滿被稱頌讚揚者。

## 生神女頌

節句：祈至聖母救我等。

慶哉永生活之泉、慶哉喜悅之天堂、慶哉誠信者之墻垣、慶哉婚而不媾者、慶哉普世之喜樂、因藉爾發光於我等中、茲乃祖父之主、滿被稱頌讚揚者。

*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.

## 又聖頌典 十字架復活聖頌典

## 首節 青年人一起受教育長大

節句：主歟、讚榮爾尊十字架、及榮復活。

昔地以殺弟之手所流亞伯之血而被詛咒、今以由主所流注之血被降福、是以極喜悅呼籲曰、祖父之上帝、係被讚揚者。

節句：主歟、讚榮爾尊十字架、及榮復活。

敵上帝之猶太民、既敢擊斃基督、則宜哀泣、而他邦人宜喜悅拍掌、及呼籲曰、祖父之上帝、係被讚揚者。

節句：主歟、讚榮爾尊十字架、及榮復活。

天神顯見於攜香液女、報基督之復活曰、請觀其印記、即臬布及柩、且讚美之曰、祖父之上帝、係被讚揚者。

## 又聖頌典 生神女聖頌典

## 首節 我們信友宣認

節句：祈至聖母救我等。

聖母歟、昔雅各所見之梯、乃爾之預像、因崇高者甘願降現於地、居於世間、茲乃祖父之主、滿被稱頌讚揚者。

節句：祈至聖母救我等。

慶哉至潔者、由爾生崇高之牧、以不可測之仁慈、實受亞當之形體、即全人之形體、茲乃祖父之主、滿被稱頌讚揚者。

節句：祈至聖母救我等。

永在上帝、由爾至潔血受人體、而實為新亞當、今求代祈之復新我被朽壞者、為我克讚頌之曰、茲乃祖父之主、滿被稱頌讚揚者。

## 聖歌八 首節

以色列幼童等於火窑如在冶、因虔誠之美、較金為光耀、歌頌曰、主所造之諸物、應讚美主、且歌頌稱揚之於無窮世。

## 聖頌

節句：主歟、讚榮爾聖復活。

隨意造化萬物之上帝聖言、以爾苦難易死之幽暗為常生、故我眾為主所造者、不絕歌頌主、且稱揚之於無窮世。

節句：主歟、讚榮爾聖復活。

基督以第三日由死復活、敗壞地獄之監、及其門內之滅亡、及苦難、故主所造之諸物、不絕歌頌主、且稱揚之於無窮世。

## 生神女頌

節句：祈至聖母救我等。

請眾讚頌以潔孕奇妙、藉聖神降臨所生尊貴珍珠、即基督、曰、主所造之諸物、應讚美主、且歌頌稱揚之於無窮世。



*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.

## 又聖頌典 十字架復活聖頌典

## 首節 甘露使火窑凉爽

節句：主歟、讚榮爾尊十字架、及榮復活。

請眾叩拜主潔淨之膝所立、及為救眾施生之手所舒於刑木之處、而週環伊施生活之柩、應歌頌曰、願萬物讚美主、且稱揚之於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

害主之猶太人以謗主而違理、且與以誑騙之名、因愚而封閉之、第主以全能復活、而折服此毀謗、故我眾宜喜悅歌頌曰、願萬物讚美主、且稱揚之於無窮世。

節句：至聖聖三一、我等上帝、榮光於爾。

至潔塞拉芬等敬畏如僕、讚揚三位一體之上帝、承認其為聖三中之獨一主、我眾偕伊等亦虔恭歌頌曰、願萬物讚美主、且稱揚之於無窮世。

## 又聖頌典 生神女聖頌典

## 首節 在火窑之中

節句：祈至聖母救我等。

我眾宜歌頌萬物主宰基督如新郎所出之光宮曰、主所造之諸物、宜歌頌主、且稱揚之於無窮世。

節句：祈至聖母救我等。

慶哉上帝之榮寶座、慶哉誠信者之垣、藉爾基督之光、照坐於黑暗者、乃讚揚爾曰、主所造之諸物、宜歌頌主、且稱揚之於無窮世。

節句：祈至聖母救我等。

滿被讚揚之童貞女、爾生主、乃我眾得救之緣、求代祈一切盡心呼籲者曰、主所造之諸物、宜歌頌主、且稱揚之於無窮世。

於聖第九歌頌前唱至聖生神女之歌：我靈惟感頌主、我神惟悅上帝救我者。

節句：我等讚揚爾革魯賓而尊、逾塞拉芬、榮光無比、無損而生上帝言、誠上帝之母云。

## 聖歌九 首節

聖母乎、以火焚而不燼之棘、係爾潔淨孕生之預像、今求熄驚嚇我等危難之火窑、為我等讚榮爾不絕。

## 聖頌

節句：主歟、讚榮爾聖復活。

違理不順之人、異哉譎謀、為兇惡者鳴冤、而義德榮光之主、反被擬釘於十字架、故我眾誠應讚榮之。

節句：主歟、讚榮爾聖復活。

救世主係肩普世諸罪無玷之羔者、我眾讚美爾第三日復活榮光之主、偕上帝聖父及聖神而如上帝以讚榮爾。

*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.

## 生神女頌

節句：祈至聖母救我等。

求愛人之主、藉聖母代祈、救以爾尊血所得之民、求堅固皇帝敗仇敵、及賜安和於爾聖教會。

## 又聖頌典 十字架復活聖頌典

## 首節 可奇而神妙

節句：主歟、讚榮爾尊十字架、及榮復活。

主歟、爾十字架以不可言之能力赫著矣、爾劣弱超逾一切剛毅、藉爾世之剛毅者被陷墜、而神貧者被舉向天。

節句：主歟、讚榮爾尊十字架、及榮復活。

基督歟、以爾由死之復活、我眾幽暗之死漸消弱、因爾顯現於地獄、施生命於其內者、故我眾稱頌爾乃生命及復活及已位之光者。

節句：至聖三一、我等上帝、榮光於爾。

上帝無原無限之性體、以三位所通徹者、係三位一體之上帝、曰、聖父聖子及聖神、虔誠皇帝倚賴之得救。

## 又聖頌典 生神女聖頌典

## 首節 焚燒的荊棘

節句：祈至聖母救我等。

聖女歟、爾依先知預言、由主祖大衛支派所生、亦使大衛獲榮福、因依先知預言生榮光之主、故我眾誠應讚揚之。

節句：祈至聖母救我等。

至潔者歟、凡人之讚美詞、雖在爾榮光之前俱無力、第求宰后聖母、聆納爾不堪之僕、以愛慕及熱心所獻之讚美詞。

節句：祈至聖母救我等。

異哉、爾超人明悟之奇蹟、爾惟獨一至潔之童貞、發逾日之光、爾已予眾悟爾不測所生之新蹟、故我眾讚美爾。

合眾詞後小連禱、後唱：聖哉、上主、我眾之上帝。(三次)

差遣頌、指定的味爽讚詞。誦唸讚美聖詠「凡有呼吸者……」時、插入八段讚詞。

## 復活行間讚詞 第一調式

插入八句讚頌：為以所紀錄之審判、行於伊等、斯榮耀皆屬其聖人。

基督歟、我等頌揚爾施救贖之難、及讚榮爾復活。

詩節：眾宜讚美主於其聖所、讚美其榮福穹蒼。

求被釘十字架滅死、及由死中復活之主、安慰我等之度日、因爾乃獨一全能者。

*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.*





**插入四節讚詞：**因其全能讚美之、因其宏威讚美之。

**求勝地獄、及以爾復活復甦人之基督、賜我等以淨心歌頌讚榮爾。**

**詩節：**以角聲讚美、以琴以瑟讚美。

**基督歟、我眾讚榮爾合上帝所宜之寬忍、爾為救普世、與上帝父不相離而由童貞女降生、以人體受難、甘願被釘十字架、由柩復活如由宮出、主歟讚榮爾。**

### 又行間讚詞 阿納托利作

**詩節：**以鼓及佾讚美、以絃及笙笛讚美。

**我等上帝基督歟、爾被釘十字架時、魔權被滅、萬物以驚懼而戰慄、地獄以爾全能被戰敗、爾使諸死者由死復活、且為右盜啟天堂、我等讚榮爾。**

**詩節：**以和聲之鈸讚美、以大聲之鐃讚美、凡有呼吸者、宜讚揚主。

**攜香液女哭泣急趨至爾墓、見柩已啟、而自天神獲新奇妙奇蹟之信、使傳告於使徒曰、主復活矣、施宏恩於普世。**

**詩節：**主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

**上帝基督、我眾俯伏於爾施救重傷之難、及爾在錫安山所立主宰之機密事、係順上帝旨、宜存至末世者、蓋爾乃義德之日、光照寢於黑暗者、引之蒙受永光、吾主我等讚榮爾。**

**詩節：**主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

**爾好擾亂之猶太民宜聽之、向彼拉多來之人安在哉、爾守卒宜曰、墓之印封安在、其已葬者曾有移於何處者乎、不可賣者、何能賣之、寶藏何可竊哉、背理之猶太人歟、何為謗主之復活、伊由死復活矣、及施宏恩於普世。**

榮耀歸於父…… 詠唱主日味爽讚詞

自今至永遠…… 生神女頌

**童貞上帝聖母、爾係被讚揚者、因由爾受人體者擄地獄、召甦亞當滅詛詈、釋夏娃滅死、而我等獲生、故讚頌曰、如此行之上帝基督、寔宜受讚揚、故我等讚榮爾。**

**詠唱大榮耀頌、之後詠唱復活聖頌：**

**今普世得救贖、我等歌頌吾等生命之帥、由柩而復活者、因其以死滅死、賜凱勝及宏恩於我眾。**

連禱及遣散詞





## 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.





## 事奉聖禮

### 真福頌讚詞

八、哀矜者誠福、因伊等將蒙哀矜。

魔藉食物令亞當出地堂、基督藉十字架令右盜進天堂、其乃呼籲曰、於爾國來時憐念我。

七、心淨者誠福、因伊等將得見上帝。

我叩拜爾之受難、偕亞當及右盜讚榮爾復活、且以宏聲呼籲曰、於爾國來時憐念我。

六、敷和者誠福、因伊等將稱為上帝子。

爾乃無罪者、甘願被釘十字架而受瘞、爾因係上帝故復活、令亞當偕爾復活、其乃呼籲曰、於爾國來時憐念我。

五、為義被窘害者福、因天國屬伊等。

上帝基督歟、爾藉三日之瘞、令爾肉軀之堂復活、偕亞當及其裔一同復活、伊等呼籲曰、於爾國來時憐念我。

四、既人因我而誹謗爾、迫害爾、諸妄言詛詈爾、則爾誠福。

上帝基督歟、攜香液女哭泣清晨赴爾墓、見其內一衣白衣之天神曰、爾尋誰、毋哭泣、基督復活矣。

三、爾當欣喜悅樂、因在天爾之賞厚。

救世主歟、使徒至爾所諭之山既見爾則拜、爾遣其傳教於萬民及授洗。

榮耀歸於父及子及聖神：

我眾宜叩拜聖父、讚榮聖子、其歌頌至聖神、籲曰、至聖三者、求救我眾。

自今至永遠及於萬世。阿民：生神女頌

基督歟、眾藉爾母為轉達、求至善之主、藉其代祈、賜爾宏恩於我等、為我等克讚揚爾由柩中發光耀者。



*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.



復活遣散頌 通用本調

救世者、猶太人封石洞、及卒守爾至聖軀時、而第三日復活、以賜普世生活、因此天上軍呼於爾施生活者曰、基督讚揚爾復活、讚揚爾國、讚揚爾司理、乃獨一愛人者。

集禱頌 通用調式 當祢降臨世界

主宰歟、爾如上帝以榮光由柩中復活、俾世界偕爾復活、凡屬人體者俱讚榮爾如上帝、死化滅、而亞當欣喜、夏娃今日以囚獲釋、歡樂而籲曰、爾乃基督賜萬物復活者。

經前詠 聖詠32

主宰歟、以我儕冀望爾、祈爾恩臨於我儕之上。

詩節：義者爾儕必欣忭於主、正直者合當讚頌。

阿利魯伊亞 聖詠17

上帝係代我報復者、使諸邦歸服我者。

詩節：爾係大救君、及施宏恩於爾所傳之大衛、並其後嗣於世世者。

主日各調式領主頌：讚主於天中、讚主於蒼穹。阿利路亞、阿利路亞、阿利路亞。





# 第一調

## 主日小讚詞

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.

# 第一調

## 主日副讚詞

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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主日八調讚詞

第二調式

SUNDAY OCTOECHOS

TONS 2



Sunday Octoechos

Tone 2

第二調式

主日八調讚詞





## 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:*



## 第二調式

### 安息日晚

### 大暮時課

誦唸開端聖詠（聖詠一〇三）與聖詠集第一座聖詠、誦唸籲主聖詠「上主、我已向祢呼求……」時、插入十段讚詞：七段取自復活讚詞、三段取自本日所紀念的聖人讚詞、或按禮規的指示插示相應的讚詞。

#### 復活行間讚詞 第二調式

插入十句讚頌：拯提我靈出獄岸、為我克讚頌爾名。

請眾至叩拜諸世前由父所生及由童貞女瑪利亞藉人體之上帝聖言、緣其甘願受十字架之難乃瘞、由死中復活、並救我等迷途之人。

插入：爾以恩寵顯於我時、義者將環我。

我等救世之基督、以被釘十字架勾銷我等罪券、及滅死權、故我等叩拜其第三日復活。

插入八句讚頌：主歟、我自深淵呼籲爾、主歟、聆我聲。

請眾偕差役首等、讚頌基督之復活、因其乃我靈提拔及拯救者、以威嚴榮光及宏能、將來審判其所造之普世。

#### 其它讚詞、阿納托利作

插入：願爾耳聽我之禱聲。

天神傳報爾被釘十字架及被瘞之主宰於攜香液女曰、請觀主所臥之處、因其按前言以全能復活矣、故我眾叩拜爾獨一常生者、並求施生活之基督矜憐我等。

插入六句讚頌：主歟、若究察罪惡、主歟、則孰能立、第爾施救宥、願人敬畏於爾前。

藉十字架則無虞食果之詛詈、藉埋葬而滅死權、藉爾復活光照人類、故我眾向爾呼籲曰、我等施恩之上帝基督讚榮爾。

插入：我望主、我靈望主、冀望主言。

主歟、死亡之門、因地震向爾而啟、司地獄門者見爾而懼、蓋爾劈銅門、折鐵扇、提拔我等於死之陰翳、毀我等桎梏。

插入四句讚頌：我靈候主、踰於更漏之待旦、踰於更漏之待旦、願以色列冀望主。

請眾至主堂叩拜主、啟口廣颺感謝主之詞曰、求被釘刑架由死復活、及永在聖父懷者、潔淨我等罪惡。

若《月份禮典》上載有指定的榮光讚詞、則誦唸「榮耀歸於父……」後、詠唱榮光讚詞、之後接唸「自今至永遠……」；若無指定的榮光讚詞、則直接誦唸「榮耀歸於父…、自今至永遠……」。

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.*



## 生神女頌

恩寵至時、法律影已逝、如昔棘焚於火而弗燼、今童貞生育、產後仍童貞、代火柱光照乃義德日、代摩西乃來救我等靈之基督。

聖入禮與禧光頌後、指定的修士向長上行一躬拜、詠唱本日的經前詠。

主為君、乃以威嚴為衣。

詩節一：主以能力服之、束繫之。

詩節二：故世界乃堅固必不搖撼。

之後誦唸熱誠連禱、「主、開恩護守……」等、司祭唸完結束禱詞後、詠唱本修道院主保聖人的專用讚詞、列隊進入教堂前廳。唸完慣常的禱文後、回至教堂、詠唱：

## 復活後行間讚詞

## 第二調式

救世基督爾復活、光照普世、及救爾所造者、全能主歟、讚榮爾。

## 其它讚詞（按字母順序）

詩節一：主為君、乃以威嚴為衣。主以能力服之、束繫之。

救世者藉木架無虞食果之詛咒、藉埋葬而滅死權、藉爾復活光照我輩、故我眾向爾呼籲曰、我等施生活之上帝基督讚榮爾。

詩節二：故世界乃堅固必不搖撼。

基督歟、以顯然被釘十字架而變易所造之物為美善、兵卒以忍心刺爾脅、希伯來人不曉爾力、而稟求嚴封爾墓、被瘞及第三日復活之主、讚揚爾慈憐之心。

詩節三：主歟、聖德屬爾之堂、直至永遠。

施生活之基督、為救人甘願受難、及降地獄、並以爾全能從魔手奪彼在地獄望爾降生者、賜天堂以代地獄、故我眾讚美爾第三日復活者、求赦我等罪而施宏恩。

## 榮耀歸於父……

本日所紀念的聖人讚詞、若本日為「慶節」、則

榮耀歸於父……自今至永遠…… 生神女頌

異哉新奇蹟、較歷古諸奇蹟為大、孰曾聞有母無男而生育、又抱持造萬物者、斯乃上帝旨、至潔者歟、爾捧主如嬰、因藉母位求為恭敬爾者代祈不絕、為我獲鴻恩及靈之救。

繼續舉行守夜祈禱的其餘部分。







## 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

### 晨時課

誦唸完六篇聖詠後、以第二調式詠唱「主是上帝」、接着詠唱復活遣散頌兩遍、誕神女頌一遍。之後、按慣例誦唸聖詠集第二座與第三座。

#### 復活遣散詞

永生活者爾降死時、以上帝性之光滅地獄、爾援諸死者由暗地下提出時、眾天軍於爾呼曰、讚揚爾我等施生活之上帝基督。（兩遍）

#### 生神女頌

聖女歟、加百列向爾報慶哉之時、萬物之君降孕於爾聖券笥（音：序）、誠如成德大衛之所云、胎孕造爾之主、而顯其較天為廣大、讚榮於爾降孕者、讚揚於爾所生者、讚頌以己降生釋我等者。

誦唸完第一聖詠集選段（第二座）後、詠唱復活坐讚詞。

#### 第二調式

約瑟尊貴者、於刑木請下主潔體、殮以白布、傅以美膏、葬於新墓、第主第三日復活、施宏恩於普世。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

天神於墓前、顯現於攜香液女謂之曰、此美膏宜於死人、基督乃不屬死朽者、爾宜籲曰、主復活矣、施宏恩於普世。

#### 榮耀歸於父…… 自今至永遠…… 生神女頌

童貞聖母係被讚揚者、我眾歌爾、蓋藉爾子之十字架地獄被敗壞、死受滅、死者復活、及獲常生、我眾得享天堂之福、故以感謝之心讚榮爾、我等全能上帝基督係獨一至慈者。

誦唸完第二聖詠集選段（第三座）後、詠唱復活坐讚詞。

主歟、爾不禁印封爾墓之石、而藉復活賜眾以信德之石、故我眾讚榮爾。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

爾使徒之會、偕攜香液女等同心喜樂、蓋伊等恭慶爾榮貴之復活、故我眾呼籲爾曰、求愛人之主、賜宏恩於爾民。

#### 榮耀歸於父…… 自今至永遠…… 生神女頌

童貞上帝聖母、爾係被讚揚者、因由爾受人體者擄地獄、召甦亞當、滅詛詈、釋夏娃、滅死、而我等獲生、故讚頌曰、如此行之上帝基督實宜受讚揚、故我等讚榮爾。



*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.

誦唸完「無瑕聖詠」（第十七座、聖詠第一百十八篇）後、詠唱復活「讚主頌」。之後誦唸小連禱及聆聽讚。

上帝基督歟、爾死後攜香液女往爾墓、為傅爾體、見天神於柩而驚懼、因聞其言曰、主復活矣、施宏恩於普世。

### 陞階讚 第一對經

救世者歟、我舉靈目望爾、以爾光照救我。

異哉我主基督、因我時犯多罪、求矜憐我於未終時、賜我以痛悔之法。

榮耀歸於父…… 自今至永遠……

統轄成聖感動萬物俱屬聖神、因伊乃偕上帝聖父及聖言一體之上帝。

### 第二對經

若非主偕我儕、誰克保全仇敵毆斃之害。

救世者歟、我諸仇敵如獅搏執我、弗以爾僕付於其齒而齧之。

榮耀歸於父…… 自今至永遠……

萬生活之源及尊貴俱屬聖神、因伊偕上帝聖父及子以上帝之能力、保存萬物。

### 第三對經

賴主者似聖山、敵仇之誘惑、永弗搖撼。

願義者弗舒手往作惡、因基督不使杖在其業。

榮耀歸於父…… 自今至永遠……

藉聖神湧發諸智慧、使徒等獲聖寵、諸致命者因苦難得冠冕、先知得預見。

### 經前詠 第二調式 聖詠7

主我等上帝歟、為我起行爾前所許之審判、大眾將環向之。

詩節：主歟、我上帝歟、我倚恃爾、救我於一切窘迫我者、而援拔之。

### 凡有呼吸者、宜讚揚主

誦福音經：我等既睹基督之復活、宜叩拜獨一無罪聖主耶穌基督、我等叩拜爾十字架、讚榮稱頌爾聖復活、緣爾乃我等上帝、爾之外我等弗識他主、我等既以爾名自稱、請眾誠信者至而叩拜基督聖復活、因藉仗十字架而喜降至於普世、因此我等常感謝主、讚頌其復活、緣其為我等而被釘十字架、以死滅死。

### 聖詠經第五十章

榮耀歸於父、及子、及聖神

仁慈主、以使徒祈禱、潔淨我等多罪。

自今至永遠、及於萬世、阿民。

仁慈主、以聖母轉達、潔淨我等多罪。

上帝歟、因爾大仁慈、矜憐我、以大憐惠、刪除我諸愆尤。

*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 Irmi, 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.



此處誦唱慶日讚詞(任何日子、包括在主日在內的主及聖母的慶日;平日聖人的慶日)。在四旬期之外的主日;

耶穌依預言由柩中復活者、賜我等常生及宏恩。

唸完「上帝、求祢拯救祢的子民……」、司祭高聲誦唸完結束祝文之後、開始誦唸聖頌典。聖頌典的唸法如下:由復活聖頌典取四段聖頌、由十字復活聖頌典取三段聖頌、由向生神女的聖頌典取三段聖頌、由本日所紀念的聖人的聖頌典取四段聖頌。若本日乃聖人的「慶節」、則取六段或八段聖頌。第三及第六聖頌小連禱後、誦念指定合眾詞。

復活聖頌典。

### 聖歌一 第二調式 首節

昔以逾千戈之力、排仆法老之全軍於淵海、今藉人體之聖言、滅至惡之罪、主宜讚揚者、緣其駿聲赫著矣。

聖頌

節句:主歎、讚榮爾聖復活。

至善者歎、我眾因不遵爾誠命、歸附於世之魔王、其因爾十字架被定擬、彼願攻爾如屬死者、反被爾全能之力敗、明顯其劣弱。

節句:主歎、讚榮爾聖復活。

爾係人類之救援、及常生之首帥、降世而以復活斷死之縲紲、故我眾讚美爾復活曰、緣其駿聲赫著矣。

生神女頌

節句:祈至聖母救我等。

至潔永貞女超越諸所見所不見之萬物、因爾生甘願於爾胎受人體之造萬物者、故代祈救我等靈。

又聖頌典、十字架復活聖頌典

藏頭詩(包括首節):我歌唱讚美賜予生命者聖言。

首節:蒙選的以色列人

節句:主歎、讚榮爾尊十字架、及榮復活。

基督歎、藉受人體之苦、爾為劣弱者之堅固、為墜落者之復活、為滅死者之無朽壞、緣其赫著矣。

節句:主歎、讚榮爾尊十字架、及榮復活。

求創造及復新諸物之主、因已受死俾眾復甦、寬忍墜落之形、復生焦慮者、緣其赫著矣。

又聖頌典、誕神女聖頌典

藏頭詩:我歌唱讚美賜予生命者貞女。

同一首節

節句:祈至聖母救我等。

至潔者歎、曩古虛靈之梯、及奇妙所乾之海路、乃預像爾所生者、故我眾讚頌曰、緣其赫著矣。

節句:祈至聖母救我等。

至潔者歎、藉由爾所受人體乃至上者之能力、成全之位、上帝之智慧、宣示於眾人、緣其赫著矣。



*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.

節句：祈至聖母救我等。

至潔者歟、義德之日躋爾整腹不可過之門、乃光照於普世、緣其赫著矣。

### 聖歌三 首節

吾主、因爾降世、曠野弗結果異民之會、今皆發榮如百合花、我信心恒願在茲。

#### 聖頌

節句：主歟、讚榮爾聖復活。

爾受難時、萬物見依上帝旨創造萬有者、稟謙抑之形、被叛道者所誹謗而戰慄。

節句：主歟、讚榮爾聖復活。

基督歟、爾以親手用土仿爾形造我、我因犯罪復陷於死地、爾降地獄、使我偕爾復活。

#### 生神女頌

節句：祈至聖母救我等。

至潔者歟、以由爾所生者天軍詫異、人心惶懼、故我眾以誠信稱頌爾為聖母。

#### 又聖頌典 十字架復活聖頌典 首節 有能力之人的弓被粉碎

節句：主歟、讚榮爾尊十字架、及榮復活。

基督係超諸萬物者、因受人體之苦難、稍遜於天神。

節句：主歟、讚榮爾尊十字架、及榮復活。

基督死後與強悍者有分、復活後以榮光顯現於攜香液女。

#### 又聖頌典 生神女聖頌典 同一首節

節句：祈至聖母救我等。

超越諸時及造定時者、甘願由童貞如嬰孩降生。

節句：祈至聖母救我等。

我眾誠信者、宜讚揚較天寬宏之腹、因藉之亞當在天享福樂。

### 聖歌四 首節

藉童女來者非保人、非欽差、亦非天使、乃吾主躬親降生、而救我全人、故我向爾籲曰、吾主讚揚爾能力云。

#### 聖頌

節句：主歟、讚榮爾聖復活。

吾主主宰基督歟、爾被控者於受審時、默然無言、因預定藉受難、拯救普世萬民。

節句：主歟、讚榮爾聖復活。

基督歟、藉爾受難諸仇敵失盡兵刃、藉爾降地獄、毀敵黨之城、及滅苛虐之苦權。

*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 Isaias.*

*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.

## 生神女頌

節句：祈至聖母救我等。

我眾誠信者、以爾聖母宰后為拯救投歸之處、及不可動搖之垣、因藉爾祈禱、我等靈獲拯救於災禍。

## 又聖頌典 十字架復活聖頌典

## 首節 上主、我聽說了祢的榮耀

節句：主歟、讚榮爾尊十字架、及榮復活。

基督歟、無恙而生爾之童貞女、見爾懸於木架如母心受憂煎。

節句：主歟、讚榮爾尊十字架、及榮復活。

死已被勝、死者拆毀地獄之門、全吞之魔被滅、而我獲超性體之恩。

## 又聖頌典 生神女聖頌典

## 同一首節

節句：祈至聖母救我等。

聖母如主殿之山、顯然超諸天軍。

節句：祈至聖母救我等。

超性體而生司掌萬物者之獨一童貞、而獲上帝位位置之恩。

## 聖歌五 首節

上帝基督歟、爾乃上帝及人間之中保、君宰歟、藉爾我眾由不識之黯夕、移至光輝之源、即謂爾聖父。

## 聖頌

節句：主歟、讚榮爾聖復活。

主宰基督歟、爾如松敗壞強禦之驕傲、蓋甘願被舉於松柏刺松。

節句：主歟、讚榮爾聖復活。

基督歟、爾係死而無氣息者、被置於深下之坎內、而以爾傷使所遺忘被傷寢於墓者、偕已復甦。

## 生神女頌

節句：祈至聖母救我等。

求至潔童貞女、代祈爾子及主、救釋被擄者、保佑於敵仇之攻擊、及賜安和於凡冀望爾者。

## 又聖頌典 十字架復活聖頌典

## 首節 以賽亞曾見到的煤炭

節句：主歟、讚榮爾尊十字架、及榮復活。

第一之亞當因逆禁戒、即食毒樹之果、而第二亞當因被釘刑架、消滅第一亞當之罪。

節句：主歟、讚榮爾尊十字架、及榮復活。

據上帝性體不可受難、反以人體受難死之基督使眾死者得常生、及出地獄。

*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.



## 又聖頌典 生神女聖頌典

## 同一首節

節句：祈至聖母救我等。

諸喜樂之雲、宜發吉慶於在地者、蓋以諸世前在者之我等上帝、由童貞受人體、如嬰賜於我儕。

節句：祈至聖母救我等。

至上者末時由童貞女淨孕而受人體、滅罪之猛烈、而發光於我生命及肉身。

## 聖歌六 首節

我乃罪惡淵中沉溺之人、惟望主無窮海量慈恩而禱曰、吾主援我於滅亡云。

## 聖頌

節句：主歟、讚榮爾聖復活。

無罪者乃如犯人被定罪、偕惡者被釘十字架、為以己血赦免惡人之罪。

節句：主歟、讚榮爾聖復活。

昔緣一人即第一亞當死入世、而緣獨一上帝子顯復活。

## 生神女頌

節句：祈至聖母救我等。

聖母不識夫而生產及永存童貞、明顯爾子及主真上帝位之理。

## 又聖頌典 十字架復活聖頌典

## 首節 感恩祈禱之聲

節句：主歟、讚榮爾尊十字架、及榮復活。

原祖犯罪後、爾立基路伯等守護生命樹、伊等見爾引右盜入天堂、即啟其門。

節句：主歟、讚榮爾尊十字架、及榮復活。

藉獨一者之死、地獄空如無能為也、因基督奪彼所聚斂之寶藏。

## 又聖頌典 生神女聖頌典

## 同一首節

節句：祈至聖母救我等。

至潔宰后歟、被罪所制之人性、藉爾得救、蓋爾子如羔代眾被屠。

節句：祈至聖母救我等。

我眾干犯爾怒之人、向爾真聖母呼籲、求救援我等、因爾乃惟一毅然代祈爾子。

## 集禱頌

## 通用調式 尋求天上的事物

全能救世者、爾由柩中復活矣、地獄睹此奇蹟而驚懼、諸死者甦起、萬物見之同爾欣喜、亞當偕爾而歡樂、世界常讚頌爾為我救世者。

*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.

## 行述讚

救世者歟、爾乃在黑暗者之光、爾乃眾人之復活及常生、聖言者滅死權、及敗壞地獄之門、而使眾偕已復活、諸死者睹此奇蹟而詫異、萬物見爾愛人者復活均同欣喜、故我眾讚揚稱頌爾寬忍、世界亦常讚頌爾為我救世者。

## 聖歌七 首節

不知理陵虐之人、謗侮上帝之命、焚極大火、乃基督為虔誠幼童自天降清露、誠乃極榮被讚揚者。

## 聖頌

節句：主歟、讚榮爾聖復活。

主宰以大仁慈、不忍視人類受死荼毒、乃降世受人體、而以爾血救人、誠乃極榮被讚揚者。

節句：主歟、讚榮爾聖復活。

基督歟、司地獄門者、見爾服報復之衣而驚懼、蓋主宰降至罰愚昧陵虐之僕、誠乃極榮被讚揚者。

## 生神女頌

節句：祈至聖母救我等。

無玷童貞聘而未婚之聖母歟、我眾稱爾為超諸聖者、因爾獨一生永不變易之上帝、及藉爾所生者、湧發永生於眾誠信者。

## 又聖頌典 十字架復活聖頌典

## 首節 青年們曾受到啟示

節句：主歟、讚榮爾尊十字架、及榮復活。

昔原祖在伊甸園因違誠被定罪、今甘願被定罪之主、赦原祖之罪、滿被讚揚我等祖父之上帝、係被讚揚者。

節句：主歟、讚榮爾尊十字架、及榮復活。

爾拯救在伊甸園以毒言被傷者、爾以甘願之受難醫痊其甘願所得之傷、滿被讚揚我等祖父之上帝、係被讚揚者。

節句：主歟、讚榮爾尊十字架、及榮復活。

爾召我行於死之翳暗者蒙光、及以爾上帝之光耀、光照於黑暗之地獄、滿被讚揚我等祖父之上帝、係被讚揚者。

## 又聖頌典 生神女聖頌典

## 同一首節

節句：祈至聖母救我等。

至潔者歟、伊與雅各摔跤、預像爾不可言之合、以此甘願與人類結合者、乃滿被讚揚我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

聖女歟、凡不承認爾獨一子係滿被讚揚聖三之一位、及不以無疑之明悟及言呼籲曰、滿被讚揚我等祖父之上帝、係被讚揚者、乃為毀謗上帝之人。

*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.

## 聖歌八 首節

昔巴比倫之火窯遵上帝命各異其勢、焚燬加色丁之人、施清露於虔誠幼童、其乃歌頌曰、主所造之物、應讚揚主。

### 聖頌

節句：主歟、讚榮爾聖復活。

基督歟、天軍見爾身服被血所染之衣而戰慄、且詫異爾極大之寬忍曰、主所造之物、應讚揚主。

節句：主歟、讚榮爾聖復活。

鴻恩者歟、爾以爾復活、將我能死之體而衣以常生、故我為爾所選之民、歡欣感謝呼籲曰、誠哉死已被勝、且吞滅之矣。

### 生神女頌

節句：祈至聖母救我等。

至潔聖母歟、不離上帝聖父之有上帝性兼有人性者、藉爾淨孕不可測而生、故我眾藉爾得拯救。

## 又聖頌典 十字架復活聖頌典

### 首節 無視金像

節句：主歟、讚榮爾尊十字架、及榮復活。

施宏恩愛人者、爾被釘十字架、甘願受埋葬、第三日復活、且救援諸誠信歌頌爾者曰、萬物宜歌頌稱揚主於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

上帝聖言基督歟、爾降地獄、為救由朽壞以爾上帝能力所造者、賜其常生、及使其獲分於常生之榮光、故萬物宜歌頌稱揚基督於無窮世。

## 又聖頌典 生神女聖頌典

### 同一首節

節句：祈至聖母救我等。

藉爾而慈善全能無比者顯現於地、與人同居、故我眾誠信者歌頌曰、主所造之物宜歌頌稱揚之於無窮世。

節句：祈至聖母救我等。

我眾誠應讚榮爾、至潔聖母、因爾所生受人體者乃聖三之一、故我眾歌頌之、與聖父及聖神無異曰、萬物宜歌頌稱揚主於無窮世。

於聖第九歌頌前唱至聖生神女之歌：我靈惟感頌主、我神惟悅上帝救我者。

節句：我等讚揚爾革魯賓而尊、逾塞拉芬、榮光無比、無損而生上帝言、誠上帝之母云。

## 聖歌九 首節

無原始父之子、上帝主宰、由童女降生而現於我等中、特光照於黑暗及集聚分散者、故宜歌頌滿被讚揚之上帝母。

### 聖頌

節句：主歟、讚榮爾聖復活。

救世之基督歟、爾尊貴十字架至福之木、植於法場如植於地堂然、由爾脅如上帝之泉源所流尊血及水以灌溉之、而萌發我等之常生。



*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!

節句：主歎、讚榮爾聖復活。

全能者歎、以爾被釘十字架、有權者黜其位、而以封閉於地獄底之人性體、舉升於上帝聖父寶座之上、故我眾偕之叩拜讚美爾降臨者。

### 聖三頌

節句：至聖三者、我等上帝榮光爾。

我眾正信者、歌頌讚美三位一體之聖三、係不相離之上帝性體、三妙永晝之光、獨一常在發輝於我眾者。

### 又聖頌典 十字架復活聖頌典

#### 首節 出自上帝的上帝聖言

節句：主歎、讚榮爾尊十字架、及榮復活。

基督如羔被舉於十字架、在強盜中間、在法場被槍刺脅、以爾慈善施常生於我等屬地之人、即以誠信讚美爾復活者。

節句：主歎、讚榮爾尊十字架、及榮復活。

我眾誠信者、宜叩拜以己死滅死權之主、因其使眾死者偕己復甦、並賜之以常生及復活。

### 又聖頌典 生神女聖頌典

#### 首節 上主祢是全部的希望

節句：祈至聖母救我等。

至潔者歎、於爾腹所孕之上帝聖言、以能力之杖賜於屬死之人性、復活彼陷於地獄者、故我眾讚美爾係至潔聖母。

節句：祈至聖母救我等。

求主宰施恩、聆納爾所喜悅之聖母、為我眾之轉達、以爾宏恩普施萬物、為眾克讚揚爾係施恩之主。

合眾詞後小連禱、後唱：聖哉、上主、我眾之上帝。(三次)

差遣頌、指定的味爽讚詞。誦唸讚美聖詠「凡有呼吸者……」時、插入八段讚詞。

### 復活行間讚詞 第二調式

插入八句讚頌：為以所紀錄之審判行於伊等、斯榮耀皆屬其聖人。

主歎、凡有呼吸者及萬物讚榮爾、因以十字架滅死、為使眾睹爾由死中復活、因乃獨一愛人者。

詩節：眾宜讚美主於其聖所、讚美其榮名穹蒼。

猶太人應言、何以守主宰之兵而反失之、何為墓石不能鞏蔽生命之磐石、伊等或宜呈獻所葬者、或宜叩拜復活者、偕我儕曰、我等救世者讚榮爾宏恩、讚榮爾。

插入四節讚詞：因其全能讚美之、因其宏威讚美之。

眾宜以喜悅快樂、因坐於墓石上之天神傳報之曰、救普世之基督由死中復活矣、施慶幸充滿萬物、故眾宜喜悅快樂。

*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.*



詩節：以角聲讚美、以琴以瑟讚美。

主歟、爾未降孕之先、天神傳報滿被讚揚者曰、慶哉云、爾榮復活時、天神啟爾墓石、第一代憂報喜樂、第二代死傳告施生活之主宰、故我眾向主呼籲曰、施恩萬物之主讚榮爾。

### 又行間讚詞 阿納托利作

詩節：以鼓及佾讚美、以絃及笙笛讚美。

攜香液女等、以哭泣注香液於爾墓、而喜悅充滿其口曰、主復活矣。

詩節：以和聲之鈸讚美、以大聲之鏡讚美、凡有呼吸者、宜讚揚主。

諸異邦人、偕我眾宜讚榮緣我等甘願被釘十字架及三日居地獄之我等上帝基督、宜叩拜其由死之復活、蓋因此八埏俱被光照。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

基督歟、爾甘願被釘十字架及埋瘞、而如主宰上帝滅死、施常生及宏恩於普世。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

違理印封墓石者歟、爾實予我儕得見奇怪之事、守卒知曉主今出墓、而爾曹曰、爾可云我儕正眠、彼徒夜竊其軀云、誰能竊屍且赤身者、伊係上帝以己能而復活、遺殮布於墓中、猶太人宜至前考驗、何以敗死施常生及宏恩於人類者不毀印封。

### 榮耀歸於父…… 詠唱主日味爽讚詞

#### 自今至永遠…… 生神女頌

童貞上帝聖母、爾係被讚揚者、因由爾受人體者擄地獄、召甦亞當滅詛詈、釋夏娃滅死、而我等獲生、故讚頌曰、如此行之上帝基督、寔宜受讚揚、故我等讚榮爾。

詠唱大榮耀頌、之後詠唱復活聖頌：

吾主爾由柩而起、敗壞地獄之縛、滅死之詈、拯眾由敵仇之網、爾獨一大仁慈者、顯現爾使徒、遣伊等傳教、并藉伊等賜安和於普世。

### 連禱及遣散詞





## 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!







## 事奉聖禮

### 真福頌讚詞

八、哀矜者誠福、因伊等將蒙哀矜。

我眾以右盜之言祈求曰、救世者於爾國憐念我。

七、心淨者誠福、因伊等將得見上帝。

愛人者歟、我眾以爾為我等所受十字架之苦為罪赦。

六、敷和者誠福、因伊等將稱為上帝子。

主宰歟、我眾叩拜爾埋葬及復活、因藉此愛人者救普世於朽壞。

五、為義被窘害者福、因天國屬伊等。

救世之主歟、藉爾死而死被滅、以爾復活而普世獲救。

四、既人因我而誹謗爾、迫害爾、諸妄言詛詈爾、則爾誠福。

基督歟、寢於黑暗者、見爾係光降地獄即復活。

三、爾當欣喜悅樂、因在天爾之賞厚。

爾出墓時、迎接攜香液女等、命之傳告使徒爾復活。

榮耀歸於父及子及聖神：

我眾宜讚榮聖父、叩拜聖子、秉虔心歌頌聖神。

自今至永遠及於萬世。阿民：生神女頌

慶哉如火之寶座、慶哉聘而未婚之童貞女、慶哉使上帝藉之生於人者。



*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.



復活遣散頌

永生活者爾降死時、以上帝性之光滅地獄、爾援諸死者由暗地下提出時、眾天軍於爾呼曰、讚揚爾我等施生活之上帝基督。

集禱頌 通用調式 當祢降臨世界

全能救世者、爾由柩中復活矣、地獄睹此奇蹟而驚懼、諸死者甦起、萬物見之同爾欣喜、亞當偕爾而歡樂、世界常讚頌爾為我救世者。

經前詠 聖詠117

主乃我之力、我之歌頌、其為我之救。

詩節：主已厲責我、惟未以我付於死。

阿利魯伊亞 聖詠19

詩節：願主聆爾於憂患之日、願雅各之上帝名護佑爾。

詩節：主歟、救君、而於我儕籲爾之時聆納之。

主日各調式領主頌：讚主於天中、讚主於蒼穹。阿利路亞、阿利路亞、阿利路亞。



## 第二調式

### 主日小讚詞

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!

## 第二調式

### 主日副讚詞

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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主日八調讚詞

第三調式

SUNDAY OCTOECHOS

TONS 3



Sunday Octoechos

Tone 3

第三調式

主日八調讚詞



## 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:*



## 第三調式

安息日晚

大暮時課

誦唸開端聖詠（第一百零三篇聖詠）與聖詠集第一座聖詠、誦唸籲主聖詠「主歟、我呼籲爾……」時、插入十段讚詞：七段取自復活讚詞、三段取自本日所紀念的聖人讚詞、若遇慶節、則插入四段或六段聖人讚詞。

### 復活行間讚詞 第三調式

插入十句讚頌：拯提我靈出獄岸、為我克讚頌爾名。

救世之基督、爾十字架拆毀死之權衡、使魔之誘惑衰息、而人類賴信獲救者、以永歌頌獻於爾。

插入：爾以恩寵顯於我時、義者將環我。

主歟、藉爾復活普世被光照、天堂復啟、萬物讚揚爾者、以永歌頌獻於爾。

插入八句讚頌：主歟、我自深淵呼籲爾、主歟、聆我聲。

我讚美聖父及子之能力、讚頌聖神之權柄、乃不相離非受造三位一體永宰之上帝。

### 其它讚詞、阿納托利作

插入：願爾耳聽我之禱聲。

基督歟、我等叩拜爾尊刑架、並讚榮歌頌爾復活、因以爾傷、我眾獲醫治。

插入六句讚頌：主歟、若究察罪惡、主歟、則孰能立、第爾施救宥、願人敬畏於爾前。

我眾讚頌由童貞女受人體之救世者、因其為我眾被釘十字架、第三日復活、而施宏恩於我眾。

插入：我望主、我靈望主、冀望主言。

基督降在地獄、宣示於其內者曰、宜冀望、我今獲勝、我乃復活、將毀死門、必使爾升天。

插入四句讚頌：我靈候主、踰於更漏之待旦、踰於更漏之待旦、願以色列冀望主。

我眾不堪立於爾聖堂者、獻爾抵暮之詞、及自深淵呼籲曰、藉爾第三日復活、光照普世之上帝基督、求脫爾民於爾仇敵之手、因爾係愛人者。

若《月份禮典》上載有指定的榮光讚詞、則誦唸「榮耀歸於父……」後、詠唱榮光讚詞、之後接唸「自今至永遠……」；若無指定的榮光讚詞、則直接誦唸「榮耀歸於父…、自今至永遠……」。



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.*



### 生神女頌

至尊貴者、我等何能弗詫爾所產受人體之上帝、緣爾至無玷者、不識男之感、而生無父之子、乃諸世前無母而由父所生、毫不變易、並不交合、不分離、二性兼全者、求永貞聖母宰后代祈伊、為救真識爾誠係聖母者之靈。

聖入禮與禧光頌後、指定的修士向長上行一躬拜、詠唱本日的經前詠。

主為君、乃以威嚴為衣。

詩節一：主以能力服之、束繫之。

詩節二：故世界乃堅固必不搖撼。

之後誦唸熱誠連禱、「主、開恩護守……」等、司祭唸完結束禱詞後、詠唱本修道院主保聖人的專用讚詞、列隊進入教堂前廳。唸完慣常的禱文後、回至教堂、詠唱：

#### 復活後行間讚詞

#### 第三調式

基督歟、以爾所受之難、使日晦黯、而以復活之光照耀並普世、祈愛人者聆我宵間之歌頌。

#### 其它讚詞（按字母順序）

詩節一：主為君、乃以威嚴為衣。主以能力服之、束繫之。

主歟、爾受生命之復活光照普世、及救爾所造被朽壞之人、故我獲亞當之詛咒者、呼籲曰、讚榮爾全能之主。

詩節二：故世界乃堅固必不搖撼。

上帝永不變易者、以人性受難而變易、萬物不忍見爾懸於刑架、故驚懼呻吟、且稱頌爾寬忍曰、爾降獄及第三日復活、為施常生及宏恩於普世。

詩節三：主歟、聖德屬爾之堂、直至永遠。

基督歟、為救我等人類於永死、爾受死第三日由死中復活、使凡信己為主者偕己復活、及光照普世、主歟讚榮爾。

榮耀歸於父……

本日所紀念的聖人讚詞、若本日為「慶節」、則

榮耀歸於父……自今至永遠…… 生神女頌

因聖父之命、由聖神潔孕上帝子、其即由父無母諸世前即在者、為救我等由爾腹受人體無父而產、以乳養之如嬰、故代祈不絕、為由苦難而救我等靈。

繼續舉行守夜祈禱的其餘部分。





## 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

### 晨時課

誦唸完六篇聖詠後、以第三調式詠唱「主是上帝」、接着詠唱復活遣散頌兩遍、生神女頌一遍。之後、按慣例誦唸聖詠集第二座與第三座。

#### 復活遣散詞

天上者應慶忭、地下者宜欣悅、緣主顯厥筋剛力、以死滅死、諸死者中首生活者、救我等於地獄腹、及賜普世宏恩。（兩遍）

#### 生神女頌

童貞聖母歟、我等稱頌爾為我等救贖之中保、由爾受肉軀之爾子、即吾等上帝、被釘十字架、及救我朽壞、因其係愛人者。

誦唸完第一聖詠集選段（第二座）後、詠唱復活坐讚詞。

#### 第三調式 通用本調

基督復活乃諸死中為首者、生於萬物先創造萬者、藉已復新我人類朽壞之性體、故死不復能制、因萬物之主宰敗壞其權柄。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

以人性受死之主、藉已復活滅絕死之苦、堅固人勝以滅原詛、故我眾曰、保護我等生命之讚榮爾。

榮耀歸於父…… 自今至永遠…… 生神女頌

加百列詫異聖母之美好、及至光明之潔淨呼籲曰、何堪能以讚美詞獻於爾、何能稱爾、我詫異驚懼、而按命令曰、慶哉、滿被讚揚者。

誦唸完第二聖詠集選段（第三座）後、詠唱復活坐讚詞。

#### 通用調式 當巨石被密封時

主歟、地獄見爾不變易之上帝、甘願受難而驚懼哭泣曰、我戰慄於受人體常生者、我見不可見者、係以奧秘攻我者、故我所監禁者呼籲曰、基督歟、讚榮爾聖復活。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

我眾誠信者、承認爾不可言不可測被十字架及復活之奧秘、今死權及地獄被擄、而人類服以常生、故我眾感謝呼籲曰、基督歟、讚榮爾聖復活。

榮耀歸於父…… 自今至永遠…… 生神女頌

聖母歟、爾以奧秘蘊不可測不可言與聖父及聖神一體者、故我眾在世讚榮由爾所生者、乃一體不相離聖三之位、而感謝爾者呼籲曰、慶哉、滿被讚揚者。





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

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*



誦唸完「無瑕聖詠」（第十七座、聖詠第一百十八篇）後、詠唱復活「讚主頌」。之後誦唸小連禱及聆聽讚。

像閃電之天神、以己形像致令攜香液女奇異、而以安撫之言曰、爾何覓活人於墓中、空罄諸墓者已復活、爾宜知使死者受變易、乃係不變易者、宜向上帝曰、爾所行之事何其威嚴、因爾救人類。

#### 陞階讚 第一對經（聖詠125）

聖言歟、爾昔使被擄之錫安出巴比倫、今求提拔我於私慾而歸常生。

以淚播種者、將以樂獲。

榮耀歸於父…… 自今至永遠……

由聖神施諸恩寵如發光耀、與聖父聖子無異、萬物賴之生且動。

#### 第二對經（聖詠126）

苟主弗建室、則建者徒勞、苟主不守城、則守者徒儆醒。

娠婦所產之諸聖、藉聖神為基督及上帝聖父之義子。

榮耀歸於父…… 自今至永遠……

藉聖神可曉悟諸聖德及智慧、藉之萬物獲生命、故應事奉之與上帝聖父及聖言相同、因其乃上帝。

#### 第三對經（聖詠127）

福哉、凡敬畏主、而行其途者、爾必由己手之劬勞而食。

牧首者、見其子環席、結善行之果以喜樂。

榮耀歸於父…… 自今至永遠……

於聖神諸鉅榮光、藉之萬物得生命及聖寵、故我眾偕聖父及聖言稱揚之。

#### 經前詠（聖詠95）

爾曹向諸列邦言、主為君、以此普世乃堅固弗能搖動。

詩節：爾曹宜以新歌謠歌頌主。

#### 凡有呼吸者、宜讚揚主

誦福音經：我等既睹基督之復活、宜叩拜獨一無罪聖主耶穌基督、我等叩拜爾十字架、讚榮稱頌爾聖復活、緣爾乃我等上帝、爾之外我等弗識他主、我等既以爾名自稱、請眾誠信者至而叩拜基督聖復活、因藉仗十字架而喜降至於普世、因此我等常感謝主、讚頌其復活、緣其為我等而被釘十字架、以死滅死。

#### 聖詠經第五十章

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.

榮耀歸於父、及子、及聖神

仁慈主、以使徒祈禱、潔淨我等多罪。

自今至永遠、及於萬世、阿民。

仁慈主、以聖母轉達、潔淨我等多罪。

上帝歟、因爾大仁慈、矜憐我、以大憐惠、刪除我諸愆尤。

此處誦唱慶日讚詞（任何日子、包括在主日在內的主及聖母的慶日；平日聖人的慶日）。在四旬期之外的主日；

耶穌依預言由柩中復活者、賜我等常生及宏恩。

唸完「上帝、求祢拯救祢的子民……」、司祭高聲誦唸完結束祝文之後、開始誦唸聖頌典。聖頌典的唸法如下：由復活聖頌典取四段聖頌、由十字復活聖頌典取三段聖頌、由向生神女的聖頌典取三段聖頌、由本日所紀念的聖人的聖頌典取四段聖頌。若本日乃聖人的「慶節」、則取六段或八段聖頌。第三及第六聖頌小連禱後、誦念指定合眾詞。

復活聖頌典。

### 聖歌一 第三調式 首節

昔以聖命匯眾水於一區、及為以色列民分海路之我等上帝、係滿被讚者、我等惟歌頌伊、緣其赫著矣。

聖頌

節句：主歟、讚榮爾聖復活。

我等上帝昔定地因犯罪之原、人汗流而生荊棘、今以人性體由違理者之手、受荊棘之冠、以滅詛咒、緣其赫著矣。

節句：主歟、讚榮爾聖復活。

勝死敗死者顯出、由死驚懼、我等上帝受人賦靈之體能受難者、以攻擊強暴陵虐之魔、而使眾偕之復活、緣其赫著矣。

生神女頌

節句：祈至聖母救我等。

萬民稱揚爾為真淨孕生主之聖母、因我等上帝降臨於爾成聖之腹、受類我等人之體、由爾而生有上帝性體及人性體者。

又聖頌典 十字架復活聖頌典

藏頭詩（包括首節）上帝聖言、我向祢歌唱第三首歌。

首節 民眾、讓我們歌唱

節句：主歟、讚榮爾尊十字架、及榮復活。

喜罪之暴虐者使人類為奴、而基督以己尊血救贖之、復新及體合於上帝之光、緣其赫著矣。

節句：主歟、讚榮爾尊十字架、及榮復活。

司生命之基督以其可死人之形體甘願受死、以常生上帝性體使諸死者復活、緣其赫著矣。

*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.

## 又聖頌典 生神女聖頌典

藏頭詩（包括首節） 誕神女、我向妳歌唱第三首歌。

## 首節 民衆、讓我們歌唱

節句：祈至聖母救我等。

聖女歟、諸天軍偕在地之人類及在地獄者、皆應曲膝叩拜由爾受人體者、緣其赫著矣。

節句：祈至聖母救我等。

藉爾無限之和睦、施宏恩之上帝由爾童貞受人體、而以聖神賜我儕、緣其赫著矣。

## 聖歌三 首節

從虛無以聖言造以聖神成、萬物之全能主宰、求堅固我等於爾。

## 聖頌

節句：主歟、讚榮爾聖復活。

基督、魔以爾十字架被羞恥、彼掘阱已竣、反自陷於其阱、而諸謙卑者藉爾之復活舉其角。

節句：主歟、讚榮爾聖復活。

愛人者歟、如水溢海、普傳聖教徧於萬民、爾由死中復活、而啟發聖三之光。

## 生神女頌

節句：祈至聖母救我等。

永在上帝靈明之城歟、以爾光榮之事所傳、蓋藉爾宰后、上帝偕諸在地者同居。

## 又聖頌典 十字架復活聖頌典

## 首節：你打碎了敵人的弓

節句：主歟、讚榮爾尊十字架、及榮復活。

尊十字架為諸邪神污穢之滌除、因至聖主耶穌在其上揚手。

節句：主歟、讚榮爾尊十字架、及榮復活。

眾誠信者、宜即拜受生活之樞、因其內被瘞及復活之基督、係我等真上帝。

## 又聖頌典 生神女聖頌典

## 同一首節

節句：祈至聖母救我等。

據先知所言、童貞乃自耶西根所發之枝、而基督乃其所生之華、吾主乃成聖者。

節句：祈至聖母救我等。

為使在地之人類體合於上帝、主由爾童貞受人體而窘屈自處、吾主乃成聖者。



*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.

## 聖歌四 首節

吾主爾彰極堅宏之愛於我等、緣使爾獨一子為我等受死、故我眾感謝爾曰、吾主讚榮爾能力。

### 聖頌

節句：主歎、讚榮爾聖復活。

基督以哀矜受傷及瘡痕、忍受批頰之欺侮、寬恕唾面、藉此使我得救、吾主讚榮爾能力。

節句：主歎、讚榮爾聖復活。

常生者、因貧者受苦、窮者嗟嘆、以人體受死、至榮光者滅司死者、使眾借已復活、緣其赫著矣。

### 生神女頌

節句：祈至聖母救我等。

求基督聆納爾至榮聖母慈憐之代祈、矜念以爾苦所得之群、顧視諸受難者及以爾能力救之。

### 又聖頌典 十字架復活聖頌典 首節 奇妙而不可言喻之奧秘

節句：主歎、讚榮爾尊十字架、及榮復活。

愛人者以己形造人、且在髑髏地上被釘十字架、為我因犯罪受死者。

節句：主歎、讚榮爾尊十字架、及榮復活。

因主由柩中復活、死復還所吞噬之人、及地獄使朽之權被滅。

### 又聖頌典 生神女聖頌典 同一首節

節句：祈至聖母救我等。

主宰以上帝智慧建立諸山者、乃由童貞女成為非以手所鑿之石、愛人者、讚榮爾能力。

節句：祈至聖母救我等。

主宰曾醫治我等被傷之性體、以至潔聖言上帝之性體、而體合於聖女為真藥料。

節句：祈至聖母救我等。

吾主乃我之分、乃我所願之嗣業、因聖言藉童女受人體、體合我於上帝之性體。

## 聖歌五 首節

我早寤、向爾造成萬物之主、係超諸明悟之安和者、因爾誠命光明、求以此訓示我。

### 聖頌

節句：主歎、讚榮爾聖復活。

無所不知者、以希伯來人之嫉妒、被解於不公義斷案者、而以公義審判普地者、救阿當於古時之詛詈。

*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.'

節句：主歟、讚榮爾聖復活。

求由死中復活之基督、以爾不可勝十字架之能力、賜平安於爾聖教會、及救我等靈。

### 生神女頌

節句：祈至聖母救我等。

永貞女歟、因受萬物不可容之聖言為獨一較諸天覽宏之聖帷。

### 又聖頌典 十字架復活聖頌典

#### 首節 不可見者在世上被看見

節句：主歟、讚榮爾尊十字架、及榮復活。

吾主基督歟、由人肋所造者、為眾死之緣、以爾刺脅使之獲救於詛咒。

節句：主歟、讚榮爾尊十字架、及榮復活。

我等救世之基督、係上帝聖父同性者、使爾至潔至尊身堂由死中復活。

### 又聖頌典 生神女聖頌典

#### 同一首節

節句：祈至聖母救我等。

聖女歟、爾子乃上帝之聖言、造原祖阿當者、雖由爾自造靈體、非為受造者。

節句：祈至聖母救我等。

聖女歟、爾子乃上帝聖父同能之聖言成全之位、兼涵兩性、謂吾主耶穌係成全上帝及人者。

## 聖歌六 首節

罪淵底環我、我靈似消滅、求引我之主宰、舒爾臂援我如彼得。

### 聖頌

節句：主歟、讚榮爾聖復活。

藉爾善衷之降生、仁慈宏恩之淵環我、因主宰受僕像為人、而體合人於上帝性使之偕己榮光。

節句：主歟、讚榮爾聖復活。

司死者見被死之復活而受死、此乃基督復活之表式、及其尊受難之關係。

### 生神女頌

節句：祈至聖母救我等。

求至潔者歟、係超人明悟、獨一通和上帝於人者、代祈爾子施恩及助於爾罪僕。

### 又聖頌典 十字架復活聖頌典

#### 首節 約拿成了一個象徵

節句：主歟、讚榮爾尊十字架、及榮復活。

爾以受傷及被釘十字架之難、使在地獄被傷者偕己復活、故我向爾呼籲曰、愛人者援我生命於朽壞。

*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!'



節句：主歟、讚榮爾尊十字架、及榮復活。

基督歟、地獄之門因懼向爾而啟、仇敵之械被奪、故攜香液女迎迓爾、而易其憂痛為喜樂。

又聖頌典 生神女聖頌典  
同一首節

節句：祈至聖母救我等。

無形體者由童貞女而受人體、不離上帝之性。

節句：祈至聖母救我等。

求至潔者、救我於罪淵、及私慾之烈風、因爾為秉信歸爾者之停泊處及奇蹟之淵。

集禱頌

用「今天童貞女」通用調式

施宏恩者、爾今由柩中復活、並提升我眾於死之門、今阿當欣喜、夏娃歡樂、諸先知及列祖常偕伊等讚頌權柄上帝之能力。

行述讚

今天地應謳會、同意稱頌上帝基督、因其被囚者由柩中復活、萬物宜喜樂、以如量之歌頌、獻於造物之救世者、因其係施生活使人出地獄升天、以己上帝之泉源、敗魔之傲慢、及壞地獄門。

聖歌七 首節

如爾昔為虔誠三幼童於迦勒底火燄施雨露、今求以上帝之光明火、照耀我等籲之者曰、我等祖父之上帝、係被讚揚者。

聖頌

節句：主歟、讚榮爾聖復活。

造萬物者、受釘刑架時、堂幔中分、而以聖經內隱秘之意、明顯於眾誠信者、其乃籲曰、我等祖父之上帝、係被讚揚者。

節句：主歟、讚榮爾聖復活。

基督歟、以爾料理由所刺之脅、流施生活之血注於地、為使在地者升天、其乃籲曰、我等祖父之上帝、係被讚揚者。

聖三頌

節句：至聖三者我等上帝、讚揚爾。

我眾誠信者、宜偕上帝聖父及其一子讚揚至善聖神、承認聖三實一原一性曰、我等祖父之上帝、係被讚揚者。

又聖頌典 十字架復活聖頌典  
首節 暴君狂傲

節句：主歟、讚榮爾尊十字架、及榮復活。

日見非常之人但受人體之上帝、懸十字架而失光、故我眾歌頌主曰、主我等祖父之上帝、係被讚揚者。

*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.’

節句：主歟、讚榮爾尊十字架、及榮復活。

地獄受納堅固施常生之上帝驚懼、而吐義德者之靈、其乃籲曰、主我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

至潔聖母歟、爾乃為潔心承認爾者之萬福寶藏、因由爾我等祖父之上帝受人體。

又聖頌典 生神女聖頌典

同一首節

節句：祈至聖母救我等。

偕上帝聖父同座司諸天軍榮光之主、被童貞女之手所抱、主我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

由童貞受人體之上帝、滅攻彼猖獗之死、主我等祖父之上帝、被讚揚者。

節句：祈至聖母救我等。

我眾知爾乃上帝所由生之聖母、因聖三之一位由爾受人體至潔者爾胎之果並為讚美。

### 聖歌八 首節

倡始虔誠之幼童、於不可忍之火中弗遭烈燄之害、乃向上帝歌曰、主所造之物宜讚揚主、且讚美之於無窮世。

聖頌

節句：主歟、讚榮爾聖復活。

爾十字架豎於法場時、堂中光明之幔中分裂、萬物戰慄歌頌曰、主所造之物、宜讚揚主且歌頌讚美之於無窮世。

節句：主歟、讚榮爾聖復活。

基督由柩中復活、而以上帝之能力、復新藉果樹被誘惑而陷於罪者、乃籲曰、主所造之物宜讚揚主、且歌頌讚美之於無窮世。

生神女頌

節句：祈至聖母救我等。

至潔聖母乃為上帝堂聖靈之寶藏、因合人類和睦於造萬物者、故我眾誠應讚揚爾所為之事、且歌頌讚美爾於無窮世。

又聖頌典 十字架復活聖頌典

首節 物質之火之烈燄

節句：主歟、讚榮爾尊十字架、及榮復活。

以上帝性弗能受難之聖言、而以人性受難、故我眾歌頌之曰、主所造之物宜讚揚主、且歌頌讚美之於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者因死體而安息、因乃常生者而復活、及教於死中凡歌頌爾者曰、主所造之物、宜讚揚主且歌頌讚美之於無窮世。

*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.

## 聖三頌

節句：至聖聖三一、我等上帝、榮光於爾。

我眾宜以虔誠叩拜不可測相合三位一體之上帝、及讚頌之曰、主所造之物、宜讚揚主、且歌頌讚美之於無窮世。

又聖頌典 生神女聖頌典  
同一首節

節句：祈至聖母救我等。

滿被讚揚之聖女、因爾乃主之母、超諸天軍附近於上帝、故我眾讚揚由爾所生者、且讚美之於無窮世。

節句：祈至聖母救我等。

滿被讚揚之聖女、因爾藉上帝而獲光耀、爾本性姿容極為美善、我眾讚揚由爾所生者、且讚美之於無窮世。

於聖第九歌頌前唱至聖生神女之歌：我靈惟感頌主、我神惟悅上帝救我者。

節句：我等讚揚爾革魯賓而尊、逾塞拉芬、榮光無比、無損而生上帝言、誠上帝之母云。

## 聖歌九 首節

此乃新且大上帝之奇蹟、主無人體而過童貞所閉之戶、殆生即現藉人體者、並戶仍永閉、放我眾稱讚之為不可言喻之上帝聖母。

## 聖頌

節句：主歟、讚榮爾聖復活。

上帝聖言者歟、何畏見爾係造萬物者、而被釘木架、係上帝以人體而代僕受難僵卧柩中無氣息而釋諸死者出地獄、故我眾讚美基督因其乃全能者。

節句：主歟、讚榮爾聖復活。

基督歟、爾因死者卧於柩、而救列祖於死之黑暗、因復活諸死者而賜以常生、引人性體至永在之光以常生衣之、故我眾讚美爾乃永在光之源。

## 生神女頌

節句：祈至聖母救我等。

至潔者為上帝之堂及寶座、因至上者居之、無夫由爾所生未開啟爾體之門、故我眾祈求爾不絕、使異邦人急速歸服我等之皇帝。

又聖頌典 十字架復活聖頌典  
首節 我們為甘飴之矢所傷者

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者藉爾被釘刑架受辱死而賜人尊貴、基督藉爾死賜我常生、因爾乃愛人者。

節句：主歟、讚榮爾尊十字架、及榮復活。

基督由柩中復活、而救我升天至上帝聖父前、使我借己坐於上帝聖父之右、因主之仁慈極大。



*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.’

## 又聖頌典 生神女聖頌典

## 同一聖頌

節句：祈至聖母救我等。

聖女歟、虔誠真信者讚揚爾永無足、故我眾心志時常願歸向上帝、讚美爾係上帝之母。

節句：祈至聖母救我等。

基督歟、以生爾者為我等不爽之轉達、藉其代祈、賜我等由上帝聖父所出施諸恩之聖神。

合眾詞後小連禱、後唱：聖哉、上主、我眾之上帝。(三次)

差遣頌、指定的味爽讚詞。誦唸讚美聖詠「凡有呼吸者……」時、插入八段讚詞。

## 復活行間讚詞 第三調式

插入八句讚頌：為以所紀錄之審判行於伊等、斯榮耀皆屬其聖人。

萬民宜至明知威嚴機密之力、蓋諸世前在之聖言、乃救我等之基督、為我等被釘十字架、而甘瘞、及由柩中復活、為拯救萬物、我等宜即拜之。

詩節：眾宜讚美主於其聖所、讚美其榮名穹蒼。

主歟、守爾墳墓之兵報告爾奇蹟、但愚昧之會堂、以錢充斥其手、思隱藏爾普世所讚榮之復活、主歟、矜憐我等。

插入四節讚詞：因其全能讚美之、因其宏威讚美之。

眾聞知主復活而充滿以喜樂、抹大拉的瑪利亞至柩前、見衣光衣之天神坐於石曰、爾何覓活人於死者中、伊不在此、如其所曾言已復活矣、將見爾於加利利。

詩節：以角聲讚美、以琴以瑟讚美。

愛人之主宰我等於爾之光見光、因爾由死中復活、而施救於人類、故萬物讚揚爾獨一無罪者曰、矜憐我等。

## 又行間讚詞 阿納托利作

詩節：以鼓及佻讚美、以絃及笙笛讚美。

主歟、攜香液女以哭泣獻爾以清晨之歌頌攜香膏至爾柩前、欲傳爾至潔聖體、第坐石上之天神傳報曰、爾何覓活人於死者中、滅死者已復活矣、因其乃施宏恩之上帝云。

詩節：以和聲之鈸讚美、以大聲之鏡讚美、凡有呼吸者、宜讚揚主。

在爾施生活柩上發光耀之天神向攜香液女曰、使柩空罄之救援者擄掠地獄、而第三日復活矣、因其乃獨一全能之上帝。

*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.*



詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

瞻禮第一日、抹大拉的瑪利亞至墓尋爾而未之遇、號咷涕泣曰、噫嘻、我救世者、抑萬物之主宰為人所竊云、墓中二天神向之報施拯救之信曰、婦歟何哭為、對曰、我哭之故因人取我主、不知置於何處云、倏轉身見爾呼籲曰吾主、乃我之上帝讚榮爾。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

希伯來人將常生者閉於墓、而右盜以言啟天堂之福樂曰、緣我偕我被釘十字架者、同我懸於木架者、顯我由上帝聖父偕坐於寶座上者、其乃我等施宏恩之上帝基督。

榮耀歸於父…… 詠唱主日味爽讚詞

自今至永遠…… 生神女頌

童貞上帝聖母、爾係被讚揚者、因由爾受人體者擄地獄、召甦亞當滅詛詈、釋夏娃滅死、而我等獲生、故讚頌曰、如此行之上帝基督、寔宜受讚揚、故我等讚榮爾。

詠唱大榮耀頌、之後詠唱復活聖頌：

今普世得救贖、我等歌頌吾等生命之帥、由柩而復活者、因其以死滅死、賜凱勝及宏恩於我眾。

連禱及遣散詞





## 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!







## 事奉聖禮

### 真福頌讚詞

八、哀矜者誠福、因伊等將蒙哀矜。

基督逐干犯爾誠命之阿當出地堂、施宏恩者使右盜入天堂、因彼於刑架上承認爾曰、救世者於爾國憐念我。

七、心淨者誠福、因伊等將得見上帝。

施生活之主、以死之詛詈罰我等犯罪者、無辜之主宰以肉體受難、使諸死者復生、乃呼籲曰於爾國亦憐念我等。

六、敷和者誠福、因伊等將稱為上帝子。

由死中復活之主、以爾復活使我等由私慾中復甦、救世者滅死之權、故我眾秉誠心呼籲曰、於爾國亦憐念我等。

五、為義被窘害者福、因天國屬伊等。

因係施生活之上帝、以爾三日之葬理、使諸死於地獄者復生、偕已升天、因係至善者、賜常生於我眾秉誠心呼籲不絕者曰、於爾國亦憐念我等。

四、既人因我而誹謗爾、迫害爾、諸妄言詛詈爾、則爾誠福。

救世者由死中復活時、先顯現於攜香液女曰、慶哉云基督藉之傳報復活於友朋、故我眾秉信籲曰、於爾國亦憐念我等。

三、爾當欣喜悅樂、因在天爾之賞厚。

摩西在山上伸手預像十字架以勝亞瑪力、我眾誠信者、以十字架為攻魔鞏固之械、呼籲曰於爾國亦憐念我等。

榮耀歸於父及子及聖神：

我眾誠信、宜讚揚聖父及子及聖神係一上帝、係一主宰、如由獨一日具三妙光之聖三、乃光照呼籲者曰、於爾國亦憐念我等。

自今至永遠及於萬世。阿氏：生神女頌

慶哉上帝之門、藉之經過受人體之造萬物者、而弗損其印封、慶哉彩雲、上帝之甘霖、即基督藉之而降者、慶哉梯階、及天上之寶座、慶哉上帝至尊膏腴未鑿之山。



*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.



復活遣散頌

天上者應慶忭、地下者宜欣悅、緣主顯厥筋剛力、以死滅死、諸死者中首生活者、救我等於地獄腹、及賜普世宏恩。

集禱頌 用「今天童貞女」通用調式

施宏恩者、爾今由中復活、並提升我眾於死之門、今阿當欣喜、夏娃歡樂、諸先知及列祖常偕伊等讚頌權柄上帝之能力。

經前詠 聖詠46

當歌頌我儕之上帝、歌頌兮、歌頌我之儕之君、歌頌兮。

詩節：萬民皆當拍掌、呼籲於上帝、以歡樂之聲。

阿利魯伊亞 聖詠30

詩節：主歟、我倚恃爾、毋使我羞愧至永遠、而以爾之救我。

詩節：側爾之耳於我、爾速救拔我、為我而作保我之磐石。

主日各調式領主頌：讚主於天中、讚主於蒼穹。阿利路亞、阿利路亞、阿利路亞。



## 第三調

### 主日小讚詞

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.

# 第三調

## 主日副讚詞

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.

The image shows three staves of musical notation in a treble clef with a key signature of two flats (B-flat and E-flat). The first staff starts at measure 9 and ends at measure 10. The second staff starts at measure 11 and ends at measure 12. The third staff starts at measure 13 and ends at measure 14. The lyrics are written below the notes, with some words underlined to indicate phrasing or emphasis.



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主日八調讚詞

第四調式

SUNDAY OCTOECHOS

TONS 4



Sunday Octoechos

Tone 4

第四調式

主日八調讚詞



## 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:*



## 第四調式

### 安息日晚

### 大暮時課

誦唸開端聖詠（第一百零三篇聖詠）與聖詠集第一座聖詠、誦唸籲主聖詠「主歟、我呼籲爾……」時、插入十段讚詞：七段取自復活讚詞、三段取自本日所紀念的聖人讚詞、若遇慶節、則插入四段或六段聖人讚詞。

#### 復活行間讚詞 第四調式

插入十句讚頌：拯提我靈出獄岸、為我克讚頌爾名。

上帝基督歟、我等不絕叩拜爾施生活之十字架、讚榮爾於第三日復活、因爾全能者以之復新人朽壞之性體、仍舊賜我等升天、因爾乃獨一至善愛人者。

插入：爾以恩寵顯於我時、義者將環我。

救世者、因爾甘願被釘十字架、而滅為犯樹誠命之罰、全能者、爾下地獄、因係上帝、斷絕死之桎、故我眾叩拜爾由死中之復活、而以喜悅呼籲曰、全能之主讚揚爾。

插入八句讚頌：主歟、我自深淵呼籲爾、主歟、聆我聲。

主歟、爾毀地獄之門、以爾死敗壞死之權、救人類於朽壞、及施常生無朽、並宏恩於普世。

#### 其它讚詞、阿納托利作

插入：願爾耳聽我之禱聲。

請眾讚揚救世者之第三日復活、因藉之我眾得救於地獄不可釋之囚而獲常生、且曰、被釘十字架被瘞及復活者、求以爾復活救我等、因爾乃獨一愛人者。

插入六句讚頌：主歟、若究察罪惡、主歟、則孰能立、第爾施救宥、願人敬畏於爾前。

救世者歟、天神及眾人讚榮爾第三日復活、因藉之地涯被光照、而眾人獲救於魔之役故呼籲曰、施生活全能救世者、求以爾復活救我等、因爾乃獨一愛人者。

插入：我望主、我靈望主、冀望主言。

上帝基督歟、爾劈銅門折扇、復活墜落犯罪之人類、故我眾合聲呼籲曰、由死中復活之主讚榮爾。

插入四句讚頌：我靈候主、踰於更漏之待旦、踰於更漏之待旦、願以色列冀望主。

主歟、爾由上帝聖父所生、乃諸世前永在者、爾由童貞受人體、乃人所不可測不可言者、爾降地獄、乃魔及其役所畏懼者、因爾滅死、第三日復活賜常生、及宏恩於眾人。

若《月份禮典》上載有指定的榮光讚詞、則誦唸「榮耀歸於父……」後、詠唱榮光讚詞、之後接唸「自今至永遠……」；若無指定的榮光讚詞、則直接誦唸「榮耀歸於父…、自今至永遠……」。



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.*



生神女頌

聖母歟、先知大衛緣爾之故成為主祖、曾向舉榮爾之上帝用和音歌曰、后立於爾之右云、此言乃為爾所言、因無父由爾甘藉人體之上帝、現爾為常生之中保、為復新因私被朽之本像、及尋得山中被失之羊、肩負引至聖父前、且隨己意旨、和彼於天軍、並施鴻恩之基督將救普世。

聖入禮與禧光頌後、指定的修士向長上行一躬拜、詠唱本日的經前詠。

主為君、乃以威嚴為衣。

詩節一：主以能力服之、束繫之。

詩節二：故世界乃堅固必不搖撼。

之後誦唸熱誠連禱、「主、開恩護守……」等、司祭唸完結束禱詞後、詠唱本修道院主保聖人的專用讚詞、列隊進入教堂前廳。唸完慣常的禱文後、回至教堂、詠唱：

復活後行間讚詞

第四調式

主歟、爾升十字架銷我等原祖之詛咒、下地獄釋久被繫者、賜不朽於人類、故我等以歌頌讚榮爾施生活施救贖之復活。

其它讚詞（按字母順序）

詩節一：主為君、乃以威嚴為衣。主以能力服之、束繫之。

獨一全能者、以爾被釘刑架、致令萬物戰慄、以爾置於柩、使諸在柩者復活、而施無朽及常生於人類、故我眾以歌頌讚榮爾第三日復活。

詩節二：故世界乃堅固必不搖撼。

基督歟、違理之人解爾至彼拉多受釘架之擬決、明顯其忘恩負義、但爾甘願受埋葬、乃上帝按其自主之權、第三日復活、施常生及宏恩於我眾。

詩節三：主歟、聖德屬爾之堂、直至永遠。

攜香液女以哭泣至柩前覓爾、而未之見、乃慨歎涕泣呼籲曰、噫嘻、我等救世者、萬物之君、何以被竊、何處蘊藏爾施生活之體云、天神對伊等曰、毋悲、往告以主之復活、乃施喜樂於眾人、因其乃獨一善衷者。

榮耀歸於父……

本日所紀念的聖人讚詞、若本日為「慶節」、則

榮耀歸於父……自今至永遠…… 生神女頌

求無玷者、顧爾僕等祈禱、息魔諸惡計、祛我諸憂患、因爾為我等獨一至堅至妥之護佑、而受爾保佑、求宰后使我呼籲爾者不致恥、速聆秉信籲爾者曰、慶哉宰后、為眾之扶佑喜樂幘幘及我靈之救贖。

繼續舉行守夜祈禱的其餘部分。





## 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

### 晨時課

誦唸完六篇聖詠後、以第四調式詠唱「主是上帝」、接着詠唱復活遣散頌兩遍、生神女頌一遍。之後、按慣例誦唸聖詠集第二座與第三座。

#### 復活遣散詞

主之女門徒、由天神獲主復活之輝音、得免原祖之譴罰、向使徒等矜詡曰、死已敗壞、上帝基督復活矣、賜宏恩於普世。（兩遍）

#### 生神女頌

聖母歟、自無始蘊藏及天神所弗識之機密、藉爾而顯、緣上帝藉人體現於世界眾人、並為我等甘受十字架之難、及以聖架復活原始所造之人、且由死救我等靈。

誦唸完第一聖詠集選段（第二座）後、詠唱復活坐讚詞。

#### 第四調式

攜香液女注視墓門、而不可耐天神之光焰、乃詫異戰慄曰、豈開右盜之天堂者、反被竊乎、抑未受難前預言復活者、果復活乎、基督乃誠復活矣、且施宏恩及常生於凡在地獄者。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

救世者甘願被釘十字架、必亡之人、置爾以言造地涯者在新樞、藉此害人之死讐失其權、在地獄者讚揚爾施生命之復活曰、永在施生活之基督復活矣。

榮耀歸於父…… 自今至永遠…… 生神女頌 通用本調 約瑟驚奇不已 羅瑪諾作

聖母歟、護守爾之淨配約瑟、見爾超性之淨孕而詫異、內心尋思降於芟草地之雨、焚不燼之荊棘、亞倫之萌蕊杖、向司祭等證之曰、童貞者生子、而產後仍係童貞。

誦唸完第二聖詠集選段（第三座）後、詠唱復活坐讚詞。

通用調式 求祢先迅速克勝

救世者因係常生者由地獄中復活矣、我等上帝基督以爾復活使普世偕已俱復甦、滅堅固之死權、慈憐者顯復活於眾、故我眾讚榮爾係獨一愛人者。





*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*



詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

通用調式 約瑟驚奇不已

服白衣之加百列自重宵、降臨赴蘊生命磐石之墓石、向哭淚之攜香液女籲曰、止爾號咷、今爾已獲大恩、爾宜知爾哭泣所尋者誠復活矣、故往報使徒曰、主已復活矣。

榮耀歸於父…… 自今至永遠…… 生神女頌

至潔者歟、諸天軍之謳會、見爾胎孕威嚴之奧秘而驚懼、何以以一命司天下者、如人而被爾手所抱、何以諸世前在者有原始、何以以不可測之善恩畜養凡有呼吸者、而爾哺之以乳、故稱揚讚榮爾乃真上帝之母。

誦唸完「無瑕聖詠」（第十七座、聖詠第一百十八篇）後、詠唱復活「讚主頌」。之後誦唸小連禱及聆聽讚。

基督歟、前驅攜香液女報告使徒等爾榮復活、因爾如上帝復活、而施宏恩於普世。

陞階讚 第一對經（聖詠128）

自我幼時、私情多與我相爭、求救我者、躬親保護救我。

願凡疾錫安者、於主而承羞、伊如草將以火而枯萎。

榮耀歸於父…… 自今至永遠……

凡靈魂藉聖神得生活、藉潔德而上升、藉聖三之一、蒙光照、識聖奧秘。

第二對經（聖詠129）

主歟、我以熱心自靈魂之深衷呼籲爾、願爾上帝之耳聽我。

凡獲倚賴主之冀望者、高邁於諸愁難。

榮耀歸於父…… 自今至永遠……

藉聖神所流恩寵之泉源、飲萬物而復生之。

第三對經（聖詠130）

聖言者願我心上升至爾、而無世上之美好克誘惑我。

若凡人愛其母、則我眾更宜以熱心愛主。

榮耀歸於父…… 自今至永遠……

藉聖神克滿識上帝聰明睿智、因藉之聖言啟發聖父一切之道理。

經前詠（聖詠43）

主起歟、佑助我儕、而以爾恩救我儕。

詩節：上帝歟、我儕以己耳聞之、即我儕之祖父傳述於我、我以爾所行之事、於伊等之日即於古時。

凡有呼吸者、宜讚揚主

*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.

誦福音經：

我等既睹基督之復活、宜叩拜獨一無罪聖主耶穌基督、我等叩拜爾十字架、讚榮稱頌爾聖復活、緣爾乃我等上帝、爾之外我等弗識他主、我等既以爾名自稱、請眾誠信者至而叩拜基督聖復活、因藉仗十字架而喜降至於普世、因此我等常感謝主、讚頌其復活、緣其為我等而被釘十字架、以死滅死。

### 聖詠經第五十章

榮耀歸於父、及子、及聖神

仁慈主、以使徒祈禱、潔淨我等多罪。

自今至永遠、及於萬世、阿民。

仁慈主、以聖母轉達、潔淨我等多罪。

上帝歟、因爾大仁慈、矜憐我、以大憐惠、刪除我諸愆尤。

此處誦唱慶日讚詞（任何日子、包括在主日在內的主及聖母的慶日；平日聖人的慶日）。在四旬期之外的主日；

耶穌依預言由柩中復活者、賜我等常生及宏恩。

唸完「上帝、求祢拯救祢的子民……」、司祭高聲誦唸完結束祝文之後、開始誦唸聖頌典。聖頌典的唸法如下：由復活聖頌典取四段聖頌、由十字復活聖頌典取三段聖頌、由向生神女的聖頌典取三段聖頌、由本日所紀念的聖人的聖頌典取四段聖頌。若本日乃聖人的「慶節」、則取六段或八段聖頌。第三及第六聖頌小連禱後、誦念指定合眾詞。

復活聖頌典。大馬士革的聖約翰作

### 聖歌一 第四調式 首節

昔以色列民過紅海腹、足未沾水、並以摩西像十字形之手、勝亞瑪力軍於曠野。

聖頌

節句：主歟、讚榮爾聖復活。

主宰歟、爾升於至潔十字架上、而改我等之陷落、以十字架醫治極害之惡、因爾乃至善全能者。

節句：主歟、讚榮爾聖復活。

不可測之基督、爾實無所不在者、緣爾頃刻間以肉軀居柩中、因係上帝、偕靈於地獄、偕右盜於天堂、偕聖父及聖神於寶座。

生神女頌

節句：祈至聖母救我等。

爾以上帝聖父旨意、藉聖神淨孕上帝子、而生其肉體、諸世前無母由聖父所生者、為我等之故、今無父由爾所生。

又聖頌典 十字架復活聖頌典

首節 我要開口

節句：主歟、讚榮爾尊十字架、及榮復活。

主歟、爾醫治被壞之人類、以爾上帝之血復新之、而敗昔害爾所造之堅固強禦。

*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.

節句：主歟、讚榮爾尊十字架、及榮復活。

爾藉受死為諸死者之復活、因死欲攻擊常生司萬物受人體之上帝、而反失己之能力。

節句：祈至聖母救我等。

聖女歟、因爾胎孕我等上帝乃如聖山、爾賦靈之堂、超越諸天軍之美好。

### 又聖頌典 生神女聖頌典

藏頭詩（包括首節） 獻給聲名遠揚的童女的第四首讚美詩。

首節：大能的首領

節句：祈至聖母救我等。

至潔者、眾人戰慄、萬民惶擾、萬國之權被黜、皆因驚懼由爾所生者、蓋我等主宰降至滅魔、且救普世於朽壞。

節句：祈至聖母救我等。

居於上之基督降至人時、成聖其居處、而存之無損、因爾獨一生造萬物者、產生後仍存守童貞之寶藏。

### 聖歌三 首節

基督歟、聖教會以爾歡呼曰、主爾乃我鞏固投避盤錯。

#### 聖頌

節句：主歟、讚榮爾聖復活。

生命之樹、真神靈之葡萄、今懸掛於十字架上、施常生於眾。

節句：主歟、讚榮爾聖復活。

至大極威滅地獄之權者、以上帝性係常生者、今以人性復活矣。

#### 生神女頌

節句：祈至聖母救我等。

聖母歟、爾乃獨一代在地之人祈聖寵恩者、故我眾向爾曰慶哉。

### 又聖頌典 十字架復活聖頌典

首節：誕神女

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者歟、極毒之蛇啣我、而全能主宰以己手之釘敗壞其齒、因諸聖者內、無能超爾愛人之聖者。

節句：主歟、讚榮爾尊十字架、及榮復活。

施生活愛人者、甘願受死而被置於柩、並啟地獄之門、釋諸世已死者之靈、因諸聖者內、無能超爾愛人之聖者。

節句：祈至聖母救我等。

爾乃未耕種之田、生施生活之穗者、係息於諸聖上之成聖者、藉伊中保、凡人有分於常生。



*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 know in two natures, God bearing flesh and mortal beyond being.

## 又聖頌典 生神女聖頌典

## 首節：祢自天降臨

節句：祈至聖母救我等。

至潔聖女歟、人體藉爾如被爾隱蔽被炙之餅、以結合於不可忍上帝之火而獲潔淨、並無損爾。

節句：祈至聖母救我等。

此真附近於上帝者為誰耶、乃超於諸天使全司者之母、獨一顯耀童貞之美好者。

## 聖歌四 首節

聖教會見爾義德之日被舉於十字架、相稱而籲曰、主歟、讚揚爾權力。

## 聖頌

節句：主歟、讚榮爾聖復活。

爾被舉十字架、而藉甘願所衣至潔之人體受難、以醫治我之私慾、故我眾籲曰、主歟、讚揚爾權力。

節句：主歟、讚榮爾聖復活。

主宰歟、死吞爾施生活無罪之體、誠堪被滅、故我眾籲曰、主歟、讚揚爾權力。

## 生神女頌

節句：祈至聖母救我等。

聖女不識夫而生、並產後存童貞、故我眾以無疑之信、不絕讚揚爾宰后曰慶哉。

## 又聖頌典 十字架復活聖頌典

## 首節：認識到不可探究者

節句：主歟、讚榮爾尊十字架、及榮復活。

屬法律之以色列不識爾立法律之上帝基督、彼逆法釘爾於十字架上如犯法者、實為不堪承受法律者。

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者歟、爾上帝之靈性、掠擄地獄之寶藏、而使諸世已死者之靈偕已復活、並爾施生活之人體施常生於眾。

節句：祈至聖母救我等。

我眾時常讚榮爾聖女真係上帝母、昔覲主之摩西所見焚不燼之荊棘、預像爾體合於上帝如於火。

## 又聖頌典 生神女聖頌典

## 首節：在榮耀中坐於寶座上者

節句：祈至聖母救我等。

以上帝性不可測者、由爾童貞女受人性、不可見者而為所見、偕人居、而拯救凡承認爾至潔聖母者。

節句：祈至聖母救我等。

聖女以有形受無形者、即由其所生之子、故我眾承認之為兩性曰、受人體之上帝及超性之人。

*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.

節句：祈至聖母救我等。

聖女歟、造萬物之主宰居於爾、聖言淨生於爾為上帝、使爾產生時產生後存守童貞。

### 聖歌五 首節

主歟、爾乃吾之光降臨於世、且為聖光、由不知之暗處援秉信讚頌爾者。

#### 聖頌

節句：主歟、讚榮爾聖復活。

主歟、爾以慈憐降生於世、被舉於木架、使墜落之人體升天。

節句：主歟、讚榮爾聖復活。

基督歟、爾負因我罪之罰、宏恩者爾以榮復活滅死之難。

#### 生神女頌

節句：祈至聖母救我等。

聖聘女、我眾以爾為不可敗之械以攻仇敵、我以爾為我等拯救之堅固及冀望。

### 又聖頌典 十字架復活聖頌典

#### 首節 宇宙驚異

節句：主歟、讚榮爾尊十字架、及榮復活。

大愚昧地獄見永在之上帝被釘十字架上、被槍所刺為無氣息者、以爾為常人而吞爾、當時即識爾上帝之能力。

節句：主歟、讚榮爾尊十字架、及榮復活。

常生愛人者、爾身堂被毀、墳墓及地獄兩分之、墳墓受體、而地獄受靈、而因此二者俱受刑罰、地獄放聖人之靈、墳墓還其體。

節句：祈至聖母救我等。

今誠應先知之預言曰、婚而不媾之童貞女、爾腹妊萬物主、而生無原之子、賜安和於眾讚頌爾者。

### 又聖頌典 生神女聖頌典

#### 首節 現在我要復活

節句：祈至聖母救我等。

至潔者歟、上帝子居於爾、而以爾為榮光之居處、上帝之聖山、聖聘女、宮、成聖之殿、及永福樂之天堂。

節句：祈至聖母救我等。

基督由童貞受淨孕至潔已位明覺付靈自行自願自主之人體。

節句：祈至聖母救我等。

童貞女的胎令暴君的密謀蒙羞、因為一個嬰孩用自己的手找出了毒蛇毀滅人靈的洞穴、打倒了自我誇耀的反叛者、使他順服於信徒的腳下。

*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.



## 聖歌六 首節

主歟、聖教會因爾仁慈、由爾脅所流尊血、獲潔於魔血污、向爾籲曰、我以讚美詞將奉獻爾。

### 聖頌

節句：主歟、讚榮爾聖復活。

爾衣全能升於十字架、因係上帝、攻魔使之自天墜落、而以不可敗之能力、使亞當復活。

節句：主歟、讚榮爾聖復活。

基督由柩中復活、而發美麗之光耀、以上帝之能力、解散諸仇敵、因係上帝、以喜樂榮光充滿萬有。

### 生神女頌

節句：祈至聖母救我等。

異哉超諸奇蹟之新蹟、童貞弗識夫而胎孕掌萬物者、並爾腹量因之亦不狹隘。

### 又聖頌典 十字架復活聖頌典

#### 首節 我進入了海洋的深處

節句：主歟、讚榮爾尊十字架、及榮復活。

地獄啟其口吞我、愚妄而不饜其心、基督降獄提拔我靈、因其係愛人者。

節句：主歟、讚榮爾尊十字架、及榮復活。

死受滅、死者復活、而賜我常生者、顯現於攜香液女曰、慶哉。

節句：祈至聖母救我等。

異哉聖母、爾潔腹為不可忍上帝性之寶藏、天軍驚懼而不克見之。

### 又聖頌典 生神女聖頌典

#### 同一首節

節句：祈至聖母救我等。

昔因原母夏娃蛇始誘惑我、而使我受死、今藉爾至潔者、而造我者乃由死中提拔我。

節句：祈至聖母救我等。

童貞歟、上帝慈憐之深淵、以不可測明顯爾為奇蹟之深淵、因由爾而基督如電如珠發光。

### 集禱頌 第四調式

#### 通用調式 祢在這一天顯現

援我之救世者、被瘞後、因係上帝使昔居世今被囚者復甦、並毀地獄之門、因係主宰、而於第三日復活矣。

### 行述讚

我眾居世者宜讚揚第三日由死中復活施生命之基督、今以其能力敗壞死門、使地獄受死、滅死之螫、及釋亞當與夏娃、而盡感謝歌頌之曰、其乃獨一堅固上帝主宰、而於第三日復活矣。

*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.

## 聖歌七 首節

亞伯拉罕之幼童、於波斯火窖、以熱慕之虔誠勝於火、籲曰、主實被讚揚、於爾威榮之堂。

### 聖頌

節句：主歟、讚榮爾聖復活。

人類以上帝基督血被濯者獲常生、而感謝呼籲曰、主實被讚揚於爾威榮之堂。

節句：主歟、讚榮爾聖復活。

基督歟、我儕復活之泉、即謂爾之柩、顯現真若宮室之華麗、緣其乃施生命者、媿擬地堂之美善。

### 生神女頌

節句：祈至聖母救我等。

慶哉至上者之成聖居處、上帝聖母緣藉爾咸獲欣喜而曰、無玷之宰后、於婦女中爾為滿被讚揚者。

## 又聖頌典 十字架復活聖頌典

### 首節 像神一樣的青年人

節句：主歟、讚榮爾尊十字架、及榮復活。

救人者歟、爾以被舉於刑架、使驕目者謙抑、使睚眦者墜落、滿被讚揚之主、我等祖父之上帝、爾係被讚揚者。

節句：主歟、讚榮爾尊十字架、及榮復活。

由死中復活之主宰、使滿載人靈之地獄空罄、求以爾能力舉事奉爾者之位、滿被讚揚之主、我等祖父之上帝、爾係被讚揚者。

### 聖三頌

節句：至聖三者、我等上帝、讚榮爾。

我眾依上帝之言讚揚三位一體不相離之上帝、乃照萬物永在之光焰而曰、上帝係被讚揚者。

## 又聖頌典 生神女聖頌典

### 首節 在巴比倫的三聖童

節句：祈至聖母救我等。

我以熱心願讚頌童貞之愛德、而向爾為母誠係女者籲曰、滿被聖寵者、天軍之主與爾偕焉。

節句：祈至聖母救我等。

聖母歟、爾因生造萬物之主、為超於萬物者、故我向爾籲曰、滿被聖寵者、天軍之主、與爾偕焉。

### 聖三頌

節句：至聖三者、我等上帝、讚榮爾。

我崇敬祢為獨一之主、在三個神聖之源內不可分者、具有三個位格的神性、我歌唱讚美祢、高呼：讚頌歸於祢、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:*

## 聖歌八 首節

但以理於獅阱伸手杜獅口、慕虔誠幼童束以德、熄火燄、籲曰、主所造之物應讚揚主。

### 聖頌

節句：主歟、讚榮爾聖復活。

主宰爾伸手於十字架、而萬民獲集聚成惟一之教會、乃偕在天在地者歌頌爾曰、主所造之物應讚揚主。

節句：主歟、讚榮爾聖復活。

被復活不可至之光照耀潔白形像之天神、顯現於攜香液女呼籲曰、爾何為覓活人如死者於墓中、基督誠復活云、而我眾向之呼籲曰、主所造之物應讚揚主。

### 生神女頌

節句：祈至聖母救我等。

至潔聖女歟、爾惟一在諸世中為上帝之母、無玷者歟、爾為上帝之居處、而不被莫至光火所燃、故我眾讚揚爾為瑪利亞聖聘女者。

### 又聖頌典 十字架復活聖頌典 首節 在火窖中的虔誠青年

節句：主歟、讚榮爾尊十字架、及榮復活。

基督歟、萬物見爾不合公義之屠戮、以憂愁而慨歎、地震時日晦暗如著烏衣、而我眾以不絕歌頌爾、且讚美爾於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

降獄臨我而為眾闢復活之路者、復升天負我歸聖父、故我籲曰、主所造之物、宜歌頌讚美之於無窮世。

### 聖三頌

節句：至聖三者、我等上帝、讚榮爾。

我眾讚揚惟一自有之聖父、係萬物之創始者、及無始之聖言、及撫恤之聖神、乃獨一上帝、並叩拜三位一體之聖三、且讚美之於無窮世。

### 又聖頌典 生神女聖頌典 首節 眾人全能的救贖者

節句：祈至聖母救我等。

萬物之主宰由亞當脅造爾、及由爾童貞受人體、故我眾歌頌之曰、萬物應讚揚歌頌主。

節句：祈至聖母救我等。

聖母歟、昔亞伯拉罕在幕外迎爾無形之子、而預知由爾所當成之奧密曰、萬物應讚揚歌頌主。

節句：祈至聖母救我等。

童女、妳童貞的樣式拯救與聖三同樣數目的三聖童、因為他們在童貞肉軀內踐滅了烈燄、他們高呼：請讚美稱頌上主。

於聖第九歌頌前唱至聖生神女之歌：我靈惟感頌主、我神惟悅上帝救我者。

節句：我等讚揚爾革魯賓而尊、逾塞拉芬、榮光無比、無損而生上帝言、誠上帝之母云。



*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.*

## 聖歌九 首節

童貞女歟、非手所鑿之屋隅石、由爾未鑿之山而斷、謂合兩殊性之基督、故我儕以喜悅讚揚爾為聖母。

### 聖頌

節句：主歟、讚榮爾聖復活。

吾主因爾大仁慈受我眾之人體、一切人性皆體合於己、而不混於上帝性、藉爾人性於十字架之受難、賜拯救於我眾。

節句：主歟、讚榮爾聖復活。

使徒等見藉爾復活所啟之墓、布幅空存、偕天神曰、主真復活矣。

### 聖三頌

節句：至聖三者、我等上帝、讚榮爾。

我眾誠信者宜叩拜三位一體之聖三上帝、以虔誠讚美其不相混合同權同尊者。

## 又聖頌典 十字架復活聖頌典

### 首節 願生於此世的一切

節句：主歟、讚榮爾尊十字架、及榮復活。

匍匐之蛇、以欺誑擄我出地堂、但全能之主在額顱處之磐石、磔之如稚弱之嬰、而藉十字架復新開啟天堂之福樂。

節句：主歟、讚榮爾尊十字架、及榮復活。

祢使仇敵的強大要塞荒蕪、以祢全能的手臂搶奪了他的財富、使我與祢由陰府之中復甦、揭露古時自吹自擂的誇耀者只是受人取笑的笑柄而已。

節句：主歟、讚榮爾尊十字架、及榮復活。

基督歟、求降臨看顧窮民之愁難、以爾施恩全能之手堅固奉事爾之君、攻毀謗爾之仇敵、奪回爾之嗣業、因爾乃愛人者。

## 又聖頌典 生神女聖頌典

### 首節 隱藏着的屬神之事

節句：祈至聖母救我等。

至潔者歟、我眾見爾以聖神所妝飾者、如荊棘中發麗艷之花、其馥郁遍滿凡以真心讚美爾者。

節句：祈至聖母救我等。

無玷者歟、無朽者由爾腹受可朽之人體、而因大仁慈使之無朽、故我眾讚揚爾為聖母。

節句：祈至聖母救我等。

求掌萬物者賜爾民勝仇敵、使之和睦於聖教會、而我眾讚揚爾為聖母。

合眾詞後小連禱、後唱：聖哉、上主、我眾之上帝。(三次)

差遣頌、指定的味爽讚詞。誦唸讚美聖詠「凡有呼吸者……」時、插入八段讚詞。

*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.

## 復活行間讚詞 第四調式

**插入八句讚頌：**為以所紀錄之審判行於伊等、斯榮耀皆屬其聖人。

**受**十字架之難至死、由死中復活全能之主、我等讚榮爾復活。

**詩節：**眾宜讚美主於其聖所、讚美其榮名穹蒼。

**基督**歟、以爾十字架釋我等之原詛、以爾死滅陵虐我等之魔、以爾復活使眾充滿喜樂、故我眾向爾籲曰、由死中復活之主讚榮爾。

**插入四節讚詞：**因其全能讚美之、因其宏威讚美之。

**救世之基督**歟、求以爾十字架導我於爾之真理、救我於魔之網罟、由死中復活愛人之主、藉爾諸聖之代祈、伸爾手復起我等陷於罪者。

**詩節：**以角聲讚美、以琴以瑟讚美。

**不離**聖父懷獨一上帝之聖言、因大仁慈降臨於地、不易本性而為真人、非能受難之上帝、以人體受十字架及死、獨一全能者由死中復活、施常生於人類。

## 又行間讚詞 阿納托利作

**詩節：**以鼓及佻讚美、以絃及笙笛讚美。

**救世者**以人體受死、為賜我眾常生、居於柩中、為釋我等於地獄、而使之偕已復活、伊因係人而受難、因係上帝則復活、故我眾籲曰獨一愛人施生活之主讚榮爾。

**詩節：**以和聲之鈸讚美、以大聲之鏡讚美、凡有呼吸者、宜讚揚主。

**救世者**歟、爾十字架立於額顱處時而石裂、爾如死置於柩中時而司地獄門者驚懼、因爾以復活滅死權、施常生於諸死者、施生活救世之主讚榮爾。

**詩節：**主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

**上帝基督**基督歟、攜香液女等願見爾之復活、先至之抹大拉之瑪利亞見石離墓門、天神坐其上曰何於死中求活人、因其係上帝已復活矣、為拯救萬民。

**詩節：**主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

**猶太人**宜言、爾等所定守護之耶穌安在哉、爾等所置於柩中及印封於石者安在哉、爾等違逆常生者、或予我以死且被瘞者、抑或信復活者、若爾緘默於主之復活、石且聲呼、墓所移之石、更將聲呼、我等救世者、爾仁慈乃極廣、爾料理之奧秘乃極大、我等讚榮爾。

榮耀歸於父…… 詠唱主日味爽讚詞

自今至永遠…… 生神女頌

**童貞**上帝聖母、爾係被讚揚者、因由爾受人體者擄地獄、召甦亞當滅詛罟、釋夏娃滅死、而我等獲生、故讚頌曰、如此行之上帝基督、寔宜受讚揚、故我等讚榮爾。

*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.*





詠唱大榮耀頌、之後詠唱復活聖頌：

吾主爾由柩而起、敗壞地獄之縛、滅死之詈、拯眾由敵仇之網、爾獨一大仁慈者、顯現爾使徒、遣伊等傳教、并藉伊等賜安和於普世。

連禱及遣散詞





## 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.





## 事奉聖禮

### 真福頌讚詞

八、哀矜者誠福、因伊等將蒙哀矜。

亞當緣樹被逐地堂、右盜緣木架入天堂、彼為食物背造伊者之誠命、而此被釘刑架承認隱秘之上帝、曰、於爾國亦憐念我等。

七、心淨者誠福、因伊等將得見上帝。

主歟、爾升十字架上而敗死權、因係上帝滅我等罪券、求獨一愛人我等上帝基督、以右盜之痛悔賜我等秉信事爾及籲爾者曰、於爾國亦憐念我等。

六、敷和者誠福、因伊等將稱為上帝子。

愛人之主被釘十字架、以槍折我等罪券、居於死者中、而縛掌地獄者、以爾復活救援眾於地獄之縲紲者、藉爾復活我眾得見光照、及向爾籲曰、於爾國亦憐念我等。

五、為義被窘害者福、因天國屬伊等。

獨一常生者、爾被釘十字架、及因全能第三日由死中復活、而使亞當復活、求主賜恩使我以熱心痛悔、以誠信不絕籲曰、求救世者於爾國憐念我。

四、既人因我而誹謗爾、迫害爾、諸妄言詛詈爾、則爾誠福。

非能受難之上帝、緣我等為能受難之人、甘願被釘十字架、使我眾偕已復活、故我眾讚揚爾十字架苦難及復活、因藉之我等得復生及拯救、而籲曰、於爾國亦憐念我等。

三、爾當欣喜悅樂、因在天爾之賞厚。

我眾誠信者宜懇求由死中復活擄地獄之權顯現於攜香液女曰慶哉者、由朽壞救我等靈、而以聰明右盜之言不絕籲曰、於爾國亦憐念我等。

榮耀歸於父及子及聖神：

我眾誠信者、宜同意祈獲如量之詞、以讚榮聖父及子及聖神、係三位一體不相離、合不可至之純上帝、因藉之我眾得避永火之難。

自今至永遠及於萬世。阿民：生神女頌

至慈主宰基督歟、我眾求淨孕生爾及產後存童貞聖母之轉達、赦罪於時常呼籲者曰、於爾國亦憐念我等。



*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.



復活遣散頌

主之女門徒、由天神獲主復活之輝音、得免原祖之譴罰、向使徒等矜詡曰、死已敗壞、上帝基督復活矣、賜宏恩於普世。

集禱頌 祢在這一天顯現

援我之救世者、被瘞後、因係上帝使昔居世今被囚者復甦、並毀地獄之門、因係主宰、而於第三日復活矣。

經前詠 聖詠103

主歟、爾所行何其多、爾純以智慧而造。

詩節：我靈當讚揚主、主我之上帝、爾乃奇妙之威嚴。

阿利魯伊亞 聖詠44

詩節：速往乘車、為真理謙遜及公義之故。

詩節：爾曾好善而惡惡、是以上帝歟、爾之上帝、曾傳爾以歡悅之膏、勝於爾侶。

主日各調式領主頌：讚主於天中、讚主於蒼穹。阿利路亞、阿利路亞、阿利路亞。





## 第四調

### 主日小讚詞

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.

# 第四調

## 主日副讚詞

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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主日八調讚詞

第五調式

SUNDAY OCTOECHOS

TONS 5



Sunday Octoechos

Tone 5

第五調式

主日八調讚詞





## 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:*



## 第五調式

安息日晚

大暮時課

誦唸開端聖詠（第一百零三篇聖詠）與聖詠集第一座聖詠、誦唸籲主聖詠「主歟、我呼籲爾……」時、插入十段讚詞：七段取自復活讚詞、三段取自本日所紀念的聖人讚詞、若遇慶節、則插入四段或六段聖人讚詞。

復活行間讚詞 第五調式

插入十句讚頌：拯提我靈出獄岸、為我克讚頌爾名。

基督歟、以爾尊十字架辱魔、以爾復活鈍罪之螫、及救我等於死門、讚榮爾上帝獨一子。

插入：爾以恩寵顯於我時、義者將環我。

施復活於人類者、如羊被牽就殺、地獄之王見之而懼、愁難處所之門被啟、因威榮之君、基督已入、向在囹圄者曰宜出、向在翳暗者曰宜顯。

插入八句讚頌：主歟、我自深淵呼籲爾、主歟、聆我聲。

此乃極大之奇蹟、造無形之物者、緣愛人以人體受難、常生者復活矣、請諸民各族叩拜之、蓋因其仁慈、我眾得避迷途、而時習讚美三位一體之上帝。

其它讚詞、阿納托利作

插入：願爾耳聽我之禱聲。

我眾以抵暮之叩拜獻爾係永晝者、於末世受人體、宛在鏡中、以顯於普世、降獄破其內之黑暗、且施復活之光於眾民、施光耀之主讚榮爾。

插入六句讚頌：主歟、若究察罪惡、主歟、則孰能立、第爾施救宥、願人敬畏於爾前。

我眾宣讚揚基督係我等拯救之首、因其由死中復活時、普世得釋於罪惑、天軍歡喜、魔之誘惑遠離、被墜落之阿當復甦、魔權受滅。

插入：我望主、我靈望主、冀望主言。

勝地獄滅死、以尊十字架光照普世救我等之主求矜憐我等。

插入四句讚頌：我靈候主、踰於更漏之待旦、踰於更漏之待旦、願以色列冀望主。

違理之人唆守卒曰、匿彼基督之復活、受爾銀錢、可言爾等寢時、死者由柩中被竊云、誰曾聞見死者被竊之事、況更係被膏傅者、赤身者、在柩中遺布幅者乎、猶太人歟、毋自惑、審觀先知之預言、自明其誠乃全能普世之救援者。

若《月份禮典》上載有指定的榮光讚詞、則誦唸「榮耀歸於父……」後、詠唱榮光讚詞、之後接唸「自今至永遠……」；若無指定的榮光讚詞、則直接誦唸「榮耀歸於父…、自今至永遠……」。

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 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 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.*



## 生神女頌

昔於紅海預繪婚而不媾之童貞之像、彼處摩西分水、此則加百列奉奇蹟之役、彼時以色列以乾足涉淵、今則童貞潔孕而生基督、以色列踰後、其海仍弗可涉、無玷者生以馬內利後、仍童貞、受人體之永在上帝矜憐我等。

聖入禮與禧光頌後、指定的修士向長上行一躬拜、詠唱本日的經前詠。

主為君、乃以威嚴為衣。

詩節一：主以能力服之、束繫之。

詩節二：故世界乃堅固必不搖撼。

之後誦唸熱誠連禱、「主、開恩護守……」等、司祭唸完結束禱詞後、詠唱本修道院主保聖人的專用讚詞、列隊進入教堂前廳。唸完慣常的禱文後、回至教堂、詠唱：

## 復活後行間讚詞 第五調式

我眾以歌詠讚揚爾受人體而不離天、救我等之基督、緣主因愛惜人之故、為救我眾而受十字架之難至死、又傾地獄門、於第三日復活、及救我等靈。

## 其它讚詞（按字母順序）

詩節一：主為君、乃以威嚴為衣。主以能力服之、束繫之。

施生活者歟、以刺脅而施眾免罪生命及拯救、以人體死而賜常生於我眾、以居於柩中而釋放我等、及因上帝之威榮偕已復活、故我等籲曰、愛人之主讚榮爾。

詩節二：故世界乃堅固必不搖撼。

為我等以人體受難、及第三日由死中復活、愛人之主歟、求醫我等私慾、由罪惡提拔之、及拯救我等。

詩節三：主歟、聖德屬爾之堂、直至永遠。

愛人者歟、爾被釘十字架、及降至地獄、何其奇妙、因勝地獄、以上帝之威榮、使自古時地獄所縛者偕已復活、開啟天堂、而使伊等克入、故我眾讚揚爾第三日復活者、求得罪赦及獲恩居於天堂、因爾乃獨一慈憐者。

榮耀歸於父……

本日所紀念的聖人讚詞、若本日為「慶節」、則

榮耀歸於父……自今至永遠…… 生神女頌

至尊貴童貞者、係主宰之堂及門及宮及寶座、因由爾而出救我之主基督而顯現於闇地眠者、伊係義德之日而甘欲光照凡肖己像己手所造之人、祈滿被讚揚者、藉母位不絕代祈救我等靈。

繼續舉行守夜祈禱的其餘部分。







## 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

### 晨時課

誦唸完六篇聖詠後、以第五調式詠唱「主是上帝」、接着詠唱復活遣散頌兩遍、生神女頌一遍。之後、按慣例誦唸聖詠集第二座與第三座。

#### 復活遣散詞

我儕誠信者、宜讚頌叩拜偕父及聖神之無始言、緣其甘願以軀升十字架受死、及以己榮復活、施於諸死者復活。（兩遍）

#### 生神女頌

慶哉、不可經之主門、慶哉、為投歸爾者之幃幃及牆垣、慶哉、婚而不媾為遭颶風之平安停泊、慶哉生造爾之上帝、求不絕代祈為讚榮爾及恭敬爾所生者之人。

誦唸完第一聖詠集選段（第二座）後、詠唱復活坐讚詞。

#### 第五調式

我眾宜讚美主之十字架、讚頌其聖柩、讚揚其榮復活、因其以上帝之全能、使諸死者偕己復活、勝死權及魔之堅力、而發輝於其地獄者。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

滅死之主而已為死者、使墓罄空者而已置於柩、兵卒在地上守護墳墓、而爾在地獄使諸死者復活、全能不可測之主讚榮爾。

榮耀歸於父…… 自今至永遠…… 生神女頌

慶哉、上帝所經歷之聖山、慶哉、神靈弗燼之棘、慶哉獨一導引世人升至上帝之橋、使死者躋至常生、慶哉、不識夫而生救我等靈者之童貞。

誦唸完第二聖詠集選段（第三座）後、詠唱復活坐讚詞。通用調式 求祢先迅速克勝

主第三日復活後、諸使徒叩拜之、而彼得向之籲曰、攜香液女膽壯、而我生懼、右盜讚美爾、而我背爾、今爾招我為爾門徒乎、抑使我復為漁者乎、求上帝聆納我痛悔者而救我。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

主歟、違理者在罪人中釘爾於十字架、以槍刺爾脅、慈憐者被瘞而敗地獄之門、第三日復活、攜香液女至見爾而轉報爾之復活於使徒、天軍所稱頌且滿被讚揚救世之主讚榮爾。

榮耀歸於父…… 自今至永遠…… 生神女頌

不識婚童貞聖母、乃使夏娃之愁難易為喜悅者、我眾誠信者、讚頌叩拜爾、因爾脫我等於舊時之詛咒、今亦求滿被讚揚者不絕代祈、為我等之拯救。



*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.

誦唸完「無瑕聖詠」（第十七座、聖詠第一百十八篇）後、詠唱復活「讚主頌」。之後誦唸小連禱及聆聽讚。

攜香液女因見天神心迷惘、因知主復活心獲光照者、向使徒等傳報曰、爾等宜在異民間宣播主之復活、主必以奇蹟助爾及施宏恩於我眾。

### 陞階讚 第一對經（聖詠119）

救我之主、我於愁苦時、以大衛之言呼籲爾曰、救我靈於虛妄之舌。

隱士心志愛上帝、度福樂之日。

榮耀歸於父…… 自今至永遠……

諸有形無形者、皆被聖神所司、因其誠為聖三之一位、係全權者。

### 第二對經（聖詠120）

我靈宜登山、宜趨扶助所從來之處。

基督歟、舒爾右手臨至我、將護守我於諸詭詐。

榮耀歸於父…… 自今至永遠……

我眾宜議聖神曰、爾乃上帝常生、愛慕真光靈明、且為慈憐永在之主宰。

### 第三對經（聖詠121）

自人向我云、我儕可以進主堂、我乃滿被歡欣、而獻爾以祈禱。

在大衛家驚懼所成之事、盡其內之火焰焚燬譴劣之明悟。

榮耀歸於父…… 自今至永遠……

聖神有施生活之權、因其偕聖父及聖言、諸物由之獲靈魂。

### 經前詠（聖詠9）

主歟、我上帝歟、起舉爾手、因伊君係於無窮世。

詩節：主歟我將盡心稱揚爾。

### 凡有呼吸者、宜讚揚主

誦福音經：

我等既睹基督之復活、宜叩拜獨一無罪聖主耶穌基督、我等叩拜爾十字架、讚榮稱頌爾聖復活、緣爾乃我等上帝、爾之外我等弗識他主、我等既以爾名自稱、請眾誠信者至而叩拜基督聖復活、因藉仗十字架而喜降至於普世、因此我等常感謝主、讚頌其復活、緣其為我等而被釘十字架、以死滅死。

### 聖詠經第五十章

榮耀歸於父、及子、及聖神

仁慈主、以使徒祈禱、潔淨我等多罪。

自今至永遠、及於萬世、阿民。

仁慈主、以聖母轉達、潔淨我等多罪。

上帝歟、因爾大仁慈、矜憐我、以大憐惠、刪除我諸愆尤。

*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.



此處誦唱慶日讚詞(任何日子、包括在主日在內的主及聖母的慶日;平日聖人的慶日)。在四旬期之外的主日;

耶穌依預言由柩中復活者、賜我等常生及宏恩。

唸完「上帝、求祢拯救祢的子民……」、司祭高聲誦唸完結束祝文之後、開始誦唸聖頌典。聖頌典的唸法如下:由復活聖頌典取四段聖頌、由十字復活聖頌典取三段聖頌、由向生神女的聖頌典取三段聖頌、由本日所紀念的聖人的聖頌典取四段聖頌。若本日乃聖人的「慶節」、則取六段或八段聖頌。第三及第六聖頌小連禱後、誦念指定合眾詞。

復活聖頌典。大馬士革的聖約翰作

### 聖歌一 第五調式 首節

基督以極剛堅臂、敗滅諸戰鬥者、傾陷馬及乘馬者於紅海、而救頌凱之以色列民。

聖頌

節句:主歎、讚榮爾聖復活。

基督歎、希伯來人忘爾諸恩、以荊冠冠爾、而藉此以釋原祖生荊之罰。

節句:主歎、讚榮爾聖復活。

無罪施生活之基督、爾降臨為提拔我陷於阱者、無原罪之柴、受腥臭朽壞之體以上帝性體之美膏薰之。

生神女頌

節句:祈至聖母救我等。

詛咒已解、憂愁已畢、蓋因滿被讚揚滿受聖寵者、發喜於眾誠信之人、如發花而生基督、係降福地涯者。

又聖頌典 十字架復活聖頌典

首節 向救主上帝

節句:主歎、讚榮爾尊十字架、及榮復活。

我眾宜讚頌甘願以人體被釘十字架、而赦昔因樹故被墜落之罰者曰、緣其赫著矣。

節句:主歎、讚榮爾尊十字架、及榮復活。

我眾宜讚頌獨一由死中復活之基督、使墜落者偕已復活、而與上帝聖父體合之者曰、緣其赫著矣。

節句:祈至聖母救我等。

求至潔聖母不絕代祈由爾受人體而不離上帝聖父之懷者、救援其所造之人於諸愁難。

又聖頌典 生神女聖頌典

藏頭詩: 誕生光明者、求妳光照我。

首節: 戰馬與騎士

節句:祈至聖母救我等。

求至潔童貞聖母代祈居於爾之光、且以上帝之光照耀普世之基督、照耀我等歌頌爾者。

節句:祈至聖母救我等。

以諸德所妝飾之至潔滿被聖寵者、藉妝飾萬物聖神之光耀、獲施善恩之華麗。



*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.

**節句：**祈至聖母救我等。

**聖女**歟、昔在西奈山、預像爾之荊焚而不燼、因爾以童貞生子、仍存童貞、既係母位又係童貞、實乃超乎人之明悟。

### 聖歌三 首節

**基督**以爾命立地於虛、並懸之於空、求獨一至善愛人者、以爾教會建於不可撼搖爾之誠命石上。

#### 聖頌

**節句：**主歟、讚榮爾聖復活。

**負恩**之以以色列民、昔在曠野由石吮蜜、乃以苦膽代此而獻爾行奇蹟之基督、伊等獲嗎哪乃以醋代此而酬爾之恩賜。

**節句：**主歟、讚榮爾聖復活。

**昔**被光雲覆庇者、今置生命即基督於柩中、第因其全能復活、自天施聖神奧秘之光、庇蔭於眾誠信者。

#### 生神女頌

**節句：**祈至聖母救我等。

**聖母**歟、無產痛之苦、弗識夫而生由永在聖父所生之子、故我眾因爾生受人體之聖言、承認爾為上帝之母。

#### 又聖頌典 十字架復活聖頌典

**首節：**藉着祢十字架的能力

**節句：**主歟、讚榮爾尊十字架、及榮復活。

**施**生活之基督由柩中復活、而拯救於死中、讚頌爾甘願被釘十字架者。

**節句：**主歟、讚榮爾尊十字架、及榮復活。

**基督**歟、攜香液女急趨、為以香膏傅爾體、而未獲見乃還、並讚頌爾之復活。

**節句：**祈至聖母救我等。

**求**至潔聖女不絕代祈由爾受人體者、救援凡讚頌爾者於魔之誘惑。

#### 又聖頌典 生神女聖頌典

**首節：**祢以祢的命令立定了大地

**節句：**祈至聖母救我等。

**至**潔者歟、爾今明顯為眾共知之梯、至上者由之降下修理朽壞之人性、因藉爾至善者願宣示於普世。

**節句：**祈至聖母救我等。

**無**玷之聖女歟、諸世前所預定及全知上帝所預知之奧秘、末世在爾懷中而成顯。

*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.

## 聖歌四 首節

基督歟、先知哈巴谷預知爾上帝將受屈抑、乃戰慄向爾籲曰、爾為救爾民及被傅油者而降至。

### 聖頌

節句：主歟、讚榮爾聖復活。

至善者歟、昔爾瑪拉之苦水、緣木而為甘、藉此預兆爾尊十字架為滅食果之罪者。

節句：主歟、讚榮爾聖復活。

我救世者歟、爾獲十字架、以代識善惡之樹、獲苦膽以代甘美之食、爾為滅死而流爾聖血。

### 生神女頌

節句：祈至聖母救我等。

聖女歟、爾無夫而淨孕、無病而生受人體之上帝、並產後仍係童貞。

### 又聖頌典 十字架復活聖頌典

#### 首節：聽說了十字架的大能

節句：主歟、讚榮爾尊十字架、及榮復活。

在髑髏地樹十字架時、地獄之門被敗壞、而守護者呼籲曰、主歟、讚榮爾能力云。

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者歟、爾如死者降於地獄之縛執者、而自原始諸死者偕之復活、並籲曰、主歟、讚榮爾能力云。

節句：祈至聖母救我等。

聖女不識產痛而生子、乃為母而守童貞、故我眾讚頌之曰、慶哉聖母。

### 又聖頌典 生神女聖頌典

#### 首節：基督、祢的神聖

節句：祈至聖母救我等。

聖女歟、我以虔誠之心思明悟、靈魂、及口承認爾為真至潔聖母、藉爾轉達、我受拯救之果、且獲拯救。

節句：祈至聖母救我等。

無玷者歟、從虛無造萬物者、因係恩主、由爾至潔者受人體、為救以信愛讚頌爾者。

節句：祈至聖母救我等。

全然無瑕者、超越世界的歌侶讚美妳的聖子、無玷的童貞女、他們因那些相信妳是真誕神女的人的救恩而歡欣。

節句：祈至聖母救我等。

以賽亞稱爾為杖、其所生極美之花、即上帝基督、為救以信愛歸爾幷幪者。

*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.



## 聖歌五 首節

服光如衣之基督、我早寤向爾籲曰、照耀我昏暗之靈、因爾係獨一慈衷者。

### 聖頌

節句：主歟、讚榮爾聖復活。

威榮之主、以謙卑之形甘願被辱而懸於木架、為以不可測、賜我上帝之威榮。

節句：主歟、讚榮爾聖復活。

基督歟、爾以肉軀受死之朽、而第三日由柩復活反為不朽、藉此使我脫朽壞衣常生。

### 生神女頌

節句：祈至聖母救我等。

聖母歟、爾淨生基督、係義德及我等之拯救、藉此釋原祖形體於詛咒。

### 又聖頌典 十字架復活聖頌典

#### 首節 清晨我們守望、向祢高呼

節句：主歟、讚榮爾尊十字架、及榮復活。

我等救世者歟、爾伸手於十字架上、招眾歸己、因爾乃愛人者。

節句：主歟、讚榮爾尊十字架、及榮復活。

我等救世者歟、以爾被葬擄掠地獄、以爾復活使眾充滿喜樂。

節句：祈至聖母救我等。

聖母歟、我眾讚頌爾乃產後之童貞、因爾生降世受人體之上帝聖言。

### 又聖頌典 生神女聖頌典

#### 首節 向祢以光明裝飾自己者

節句：祈至聖母救我等。

至潔聖女歟、諸先知明預言爾為將來上帝之母、因爾乃獨一至潔成全無玷者。

節句：祈至聖母救我等。

至潔者歟、我眾認爾為施生活水之光雲、藉之而沛常生之甘霖、即基督降於我眾失望者。

節句：祈至聖母救我等。

至善無玷至潔童貞者、獨一慈憐之上帝愛慕爾居於爾。

## 聖歌六 首節

求主宰基督息害靈之烈風洪波偏情海、及由朽壞提拔我、因爾係慈衷者。

### 聖頌

節句：主歟、讚榮爾聖復活。

主宰基督歟、因原祖食爾所禁之食而陷於死、今藉爾受難乃獲復甦於常生。

*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!

節句：主歟、讚榮爾聖復活。

主宰基督歟、爾乃常生降於地獄滅彼司死者、而藉死湧發復活。

### 生神女頌

節句：祈至聖母救我等。

聖女生子而產後為潔、因童貞聖母所懷抱、誠係掌萬物者。

### 又聖頌典 十字架復活聖頌典

#### 首節 深淵環繞着我

節句：主歟、讚榮爾尊十字架、及榮復活。

我等上帝基督、爾伸手於施生活十字架上、而藉此集聚遠離分散爾之諸民、因爾乃愛人者。

節句：主歟、讚榮爾尊十字架、及榮復活。

爾降服死及毀地獄之門、被縛之阿當獲解釋、而向爾籲曰、主歟、爾右手已救我。

節句：祈至聖母救我等。

滿被讚榮瑪利亞、我眾誠應稱美爾為弗燼之荊、賦靈之山梯、天門、及諸正信者之褒美。

### 又聖頌典 生神女聖頌典

#### 首詞 君宰基督、求祢平息洶湧的情慾之海

節句：祈至聖母救我等。

無玷聖母歟、藉爾首出施生命於萬物者、為我等人而受人體。

節句：祈至聖母救我等。

無玷宰后歟、我眾認爾為凡秉正信歸爾榮旻幃者之養靈及醫治之泉源。

節句：祈至聖母救我等。

爾生拯救肇端之施生活者、乃賜永救援於凡承認爾為真聖母者。

### 集禱頌 第五調式

救我者降地獄、因係全能者折其門、因係造萬物者俾諸死者偕已復活、敗壞死之螫、釋阿當之詛、愛人者歟、我眾向爾籲曰、主歟救我等。

### 行述讚

攜香液女聞天神之言、止其涕泣而喜悅、見主復活而驚懼、忽基督進前曰、慶哉毋懼、我已勝世、釋彼被繫者、往傳報使徒曰、將遇爾等於加利利、為傳教云、故我眾向爾籲曰、主歟、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.

## 聖歌七 首節

滿被讚揚祖父之主曾滅火燄、及施露於和聲歌頌之幼童曰、上帝係被讚揚者。

### 聖頌

節句：主歟、讚榮爾聖復活。

爾以上帝之能力以釣蛇、使所受之人體如餌、為提拔呼籲者曰、上帝係被讚揚者。

節句：主歟、讚榮爾聖復活。

不可容之闊廣地者、今以肉軀被藏於柩、我眾向之歌頌曰、上帝係被讚揚者。

### 生神女頌

節句：祈至聖母救我等。

無玷者爾生受人體兩性一位之上帝、我眾向之歌頌曰、上帝係被讚揚者。

### 又聖頌典 十字架復活聖頌典 首節 在烈火窯中人

節句：主歟、讚榮爾尊十字架、及榮復活。

以十字架滅拜偶迷惘之我等祖父之上帝、係被讚揚者。

節句：主歟、讚榮爾尊十字架、及榮復活。

由死中復活、及使在地獄者復甦之我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

由童貞所生而以之為聖母之我等祖父之上帝、係被讚揚者。

### 又聖頌典 生神女聖頌典 首節 應備受舉揚的眾先祖之上主

節句：祈至聖母救我等。

至聖者歟、無限量者、因大仁慈以肉體體合於爾而無變易、其乃獨一我等祖父之上帝係被讚揚者。

節句：祈至聖母救我等。

聖母宰后歟、我眾同心稱頌爾為聖聘者、係創造萬物者之寶座、而向之歌頌曰、上帝係被讚揚者。

節句：祈至聖母救我等。

至潔聖母歟、由爾受人體之主已救我矣、故我眾向之歌頌曰、上帝係被讚揚者。

節句：祈至聖母救我等。

無玷的上帝之母、上帝拯救了我、祂穿上由妳所取得的肉身的外衣；我們眾人向祂歌唱：上帝、讚頌歸於妳！



*Ode 8. The Irmos.*

*The Youths in the furnace, weaving a dance of all creation, sang to you the Maker of all: All your 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.

## 聖歌八 首節

造萬物者歟、幼童於火窯、以普世之歌頌歌頌爾曰、主所造之物應讚揚主、且讚美之於無窮世。

### 聖頌

節句：主歟、讚榮爾聖復活。

基督歟、爾祈禱為甘願施救受難之爵、或可得避、爾如不順心者然、蓋爾有兩性、以此順兩性有二願、於無窮世。

節句：主歟、讚榮爾聖復活。

基督歟、爾以全能降臨、地獄被辱、吐諸自古以罪被死者及讚美爾者於無窮世。

### 生神女頌

節句：祈至聖母救我等。

聖女歟、爾據天神之言、超性生二性之主、並守童貞、故我眾讚揚爾諸事蹟、且讚美之於無窮世。

### 又聖頌典 十字架復活聖頌典 首節 萬世之前由父

節句：主歟、讚榮爾尊十字架、及榮復活。

甘願伸手於刑架、釋死桎梏之上帝基督、諸司祭應讚頌之、眾民亦宜讚美之於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

如新郎由柩出顯現於攜香液女報以鴻喜之上帝基督諸司祭應讚頌之、眾民亦宜讚美之於無窮世。

節句：祈至聖母救我等。

至潔聖歟、爾顯然超革魯賓者、因爾腹塞拉芬等所捧戴之主、人類偕天神讚揚之於無窮世。

### 又聖頌典 生神女聖頌典 首節 三聖童在烈火窯中

節句：祈至聖母救我等。

聖母適領俾報之喜音、而原祖之憂社絕、故我眾不絕歌頌爾聖女、且讚美爾於無窮世。

節句：祈至聖母救我等。

聖母歟、無形體之軍、藉愛慕偕同我儕共謳一會、讚頌由爾以不可測所生者、且讚美之於無窮世。

節句：祈至聖母救我等。

聖女歟、常生光潔之泉源、即萬物之主由爾所流者、洗凡秉信歌頌及讚美爾於無窮世者之污穢。

*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.

節句：祈至聖母救我等。

童貞女、我眾宣認爾真實屬神而懷有光明寶座者、恩寵之區、因爾孕育了父之聖言、且讚美之於無窮世。

於聖第九歌頌前唱至聖生神女之歌：我靈惟感頌主、我神惟悅上帝救我者。

節句：我等讚揚爾革魯賓而尊、逾塞拉芬、榮光無比、無損而生上帝言、誠上帝之母云。

### 聖歌九 首節

慶哉、以賽亞因童貞孕生子以馬內利、伊有上帝性及人性、其名曰東、我等讚場伊、及讚榮童貞女。

#### 聖頌

節句：主歟、讚榮爾聖復活。

主宰基督歟、爾由童貞之腹、受凡人被墜落無異之體、惟無原罪、而藉爾至潔受難、釋我全人於朽壞。

節句：主歟、讚榮爾聖復活。

主宰基督歟、因由至尊施生活之脅所流之聖血、息獻偶之祀、坤輿反以讚美爾之祭獻爾。

節句：祈至聖母救我等。

無玷至潔童貞、生非無形體之上帝亦非常人、但為真上帝、又為真人我眾借聖父及聖神讚美之。

#### 又聖頌典 十字架復活聖頌典

##### 首節 超乎明悟者

節句：主歟、讚榮爾尊十字架、及榮復活。

我眾誠信者以正教讚美於刑架受難及以受死敗地獄能力之主。

節句：主歟、讚榮爾尊十字架、及榮復活。

我眾誠信者、以同心讚美第三日由柩復活掠地獄及光照普世者。

節句：祈至聖母救我等。

慶哉聖母、乃上帝基督之母、並求由爾所生者赦免秉信歌頌爾者之罪。

#### 又聖頌典 生神女聖頌典

##### 首節 以賽亞、你要無蹈！

節句：祈至聖母救我等。

永貞聖母歟、造萬物上帝聖父獨一子由、爾至潔之血、無夫淨孕超性而受人體。

節句：祈至聖母救我等。

至潔童貞聖母歟、爾超人明悟真生受人體之常生者、而藉之阻止沛然莫禦之死之氾濫、地獄發怒欲吞噬之、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.



節句：祈至聖母救我等。

妳的聖子坐在祂的御座上、讓身穿上帝美德的妳侍立在祂的右邊、妳的黄金衣飾發出耀眼的光芒、全然無瑕者、祂賜予妳相稱於自己母親的尊榮。

合眾詞後小連禱、後唱：聖哉、上主、我眾之上帝。(三次)

差遣頌、指定的味爽讚詞。誦唸讚美聖詠「凡有呼吸者……」時、插入八段讚詞。

### 復活行間讚詞 第五調式

插入八句讚頌：為以所紀錄之審判行於伊等、斯榮耀皆屬其聖人。

主歟、違理者封柩之時爾出柩如生由聖母無異、無形體之天神、弗知爾如何降生、守爾之卒、弗覺如何復活、斯二奇事、為求知者閉、為誠信而敬奧秘事者啟、賜欣忭及宏恩於我等頌揚爾者。

詩節：眾宜讚美主於其聖所、讚美其榮名穹蒼。

敗壞永長之門、及裂縛繫之主、由柩中復活、遺其內之布幅、為爾第三日復活之據被守於墓洞者前往加利利、不可測救世者歟、爾宏恩極大、求矜憐及拯救我等。

插入四節讚詞：因其全能讚美之、因其宏威讚美之。

主歟、攜香液女赴墓、欲見爾為我等受難之基督、及至時、見天神坐於因驚自啟之石上、向伊等曰、主已復活矣、往告使徒等、救我等靈者、由死中復活矣。

詩節：以角聲讚美、以琴以瑟讚美。

主歟、爾如何出印封之墓、亦即以此入使徒等所扃之門、使伊等見爾寬忍救世者以人體所受之苦難、爾因係大衛裔而受傷痕、因係上帝子而釋放普世、不可測救世者歟、爾宏恩極大求、矜憐及拯救我等。

### 又行間讚詞 阿納托利作

詩節：以鼓及佾讚美、以絃及笙笛讚美。

萬世君造萬物之主宰、以人性為我等受苦難及埋瘞、欲釋眾脫地獄、爾乃我等上帝、爾之外我等弗識他主。

詩節：以和聲之鈸讚美、以大聲之鏡讚美、凡有呼吸者、宜讚揚主。

主歟、孰能述爾奇妙之蹟、誰能傳佈爾威嚴之奧秘、為我等甘願受人體者、顯爾權之能力、以十字架啟右盜入天堂之門、以埋瘞拆毀地獄之門、以爾復活施宏恩於廣眾、慈憐之主讚榮爾。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

攜香液女清晨至爾墓前、欲以香膏傳常生上帝聖言、及聽天神之言、乃歡欣而返、傳告使徒等萬物之生命者已復活矣、施潔淨及宏恩於普世。

*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' 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.*



詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

護守蘊涵上帝墓柩之卒、向猶太人曰、爾等商謀何其愚、欲嚴守永者、欲隱秘被釘十字架者之復活、反因此敗露而徒勞、爾等會議何其愚、復定意隱蔽不可隱蔽者、宜聽我言而改圖、信真實所成之事、有如電光之天神、自天降臨而啟其石、我等因驚懼如死然、天神向智慧攜香液女曰、豈未見守卒之死、印封之啟、地獄之空、爾何為尋滅地獄之權、及折死之螫者於死人間、毋懼、急往以主之復活傳告使徒等曰、施宏恩之主真復活矣。

榮耀歸於父…… 詠唱主日味爽讚詞

自今至永遠…… 生神女頌

童貞上帝聖母、爾係被讚揚者、因由爾受人體者擄地獄、召甦亞當滅詛詈、釋夏娃滅死、而我等獲生、故讚頌曰、如此行之上帝基督、寔宜受讚揚、故我等讚榮爾。

詠唱大榮耀頌、之後詠唱復活聖頌：

今普世得救贖、我等歌頌吾等生命之帥、由柩而復活者、因其以死滅死、賜凱勝及宏恩於我眾。

連禱及遣散詞





## 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!





## 事奉聖禮

### 真福頌讚詞

八、哀矜者誠福、因伊等將蒙哀矜。

基督歟、右盜於十字架上信爾為上帝、而盡心承融之日、主歟於爾國憐念我。

七、心淨者誠福、因伊等將得見上帝。

我眾宜同聲歌頌造物及救世者、因伊於十字架之木、發常生於人類、而滅因犯樹誠命之詛咒。

六、敷和者誠福、因伊等將稱為上帝子。

基督歟、爾以死滅死之權能、而偕已復甦自原始死者、及歌頌爾為真救世之上帝者。

五、為義被窘害者福、因天國屬伊等。

基督歟、尊攜香液女至爾墓前欲以香膏傅爾施生活者、第天神顯現於伊等曰、主復活矣。

四、既人因我而誹謗爾、迫害爾、諸妄言詛咒爾、則爾誠福。

基督歟、爾於二盜中間被釘十字架時、一毀謗爾而受公義之罰、一承認爾而入天堂。

三、爾當欣喜悅樂、因在天爾之賞厚。

尊攜香液女至使徒之會呼曰、基督復活矣、我眾宜即拜造萬物之主宰。

榮耀歸於父及子及聖神：

全造全能不相離聖三之一、聖父及子及聖靈、我眾歌頌爾係真我等救世之上帝。

自今至永遠及於萬世。阿民：生神女頌

慶哉、上帝賦靈之堂、及不可躐之門、慶哉、似火焰焚弗爐之寶座、慶哉、我等基督以馬內利之母。





*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.



復活遣散頌

我儕誠信者、宜讚頌即拜偕父及聖神之無始言、緣其甘願以驅升十字架受死、及以己榮復活、施於諸死者復活。

集禱頌

救我者降地獄、因係全能者折其門、因係造萬物者俾諸死者偕已復活、敗壞死之螫、釋阿當之詛、愛人者歟、我眾向爾籲曰、主歟救我等。

經前詠 聖詠11

主歟、爾將保佑之、自今至世世護持之。

詩節：我靈當讚揚主、主我之上帝、爾乃奇妙之威嚴。

阿利魯伊亞 聖詠88

詩節：主歟、我以爾因永歌頌、我永傳爾之真理、至世世。

詩節：蓋我言、恩惠永遠建立、爾定其真理於天。

主日各調式領主頌：讚主於天中、讚主於蒼穹。阿利路亞、阿利路亞、阿利路亞。



# 第五調

## 主日小讚詞

諸 信 眾， 讓 我 們 讚 頌 敬 拜  
Zhu xin-zhong, rang wo - men zan - song jing bai

3  
與 父 及 聖 靈 同 為 無 始 者 的  
yu Fu ji Sheng Ling tong wei wu shi zhe de

5  
聖 言， 為 了 我 們 的 救 恩，  
Sheng Yan, wei - le wo - men de jiu - en,

7  
祂 由 童 貞 女 誕 生，  
Ta you tong - zhen N dan - sheng,

9  
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,

11  
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,

13  
復 活 了 已 死 之 人。  
fu - huo - le yi si zhi ren.

# 第五調

## 主日副讚詞

14  
我的救主啊， 祢將至陰府，  
Wo - de Jiu Zhu a, Mi jiang zhi yin fu,

16  
作為大能者， 祢粉碎了陰府的大門，  
zuo - wei Da neng zhe, Mi fen-sui - le yin fu de da-men,

18  
作為造主， 祢使死者與祢一起復活，  
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  
熱愛世人者啊， 祢由詛咒之中將亞當救出。  
re - ai shi-ren zhe - a, Mi you zu - zhou zhi zhong jiang Ya-dang jiu-chu.

23  
因此， 我們眾人向祢高呼：  
Yin - ci, wo - men zhong - ren xiang Mi gao - hu:

24  
主啊， 求祢拯救我們！  
Zhu - a, qiu Mi zheng - jiu wo - men!

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主日八調讚詞

第六調式

SUNDAY OCTOECHOS

TONS 6



Sunday Octoechos

Tone 6

第六調式

主日八調讚詞



## 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:*



## 第六調式

安息日晚

大暮時課

誦唸開端聖詠(第一百零三篇聖詠)與聖詠集第一座聖詠、誦唸籲主聖詠「主歟、我呼籲爾……」時、插入十段讚詞：七段取自復活讚詞、三段取自本日所紀念的聖人讚詞、若遇慶節、則插入四段或六段聖人讚詞。

### 復活行間讚詞 第六調式

插入十句讚頌：拯提我靈出獄岸、為我克讚頌爾名。

基督欲勝地獄、自登十字架上、為使諸居死閨內者同已復活、已乃不能死者由本光而施流生命之泉、全能救世主、矜憐我等。

插入：爾以恩寵顯於我時、義者將環我。

今基督滅死如所言而復活、及施喜於普世、故我眾宜歌頌向之籲曰、常生之泉源、不可至之光、全能救世主、矜憐我等。

插入八句讚頌：主歟、我自深淵呼籲爾、主歟、聆我聲。

我眾罪人焉往得避爾在萬物中無所不在者、若升天彼乃爾居處、若降地獄彼爾滅死、下海底彼有爾權、主宰歟、我眾歸爾、叩拜祈求爾曰、由死中復活者、矜憐我等。

### 其它讚詞、阿納托利作

插入：願爾耳聽我之禱聲。

基督歟、我眾以爾十字架自詡、並讚揚歌頌爾復活、爾乃我等上帝、除爾外我等不識他主。

插入六句讚頌：主歟、若究察罪惡、主歟、則孰能立、第爾施救宥、願人敬畏於爾前。

我眾時常讚揚主者歌頌其復活、因其受十字架者以死滅死。

插入：我望主、我靈望主、冀望主言。

主歟、我眾讚榮爾能力、因爾廢有死之權、藉爾十字架復新我等、並賜我等常生及無朽。

插入四句讚頌：我靈候主、踰於更漏之待旦、踰於更漏之待旦、願以色列冀望主。

主歟、爾埋瘞敗裂地獄之桎梏、以由死中復活、光照普世之主讚榮爾。

若《月份禮典》上載有指定的榮光讚詞、則誦唸「榮耀歸於父……」後、詠唱榮光讚詞、之後接唸「自今至永遠……」；若無指定的榮光讚詞、則直接誦唸「榮耀歸於父…、自今至永遠……」。

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 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 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.*





生神女頌

至聖童貞歟、孰弗讚榮爾、孰弗稱頌爾至聖之產育、諸世前由聖父光照之獨一子、由至潔者而出、不可言喻而受人體、伊有上帝性體、為救我等人而成人體、乃不能為二位而分離者、承認其係兩性而不交合者、求至潔永福者、代祈伊矜憐我等靈。

聖入禮與禧光頌後、指定的修士向長上行一躬拜、詠唱本日的經前詠。

主為君、乃以威嚴為衣。

詩節一：主以能力服之、束繫之。

詩節二：故世界乃堅固必不搖撼。

之後誦唸熱誠連禱、「主、開恩護守……」等、司祭唸完結束禱詞後、詠唱本修道院主保聖人的專用讚詞、列隊進入教堂前廳。唸完慣常的禱文後、回至教堂、詠唱：

復活後行間讚詞 第六調式

眾天神於天上讚榮救世基督之復活、求主賜我等於地以淨心讚榮爾。

其它讚詞（按字母順序）

詩節一：主為君、乃以威嚴為衣。主以能力服之、束繫之。

敗銅門滅地獄之關鍵者、因係全能上帝、復甦墜落之人類、故我眾同聲籲曰、由死中復活之主、讚榮爾。

詩節二：故世界乃堅固必不搖撼。

基督欲復起我等於古時之墜落、受被釘十字架、及置於柩、攜香液女垂涕泣尋之而號咷曰、噫嘻、救眾者何以居於柩中、甘願居柩者何以被竊、何以移至他處、隱藏爾施生活之體、求主宰如爾所許顯現於我等中、止我等之哭泣云、天神向伊等號咷者曰、止爾哭、言於使徒、主已復活、施饒恕及宏恩於普世。

詩節三：主歟、聖德屬爾之堂、直至永遠。

甘願被舉十字架、以埋瘞擄死之基督、因係上帝、以威榮第三日復活、施宏恩及常生於普世。

榮耀歸於父……

本日所紀念的聖人讚詞、若本日為「慶節」、則

榮耀歸於父……自今至永遠…… 生神女頌

至潔者歟、造我救我之主基督、由爾腹出、受我人之體、免亞當原詛、為此我等向至潔童貞上帝聖母誠心似天神不絕呼籲曰、慶哉宰后、慶哉吾等之轉達帡幪及救我等靈者。

繼續舉行守夜祈禱的其餘部分。





## 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

### 晨時課

誦唸完六篇聖詠後、以第六調式詠唱「主是上帝」、接着詠唱復活遣散頌兩遍、生神女頌一遍。之後、按慣例誦唸聖詠集第二座與第三座。

#### 復活遣散詞

天神軍條降於墳柩、守卒如死、而瑪利亞立於石洞尋爾聖軀、被掠地獄者不復受其制、施生活者迎聖女、讚榮爾由死復活者。（兩遍）

#### 生神女頌

吾主爾稱爾母為滿被讚揚者、甘願降生受難、光照於十字架上、欲覓亞當而向天使曰、爾等當偕我喜樂、緣失金已獲矣、純以智慧而造之上帝、我等讚揚爾。

誦唸完第一聖詠集選段（第二座）後、詠唱復活坐讚詞。

#### 第六調式

墳墓被啟時、地獄哭涕時、瑪利亞向隱藏之使徒籲曰、爾等係修萄園者宜出、傳報復活之音、蓋施宏恩及救世之主、已復活矣。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

主歟、抹大拉之瑪利亞立爾墓前、疑爾為老圃、哭泣曰、爾將常生者藏於何處、將以革魯賓為寶座者置於何處、爾等因驚懼如死之卒或還吾主、或偕我籲曰、在死中使諸死者復活之主讚榮爾。

榮耀歸於父…… 自今至永遠…… 生神女頌

聖母歟、基甸預兆爾胎孕、大衛預言爾產生、蓋聖言如雨淋於羊皮、降臨於爾腹、並滿被聖寵者、如聖田無種籽而生長拯救於普世、即係我等上帝基督。

誦唸完第二聖詠集選段（第三座）後、詠唱復活坐讚詞。通用調式

常生者被置於柩、且石加印誌、兵卒守護基督如寢君無異、而以昏迷罰己仇敵之主復活矣。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

常生之主歟、約拿預像爾墳墓、西面預言爾上帝之復活、蓋爾如死者入柩而敗地獄之門、因係主宰無朽復活為救普世、我等上帝基督歟、爾乃光照在黑暗者。



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 Ypakoi.*

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*

榮耀歸於父…… 自今至永遠…… 生神女頌

聖母童貞歟、祈爾甘願被釘十字架及由死中復活之子、我等上帝基督、拯救我等靈。

誦唸完「無瑕聖詠」（第十七座、聖詠第一百十八篇）後、詠唱復活「讚主頌」。之後誦唸小連禱及聆聽讚。

基督因係上帝、以己甘願施生活之死、敗壞地獄之門、古昔地堂為我等啟、由死中復活、並救我等生命於朽壞。

陞階讚 第一對經（聖詠122）

聖言者、我舉靈目望爾、求矜憐我、賜我常生。

聖言者、求矜憐我等受輕藐者、使我等為適用之器。

榮耀歸於父…… 自今至永遠……

藉聖神眾得拯救聖神於堪受其降臨者、予以靈翼、使其速離地升天而居。

第二對經（聖詠123）

若非主偕我等、則我眾無一人能勝仇敵之攻、而今獲勝者得升天。

聖言者、願我靈如鳥弗被其所嚙、噫嘻我係愛犯罪者、何能避仇敵。

榮耀歸於父…… 自今至永遠……

藉聖神眾得成聖恩寵光照安和及降福、因其乃偕聖父及聖言同一權者。

第三對經（聖詠124）

賴主者、使仇敵驚懼、使眾人詫異、蓋因伊等舉心向上。

救世者、義德之會、弗舒手往作惡、因以爾為輔助。

榮耀歸於父…… 自今至永遠……

凡權柄皆屬聖神、諸天軍偕凡在地有呼吸者、皆叩拜之。

經前詠（聖詠79）

主歟、動爾之力、而來救我儕。

詩節：以色列之牧者、側耳聽、導約瑟之子如羊。

凡有呼吸者、宜讚揚主

誦福音經：

我等既睹基督之復活、宜叩拜獨一無罪聖主耶穌基督、我等叩拜爾十字架、讚榮稱頌爾聖復活、緣爾乃我等上帝、爾之外我等弗識他主、我等既以爾名自稱、請眾誠信者至而叩拜基督聖復活、因藉仗十字架而喜降至於普世、因此我等常感謝主、讚頌其復活、緣其為我等而被釘十字架、以死滅死。

聖詠經第五十章



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.

榮耀歸於父、及子、及聖神  
 仁慈主、以使徒祈禱、潔淨我等多罪。  
 自今至永遠、及於萬世、阿民。  
 仁慈主、以聖母轉達、潔淨我等多罪。

上帝歟、因爾大仁慈、矜憐我、以大憐惠、刪除我諸愆尤。

此處誦唱慶日讚詞（任何日子、包括在主日在內的主及聖母的慶日；平日聖人的慶日）。在四旬期之外的主日；

耶穌依預言由柩中復活者、賜我等常生及宏恩。

唸完「上帝、求祢拯救祢的子民……」、司祭高聲誦唸完結束祝文之後、開始誦唸聖頌典。聖頌典的唸法如下：由復活聖頌典取四段聖頌、由十字復活聖頌典取三段聖頌、由向生神女的聖頌典取三段聖頌、由本日所紀念的聖人的聖頌典取四段聖頌。若本日乃聖人的「慶節」、則取六段或八段聖頌。第三及第六聖頌小連禱後、誦念指定合眾詞。

復活聖頌典。

### 聖歌一 第六調式 首節

以色列履淵如行陸地、並見法老追軍隕溺乃籲曰、我眾宜向上帝頌凱歌。

聖頌

節句：主歟、讚榮爾聖復活。

至善之耶穌歟、爾伸手於十字架上、而以聖父之恩寵充滿萬物、故我眾向爾頌凱歌。

節句：主歟、讚榮爾聖復活。

常生之主宰歟、死如婢驚懼至爾、因爾藉之賜我等常生及復活。

生神女頌

節句：祈至聖母救我等。

至潔者歟、因爾聆納超明悟由爾淨孕甘願受人體之造爾者、故真為萬物之宰后。

又聖頌典 十字架復活聖頌典

首節 古時將追趕的暴君

節句：主歟、讚榮爾尊十字架、及榮復活。

審判萬物者如被控者、立受彼拉多違理之審判、使天地戰慄之上帝、而由不公義之手批頰。

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者歟、爾伸聖手於至潔施生活之十字架、而萃聚諸民識爾主宰、及叩拜爾榮十字架之難。

十字架讚聖母詞

節句：祈至聖母救我等。

救世之基督歟、至無玷者依爾十字架而立、見由爾脅所流之血、湧淚如泉、而讚美爾無限之慈憐。

*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 ἡπίρῳ 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?'

## 又聖頌典 生神女聖頌典

藏頭詩：上帝之母、求妳賞賜我們不受限制的恩寵。

## 首節：以色列人穿過大海

節句：祈至聖母救我等。

昔夏娃因在地堂食禁食之果、使眾受詛咒、今爾至潔者因生基督係諸福之原、釋此詛咒。

節句：祈至聖母救我等。

至潔者歟、因爾生如電發光之珠、即基督、求以爾光耀之光、分散我私慾之昏暗、及我罪之迷惑。

節句：祈至聖母救我等。

昔雅各以靈目預見由爾受人體諸民所冀望之上帝、係藉爾轉達救我等者。

節句：祈至聖母救我等。

至潔者、當猶大支派不再有統治者時、妳的聖子及上帝由妳而來、猶如領袖、祂真地統治直到地極。

## 聖歌三 首節

主我上帝、聖無如爾、至善者、爾舉信爾者之角、爾建我等於承認爾之石上。

## 聖頌

節句：主歟、讚榮爾聖復活。

萬物見受人體之上帝被釘十字架、而驚懼戰慄、但以爾為我等被釘十字架者掌權之手而獲堅固。

節句：主歟、讚榮爾聖復活。

藉死所敗之死、無氣息而僵卧、彼雖堅固、因不可耐上帝生命之至而自滅、眾乃得復活。

## 生神女頌

節句：祈至聖母救我等。

至潔者歟、爾生上帝之奇蹟、乃超性之法力、因爾超性胎孕上帝、故產後永存童貞。

## 又聖頌典 十字架復活聖頌典

## 首節：看到使整個大地懸於

節句：主歟、讚榮爾尊十字架、及榮復活。

三日在柩者、以爾施生活之復活、使諸已死者復甦、而伊等獲釋其罰者、以喜樂籲曰、此乃來救我等之主。

節句：主歟、讚榮爾尊十字架、及榮復活。

救我等之主歟、因爾以全能救我等於地獄之苦及死、故我眾讚榮爾復活及歌頌爾曰、吾主聖無如爾。

節句：祈至聖母救我等。

至聖無玷者、爾見由爾所生者被槍所刺、中心憂傷、且驚懼曰、吾子歟、違理之民、何以如此報爾之恩云。

*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.



## 又聖頌典 生神女聖頌典

## 首節：無人像祢一樣神聖

節句：祈至聖母救我等。

至潔聖母歟、至善者以不可測由爾胎受屬死朽之人體永遠體合之而賦以常生。

節句：祈至聖母救我等。

聖女歟、天軍見上帝由爾受人體而驚懼、以不絕之歌頌、讚揚爾為上帝之母。

節句：祈至聖母救我等。

上帝之母、先知但以理看到妳、未經人手所鑿之石所出之屬靈山嶽、以大能粉碎了魔鬼的祭臺、因而感到驚奇。

節句：祈至聖母救我等。

至潔聖女歟、無人言無人口能滿讚揚爾、因施生活之基督、藉爾淨孕受人體。

## 聖歌四 首節

至尊教會、因主慶賀、賴淨意以上帝所宜讚頌籲曰、基督係我之能力、乃我之上帝主宰。

## 聖頌

節句：主歟、讚榮爾聖復活。

基督歟、爾乃滋長真生命之樹、即以由爾聖脅血水所澆注之十字架、而藉之發生生命於我等。

節句：主歟、讚榮爾聖復活。

蛇已不以與上帝無異之譎誘感我、因使人體成聖之基督、今啟我生命之路、毫無阻窒。

## 生神女頌

節句：祈至聖母救我等。

永貞聖母歟、爾因生主之奧秘、誠為在天在地不可測不可言者。

## 又聖頌典 十字架復活聖頌典

## 首節：預見到祢在十字架上

節句：主歟、讚榮爾尊十字架、及榮復活。

基督歟、我眾讚榮爾尊十字架釘槍藤杖刺冠、因藉此我眾得避地獄之朽壞。

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者歟、墳柩納受爾甘願為我等受死者、但不能拘束爾聖言者、因爾係上帝復活、為救我等人類。

節句：祈至聖母救我等。

生救世基督於眾人之永貞聖母歟、求避我等以信投歸爾聖幘者、於一切禍災愁難。

*Another, of the Mother of God.**Χριστός μου δύναμις.**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.

## 又聖頌典 生神女聖頌典

## 首節：基督是我的力量

節句：祈至聖母救我等。

至潔者歟、我眾藉爾得救之人、讚頌爾無玷者、並以虔誠歌頌曰、生上帝之永貞、乃滿被讚揚者。

節句：祈至聖母救我等。

至福樂之聖女歟、爾生不落之光、乃以肉軀光照在世界之昏暗、並爾永貞者發喜於歌頌爾之人。

節句：祈至聖母救我等。

至聖者歟、藉爾聖寵乃發生、法律乃斷止、因爾至潔永貞者、生赦我等罪之主。

節句：祈至聖母救我等。

全然純潔者、吃了一棵樹上果子、我被宣告為一具死屍、但是由妳而顯現的生命之樹卻提拔了我、立我為樂園之喜樂的繼承者。

## 聖歌五 首節

至善者歟、我祈禱爾、以爾上帝之光燭、照秉愛向爾早祈者之靈、為克識爾上帝聖言、乃真接人於罪暗之上帝。

## 聖頌

節句：主歟、讚榮爾聖復活。

主宰歟、今革魯賓等見爾聖言真上帝闢右盜進天堂之路、亦不阻我進天堂、而其火劍亦退於我前。

節句：主歟、讚榮爾聖復活。

主宰基督歟、我已不懼歸於土、蓋因爾以大仁慈、藉復活舉我被忘者由地升至常生之天。

## 生神女頌

節句：祈至聖母救我等。

司普世至善宰后歟、求救我等以盡心認爾為聖母者、蓋我等以爾為不可敗之轉達、係真生上帝者。

## 又聖頌典 十字架復活聖頌典

## 首節 基督、祢的顯現

節句：主歟、讚榮爾尊十字架、及榮復活。

至善之主歟、昔原祖在伊甸、因受誘感食樹之果、犯爾誠則受死罰、今爾順上帝聖父旨之救世者、藉十字架復立原祖受原始之位置。

節句：主歟、讚榮爾尊十字架、及榮復活。

至善者歟、藉爾之死滅死權、生命之泉乃流注於我等、而我即獲常生、故我眾秉信叩拜爾埋葬及復活、因藉之爾為上帝者、光照普世。

節句：祈至聖母救我等。

至無玷者歟、永居於天造萬物之主、不可測而容於爾胎、使爾超諸天及諸天軍獲顯榮、故我眾讚美爾於地。

*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'.

又聖頌典 生神女聖頌典  
首節 良善者、我祈求祢

節句：祈至聖母救我等。

滿被讚揚者歟、爾乃發潔德之光、而為上帝主宰之居處、蓋惟爾獨一聖母而抱之如嬰。

節句：祈至聖母救我等。

至潔童貞因爾神靈美好極大、所以爾為上帝所聘者、及以潔德之光、光照普世。

節句：祈至聖母救我等。

不承認爾為至潔聖母違理者之會宜號咷、因爾如上帝光之門、顯現於我等、逐散罪惡之黑暗。

聖歌六 首節

我見世海以誘患起風波、乃就爾平安之停泊、籲曰、大仁慈者、拯我生命於朽壞。

聖頌

節句：主歟、讚榮爾聖復活。

主宰被釘於十字架而滅我等之詛咒、受槍刺脅而拆亞當之罪券、且救贖普世。

節句：主歟、讚榮爾聖復活。

亞當因受譎誑、被落於地獄之底、而以本性慈憐之上帝、降臨為覓之、負於肩並使偕已復活。

生神女頌

節句：祈至聖母救我等。

至潔宰后生引人之主者歟、求安慰我私慾之搖蕩、及甚重之擾亂、並賜平安於我心。

又聖頌典 十字架復活聖頌典  
首節 約拿被大魚吞下

節句：主歟、讚榮爾尊十字架、及榮復活。

希伯來之民誠為害基督害先知者、因昔不畏擊斃諸先知、乃道之奧秘光者、今被妬所轄而殺先知所預言之主、但其死為我等之常生。

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者、被墓包涵而弗存之、聖言者、雖係甘願受死、然因係永在之上帝復活矣、使眾被縛於地獄者、偕已復甦、並使攜香液女以憂而易為喜。

節句：祈至聖母救我等。

至潔者曰、吾子上帝歟、受難時爾人體之形、較諸人為可辱、然以上帝之性體、顯現於大衛為極美者、宜以爾國權、敗爾仇讎、及由柩復甦。



*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.

## 又聖頌典 生神女聖頌典

## 首詞 看到生命之海

節句：祈至聖母救我等。

聖母歟、諸先知中為大之摩西、以聖櫃、聖几、燭檠、罇、預像至上者由爾受人體。

節句：祈至聖母救我等。

宰后歟、藉由爾所生者死被滅、亞當刑罰被絕、因爾所生常生者救歌頌爾者於朽壞。

節句：祈至聖母救我等。

滿被讚揚之聖女歟、法律已絕、厥影已逝、因藉由爾所生救世上帝超明悟之聖寵、顯現於我等中。

## 集禱頌 第六調式

## 通用調式 為了我們

施生活之上帝基督、爾以生活原之手、使諸死者由翳暗處復活、且賜人類復活、因救世者乃眾之復活常生及上帝。

## 行述讚

施生活者歟、我眾誠信者、讚頌叩拜爾十字架之難及埋瘞、蓋常生者、因上帝之全能縛執地獄、復甦諸死者、毀死門、滅死權、故我眾在世者、以愛慕讚揚爾乃復活者、敗魔極害之權、使眾信爾之復甦、救普世於蛇之矢、及魔之誘惑者、且我眾以虔誠讚美爾復活、因藉之而拯救我等、乃眾之上帝。

## 聖歌七 首節

天神為成德幼童於火窖施清露、上帝命焚迦勒底人、迫使之籲曰、我等祖父之上帝、係被讚揚者。

## 聖頌

節句：主歟、讚榮爾聖復活。

主宰爾受難時、日慘然而衣黑暗、使晝遍地失光、意謂我等祖父之上帝、係被讚揚者。

節句：主歟、讚榮爾聖復活。

基督歟、地獄藉爾降臨而被以光、原祖洋溢喜樂踴躍歡呼曰、我等祖父之上帝、係被讚揚者。

## 生神女頌

節句：祈至聖母救我等。

童貞聖母歟、藉爾之光、光照普世、因爾生造萬物之上帝、故求至潔者代祈伊施宏恩於眾信者。

*Another, of Cross and Resurrection.**Ἄφραστον 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-imagining 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.

又聖頌典 十字架復活聖頌典  
首節 無可言喻的奇事

節句：主歟、讚榮爾尊十字架、及榮復活。

妙哉斯事、昔釋以色列脫離法老之奴役者、今甘願被此民釘於十字架、解罪之繫、故我眾宜以誠心歌頌之曰、救援之上帝、係被讚揚者。

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者歟、違理者之惡子、於髑髏地釘爾、乃敗銅門及關鍵、為救我歌頌爾者曰、救援之上帝、係被讚揚者。

節句：祈至聖母救我等。

至潔聖女歟、因爾生釋夏娃救詛詈者、並釋亞當、故我眾偕天神讚頌爾及爾子、而籲曰、救援之上帝、係被讚揚者。

又聖頌典 生神女聖頌典  
首節 天使為祢虔誠的三聖童

節句：祈至聖母救我等。

昔三幼童未受火焚、預像爾之產生、蓋上帝之火居於爾亦不致焚、但使眾歌頌曰、我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

至潔聖母歟、依所預言被爾光耀及聖寵所光照之地涯、讚頌爾、且籲曰、我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

上帝之母、最邪惡的毒蛇用它致命的毒牙蟄我、但是、妳的聖子卻粉碎了它們、並賜我們力量高呼：「我們先祖的上帝、讚頌歸於祢。」

節句：祈至聖母救我等。

滿被上帝寵福者歟、爾乃獨一我等性體之潔淨、因爾抱坐在革魯賓上之上帝、且曰、我等祖父之上帝、係被讚揚者。

聖歌八 首節

基督昔為成德者、由火燄施清露、以水燔聖人祭祀、爾所願為者即為、我等讚揚爾於無窮世。

聖頌

節句：主歟、讚榮爾聖復活。

上帝聖言者歟、昔害先知之猶太民、今因嫉妬舉爾於十字架而為害主者、我等讚揚爾於無窮世。

節句：主歟、讚榮爾聖復活。

基督歟、爾不離天涯降臨地獄、而復甦臥於朽壞、係讚揚爾於無窮世之人。

生神女頌

節句：祈至聖母救我等。

聖女歟、爾由光胎孕施光之聖言、以莫測之生而獲榮耀、因聖神居於爾、故我眾歌頌爾於無窮世。

*Another, of Cross and Resurrection.**Ἐκοτηθὶ 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.



## 又聖頌典 十字架復活聖頌典

## 首節 上天、恐懼戰驚

節句：主歟、讚榮爾尊十字架、及榮復活。

凡耳驚懼而聽、至善者甘願降世、為以十字架及埋瘞敗地獄之權、及復甦大眾、而使之籲曰、幼童等宜讚揚、眾司祭宜歌頌、眾人宜稱美主於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

地獄之苦已絕、其國已滅、因在地被釘十字架至善之上帝敗其權柄、幼童等宜讚揚、眾司祭宜歌頌、眾人宜稱美主於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

基督歟、爾愛人乃不可測量者、爾善恩乃不可言喻者、因爾見我在地獄之囹圄將滅亡者、而受難救贖之、故我眾讚揚爾萬物之主宰、及稱美於無窮世。

## 又聖頌典 生神女聖頌典

## 首節 祢為聖人由火燄中降下甘露

節句：祈至聖母救我等。

至潔者、爾子藉聖神之光以金衣光照爾宰后而立爾於右、故我眾稱美之於無窮世。

節句：祈至聖母救我等。

以一意造天地者、欲整飭人體、而由爾至潔腹受人體、故我眾稱美之於無窮世。

節句：祈至聖母救我等。

至潔者、因聖言結合於我人、爾為上帝之居所、發童貞之德輝、故我眾歌頌爾於無窮世。

節句：祈至聖母救我等。

金燈臺預示了妳、妳懷孕了以其知識光照寰宇的不可接近之光。因此、我們歌唱讚美妳、至潔童貞女、及於萬世。

於聖第九歌頌前唱至聖生神女之歌：我靈惟感頌主、我神惟悅上帝救我者。

節句：我等讚揚爾革魯賓而尊、逾塞拉芬、榮光無比、無損而生上帝言、誠上帝之母云。

## 聖歌九 首節

人人不克見上帝、天神品位亦不敢仰視、至潔者歟、藉爾受人體之聖言現於眾、我等稱頌伊、並偕天軍讚揚爾。

## 聖頌

節句：主歟、讚榮爾聖復活。

上帝聖言者歟、爾乃不屬情欲者、以人體受難、救我等者歟、爾釋人於私慾、借受難以滅之、因爾乃獨一全能無私慾者。

節句：主歟、讚榮爾聖復活。

主宰歟、爾受死而存爾身於無朽、爾上帝施生活之靈、不遺於地獄、爾復活如寢而醒、並使我眾偕之復甦。

*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.

## 聖三頌

節句：至聖三者、我等上帝、讚榮爾。

我眾宜以潔口讚揚上帝聖父、及偕伊無原始之子、及至聖神、不可言喻極榮之能力、因其乃獨一全能不相離之聖三。

## 又聖頌典 十字架復活聖頌典

## 首節 母親、不要為我悲傷

節句：主歟、讚榮爾尊十字架、及榮復活。

施生活之基督歟、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。

節句：主歟、讚榮爾尊十字架、及榮復活。

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。

## 十字架復活聖頌典

節句：祈至聖母救我等。

至潔宰后歟、爾捧掌萬物者、爾抱救援我等於攻我仇敵之手者、如嬰、爾見援我眾於陷阱者、被舉於十字架上。

## 又聖頌典 生神女聖頌典

## 首節 人無法看到

節句：祈至聖母救我等。

至潔者歟、藉爾上帝基督係受人體之聖言、即由雅各所現上帝光之星、光照在黑暗者、故我眾被其所光照者、偕天軍讚揚爾。

節句：祈至聖母救我等。

至潔聖女歟、我等被爾能力及聖寵所堅固者、盡心獻爾以歌頌、求滿被上帝安福者聆納之、而以由無朽寶藏之光耀聖寵酬我。

節句：祈至聖母救我等。

童貞女、妳被宣告、成為神性之胎、聖言在其中編織了自己肉身的外衣、使我的樣式成為屬神的。祂穿上這外衣、拯救凡是以純潔的思想稱揚妳的眾人。

節句：祈至聖母救我等。

至潔聖母歟、藉由爾不可測不可言所生者、而諸死者獲復活、因由爾受人體之生命發光於眾、及顯然滅死。

合眾詞後小連禱、後唱：聖哉、上主、我眾之上帝。(三次)

差遣頌、指定的味爽讚詞。誦唸讚美聖詠「凡有呼吸者……」時、插入八段讚詞。

## 復活行間讚詞 第六調式

插入八句讚頌：為以所紀錄之審判行於伊等、斯榮耀皆屬其聖人。

主歟、爾十字架為爾民之生命及復活、我眾冀望伊者讚頌爾由死中復活之上帝曰、求矜憐我等。

*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.*





詩節：眾宜讚美主於其聖所、讚美其榮名穹蒼。

主宰歟、爾被埋葬使天堂開啟於人類、而我眾由朽壞得救援者、讚頌爾由死中復活之上帝曰、求矜憐我等。

插入四節讚詞：因其全能讚美之、因其宏威讚美之。

我眾宜歌頌偕聖父及聖神由死中復活之基督而向之籲曰、爾乃我等生命及復活、求矜憐我等。

詩節：以角聲讚美、以琴以瑟讚美。

基督據聖經所載第三日由柩復活、使我等原祖偕己復甦、故人類讚榮爾且頌揚爾復活。

#### 又行間讚詞 阿納托利作

詩節：以鼓及佾讚美、以絃及笙笛讚美。

主歟、爾復活之機密乃極大極威、如新郎出宮以出柩、以死滅死為釋亞當、故天軍在天人類在地讚揚爾愛人者所施於我之慈憐。

詩節：以和聲之鈸讚美、以大聲之鏡讚美、凡有呼吸者、宜讚揚主。

違理之猶太人歟、印誌及爾所予兵卒之銀錢安在、寶器未被竊、實以其全能復活矣、爾等反自獲辱、緣背逆受難被瘞及由死中復活之基督、伊係威榮之主、而我眾宜叩拜之。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

猶太人印封於墓駐兵卒置記誌而被竊者何哉、因君經扃戶而出、爾等宜或呈顯屍身、或拜之為上帝、且偕我眾歌眾之曰、主歟、讚榮爾十字架及復活。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

主歟、攜香液女哭泣至爾蘊生命之柩、攜香膏欲傅爾潔體者、見發光之天神坐於石上、向之報曰、何哭由脅施生命於普世者、何覓常生者於墳墓如覓死者然、但宜往告使徒等、伊之榮復活、乃遍滿普世之喜、求救世者、以復活光照我等、賜我等罪赦及宏恩。

榮耀歸於父…… 詠唱主日味爽讚詞

自今至永遠…… 生神女頌

童貞上帝聖母、爾係被讚揚者、因由爾受人體者擄地獄、召甦亞當滅詛詈、釋夏娃滅死、而我等獲生、故讚頌曰、如此行之上帝基督、寔宜受讚揚、故我等讚榮爾。

詠唱大榮耀頌、之後詠唱復活聖頌：

吾主爾由柩而起、敗壞地獄之縛、滅死之詈、拯眾由敵仇之網、爾獨一大仁慈者、顯現爾使徒、遣伊等傳教、并藉伊等賜安和於普世。

連禱及遣散詞







## 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.





## 事奉聖禮

### 真福頌讚詞

八、哀矜者誠福、因伊等將蒙哀矜。

求救我之上帝、於爾國來時憐念我、因爾乃獨一愛人者救我。

七、心淨者誠福、因伊等將得見上帝。

亞當因木被誘、因木架復得拯救、偕右盜顛曰、主歟、於爾國憐念我。

六、敷和者誠福、因伊等將稱為上帝子。

施生活救世者、敗地獄之門及關鍵、復活諸顛者曰、讚榮爾復活。

五、為義被窘害者福、因天國屬伊等。

以爾埋瘞掠死權、以爾復活滿眾樂、求憐念我、因爾乃慈衷者。

四、既人因我而誹謗爾、迫害爾、諸妄言詛詈爾、則爾誠福。

攜香液女至柩者聽天使言曰、基督復活及光照萬物。

三、爾當欣喜悅樂、因在天爾之賞厚。

我眾宜同心讚頌被釘十字架、及救普世於魔誘之基督。

榮耀歸於父及子及聖神：

我等讚揚聖父及子聖神曰、聖三者救我等靈。

自今至永遠及於萬世。阿民：生神女頌

童貞歟、爾末日不可言孕生造爾者、求救讚揚爾之人。



*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.



復活遣散頌

天神軍條降於墳柩、守卒如死、而馬利亞立於石洞尋爾聖軀、被掠地獄者不復受其制、施生活者迎聖女、讚榮爾由死復活者。

集禱頌

施生活之上帝基督、爾以生活原之手、使諸死者由翳暗處復活、且賜人類復活、因救世者乃眾之復活常生及上帝。

經前詠 聖詠27

祈主救爾之民、賜福於爾之嗣業。

詩節：主歟、我顛稱爾、毋緘默於我。

阿利魯伊亞 聖詠90

詩節：凡居至高之覆中、必獲息於全能之蔭。

詩節：向主曰、我之投避、及我之護佑、我所冀望之上帝。

主日各調式領主頌：讚主於天中、讚主於蒼穹。阿利路亞、阿利路亞、阿利路亞。



# 第六調

## 主日小讚詞

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 lüe - 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!



# 第六調

主日副讚詞

## 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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主日八調讚詞

第七調式

SUNDAY OCTOECHOS

TONS 7



Sunday Octoechos

Tone 7

第七調式

主日八調讚詞



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 Creator'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:*





## 第七調式

### 安息日晚

### 大暮時課

誦唸開端聖詠(第一百零三篇聖詠)與聖詠集第一座聖詠、誦唸籲主聖詠「主歟、我呼籲爾……」時、插入十段讚詞：七段取自復活讚詞、三段取自本日所紀念的聖人讚詞、若遇慶節、則插入四段或六段聖人讚詞。

#### 復活行間讚詞 第七調式

**插入十句讚頌：**拯提我靈出獄岸、為我克讚頌爾名。

請眾至為主而喜、因其敗壞死權光照人類、我眾宜偕無形體者呼曰、造我救我之主榮光於爾。

**插入：**爾以恩寵顯於我時、義者將環我。

救世者歟、爾為我等受十字架及埋瘞、因係上帝已死滅我等之死、故我眾即拜爾第三日復活曰、主歟、榮光於爾。

**插入八句讚頌：**主歟、我自深淵呼籲爾、主歟、聆我聲。

使徒等見造萬物者之復活而詫異、以天神讚詞歌頌曰、此乃聖教會之榮光、此乃天國之能力、為我等受難之主、榮光於爾。

#### 其它讚詞、阿納托利作

**插入：**願爾耳、聽我之禱聲。

基督歟、爾雖被違理者所執、而爾乃我上帝、我不以爾為羞、雖被挺傷背、而我不背爾、雖被釘十字架、而我不端隱之、以爾復活而我自、詡爾之死乃為我之生命、全能愛人之主榮光於爾！

**插入六句讚頌：**主歟、若究察罪惡、主歟、則孰能立、第爾施救宥、願人敬畏於爾前。

基督應驗大衛之預言、在錫安顯已威榮於使徒等、示已乃偕聖父及聖神永被稱揚讚榮者、先係無形之聖言、後緣愛我等人受人體、死與人無異、並以全能復活。

**插入：**我望主、我靈望主、冀望主言。

基督歟、爾甘願降獄、因係上帝主宰滅死第三日復活、使亞當由地獄縲絏朽壤中偕已復活、其乃呼籲曰、獨一愛人者、榮光爾復活。

**插入四句讚頌：**我靈候主、踰於更漏之待旦、踰於更漏之待旦、願以色列冀望主。

主歟、爾如寢被置於柩、因宏能第三日復活、因全能使亞當由死朽中偕已復活。

若《月份禮典》上載有指定的榮光讚詞、則誦唸「榮耀歸於父……」後、詠唱榮光讚詞、之後接唸「自今至永遠……」；若無指定的榮光讚詞、則直接誦唸「榮耀歸於父…、自今至永遠……」。

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.*



生神女頌

聖母歟、爾超性而為母者、踰於所言、越於明悟、為存童貞者、至潔者歟、爾產生之奇異、凡人舌所不能講、因降孕寔至榮、產生之理不可測、緣上帝隨己旨克勝性之理、故我眾承認爾為上帝之母、盡心禱爾、求代所救我等靈。

聖入禮與禧光頌後、指定的修士向長上行一躬拜、詠唱本日的經前詠。

主為君、乃以威嚴為衣。

詩節一：主以能力服之、束繫之。

詩節二：故世界乃堅固必不搖撼。

之後誦唸熱誠連禱、「主、開恩護守……」等、司祭唸完結束禱詞後、詠唱本修道院主保聖人的專用讚詞、列隊進入教堂前廳。唸完慣常的禱文後、回至教堂、詠唱：

復活後行間讚詞 第七調式

救普世者歟、爾由柩中復活、并使眾人偕己肉驅復活、主歟、讚榮於爾。

其它讚詞（按字母順序）

詩節一：主為君、乃以威嚴為衣。主以能力服之、束繫之。

請眾叩拜由死中復活及光照萬物者、因伊釋我等於地獄之苦、而以第三日復活、賜我等常生及宏恩。

詩節二：故世界乃堅固必不搖撼。

基督歟、爾降獄滅死、第三日復活、使我等讚揚爾愛人主之全能復活者、偕己復活。

詩節三：主歟、聖德屬爾之堂、直至永遠。

臥柩如寢之主歟、爾乃威嚴者、以全能第三日復活、使亞當偕己復活、其乃呼籲曰、獨一愛人者榮光爾復活。

榮耀歸於父……

本日所紀念的聖人讚詞、若本日為「慶節」、則  
榮耀歸於父……自今至永遠…… 生神女頌

宰后歟、眾在世者赴爾幃幘籲曰、聖母係我等冀望者、求援我等於無數罪愆且拯我等靈。

繼續舉行守夜祈禱的其餘部分。





## 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

### 晨時課

誦唸完六篇聖詠後、以第七調式詠唱「主是上帝」、接着詠唱復活遣散頌兩遍、生神女頌一遍。之後、按慣例誦唸聖詠集第二座與第三座。

#### 復活遣散詞

上帝基督歟、爾以十字架敗壞死之權、為右盜開天堂、易攜香液女之哀為喜、命使徒傳宣爾復活、以賜宏恩於普世。（兩遍）

#### 生神女頌

滿被讚揚者、乃我等復活之寶藏、求援我等倚望爾者於罪之陷阱深淵、緣爾生我等之拯救、而使屬罪者獲救、爾乃係產前童貞、產時亦童貞、產後仍童貞者。

誦唸完第一聖詠集選段（第二座）後、詠唱復活坐讚詞。

#### 第七調式

常生者被置於柩、且石加印誌、兵卒守護基督如寢君、天軍讚揚之為永在之上帝、而攜香液女呼籲曰、主已復活矣、施宏恩於普世。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

上帝基督歟、因係愛人者以爾三日之埋瘞擄執死權、以爾施生活之復活、復甦屬朽壞之人類、榮光於爾。

榮耀歸於父…… 自今至永遠…… 生神女頌

求童貞聖母不絕代祈、為我等被釘十字架復活及滅死權之我等上帝基督、救我等靈。

誦唸完第二聖詠集選段（第三座）後、詠唱復活坐讚詞。通用調式

上帝基督歟、爾誠生命者、墓被印封之時自柩而起、爾乃眾之復活者、閉門時顯現於門徒、以爾大仁慈、藉伊等復新正神於我等。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

卒守爾萬物之主宰時、攜香液女涕泣往墓相言曰、誰為我移厥石云、滅死之謀議使者復活矣、全能之主榮光於爾。

榮耀歸於父…… 自今至永遠…… 生神女頌

慶哉滿被聖寵童貞聖母、係人類轉達及投歸處、因由爾救世者受人體、爾乃獨一恒被讚揚及榮光之童貞聖母、求代祈上帝基督賜安和於普世。





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

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*

誦唸完「無瑕聖詠」（第十七座、聖詠第一百十八篇）後、詠唱復活「讚主頌」。之後誦唸小連禱及聆聽讚。

受我等形及以人體被釘十字架之上帝基督歟、求以爾復活拯救我、因爾係愛人者。

### 陞階讚 第一對經（聖詠125）

救世者歟、爾昔使錫安之被擄者出迷路今求復生我提拔我於轉制我之私慾。

以淚及齋戒之難播種者、在天將以喜樂刈穫常生之穡。

榮耀歸於父…… 自今至永遠……

聖神乃上帝昇予之泉源、由伊出智慧明哲敬畏、凡稱頌讚揚尊貴及權柄皆歸於伊。

### 第二對經（聖詠126）

苟主弗建靈魂之室、則建者徒勞、除彼外即一行一言無能成。

聖人盡心遵聖師之道、而獲上帝義子之位。

榮耀歸於父…… 自今至永遠……

聖神乃萬物之原始、因其乃諸世前萬有之上帝、諸物之主宰、不可至之光、及眾之生命。

### 第三對經（聖詠127）

敬畏主者、因獲常生之途、自今至恆久享福於永在之榮光。

爾見爾諸子環爾席如青果枝、宜欣喜悅樂、攜之向牧首基督。

榮耀歸於父…… 自今至永遠……

聖神乃界予無底之淵、榮光之富麗、命令之奧秘、因伊偕聖父及聖子同受讚榮事奉。

### 經前詠（聖詠9）

主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

詩節：主歟、我將盡心稱揚爾。

### 凡有呼吸者、宜讚揚主

誦福音經：

我等既睹基督之復活、宜叩拜獨一無罪聖主耶穌基督、我等叩拜爾十字架、讚榮稱頌爾聖復活、緣爾乃我等上帝、爾之外我等弗識他主、我等既以爾名自稱、請眾誠信者至而叩拜基督聖復活、因藉仗十字架而喜降至於普世、因此我等常感謝主、讚頌其復活、緣其為我等而被釘十字架、以死滅死。

### 聖詠經第五十章

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!'

榮耀歸於父、及子、及聖神

仁慈主、以使徒祈禱、潔淨我等多罪。

自今至永遠、及於萬世、阿民。

仁慈主、以聖母轉達、潔淨我等多罪。

上帝歟、因爾大仁慈、矜憐我、以大憐惠、刪除我諸愆尤。

此處誦唱慶日讚詞（任何日子、包括在主日在內的主及聖母的慶日；平日聖人的慶日）。在四旬期之外的主日；

耶穌依預言由柩中復活者、賜我等常生及宏恩。

唸完「上帝、求祢拯救祢的子民……」、司祭高聲誦唸完結束祝文之後、開始誦唸聖頌典。聖頌典的唸法如下：由復活聖頌典取四段聖頌、由十字復活聖頌典取三段聖頌、由向生神女的聖頌典取三段聖頌、由本日所紀念的聖人的聖頌典取四段聖頌。若本日乃聖人的「慶節」、則取六段或八段聖頌。第三及第六聖頌小連禱後、誦念指定合眾詞。

復活聖頌典。

### 聖歌一 第七調式 首節

主歟、先水性極易汎濫、藉爾命易為陸地、故以色列民不沾足而行、及向爾頌凱歌。

聖頌

節句：主歟、讚榮爾聖復活。

主歟、以爾為不公義而定死罪、死權藉刑木受滅而陰翳之王不克攻爾、而按公義被逐。

節句：主歟、讚榮爾聖復活。

救世者歟、地獄近爾、厥齒不克嚼爾之身、反自壞其腭、爾滅死之難、而第三日復活矣。

生神女頌

節句：祈至聖母救我等。

至潔者歟、原母夏娃之苦已絕、緣爾不識夫而產生無恙、故我眾承認爾為聖母讚榮爾。

又聖頌典 十字架復活聖頌典  
首節

節句：主歟、讚榮爾尊十字架、及榮復活。

被釘十字架救世者、由所刺之脅流二施生活之泉於我等、故我眾向之歌頌曰、爰其赫著矣。

節句：主歟、讚榮爾尊十字架、及榮復活。

基督入柩第三日復活而賜常生之望於屬死者、故我眾向之歌頌曰、爰其赫著矣。

節句：祈至聖母救我等。

爾乃獨一產後為童貞、因受人體之造萬物者藉爾降生、故我眾向爾籲曰慶哉。

*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.



又聖頌典 生神女聖頌典  
藏頭詩、按字母順序。  
首節：上主、因着祢的命令

節句：祈至聖母救我等。

求生無窮慈憐者之聖女、以爾極光之光照耀我靈、為我克如量讚揚爾無數之奇蹟。

節句：祈至聖母救我等。

至潔者歟、聖言見我等被罪矢所傷、因係恩主憐憫我等、因係上帝以莫測由爾受人體。

節句：祈至聖母救我等。

宰后歟、可朽可死之人體、被死所制、因爾胎孕常生者、使之由朽死至常生。

### 聖歌三 首節

救世主原始藉爾權命定天位、以成萬物之聖神備諸懸象、求建立我於不可撼搖信德石上。

#### 聖頌

節句：主歟、讚榮爾聖復活。

善衷仁慈救世者歟、爾被釘木架甘願為我等忍難、受施安和及拯救於眾之傷、而藉此我眾得和睦於爾聖父。

節句：主歟、讚榮爾聖復活。

基督歟、蛇嚙傷我靈、而爾醫治之、我自古臥於翳暗及朽壞、而爾光照之、藉十字架降獄、而使我偕已復甦。

#### 生神女頌

節句：祈至聖母救我等。

求救世者藉爾不識夫之母之代祈、佈安和於普世、賜皇帝勝仇敵、施爾不可測之榮光於眾讚揚爾者。

### 又聖頌典 十字架復活聖頌典

#### 首節：以聖言建立諸天者

節句：主歟、讚榮爾尊十字架、及榮復活。

受十字架之難及為右盜啟天國、施恩之上帝歟、求堅吾明悟以遵爾旨、因爾乃獨一愛人者。

節句：主歟、讚榮爾尊十字架、及榮復活。

第三日由死中復活、賜常生於普世、施生之上帝歟、求堅吾明悟以遵爾旨、因爾乃獨一愛人者。

節句：祈至聖母救我等。

淨孕上帝及釋夏娃詛咒之童貞聖母瑪利亞歟、求代祈由爾受人體之上帝拯救爾群。

*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.

又聖頌典 生神女聖頌典  
首節：上主、救主、祢在起初

節句：祈至聖母救我等。

童貞聖母歟、在伊甸園之蛇、以僭上帝之意誘我、使我歸土、但以本位仁慈者、為憐卹我居於爾腹、成與我相似之人、而體合我於上帝。

節句：祈至聖母救我等。

童貞聖母歟、爾胎之果被讚揚、聖聘者乃眾人之喜樂、生普世之歡慶、誠哉實乃魔散罪愁之愉快。

節句：祈至聖母救我等。

童貞聖母歟、爾生我等之常生真光及安和、藉爾之中保及宏恩息人與其父上帝古昔之仇。

聖歌四 首節

上帝基督歟、爾弗離聖父之懷抱而降世、我甫聆爾司理之奧密、即讚揚爾獨一愛人者。

聖頌

節句：主歟、讚榮爾聖復活。

由聖女受人體者、舍其肩背以受擊、僕犯罪而無辜之主宰受擊、為釋我諸罪。

節句：主歟、讚榮爾聖復活。

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、被扯頰於泥手。

生神女頌

節句：祈至聖母救我等。

至無玷者歟、因爾誠為上帝之母、求代祈造爾之子導我至其榮旨施救之停泊。

又聖頌典 十字架復活聖頌典

首節：先知認識到

節句：主歟、讚榮爾尊十字架、及榮復活。

不識罪之主、因原罪故受本性外之人體、為救普世擊散誘人之魔。

節句：主歟、讚榮爾尊十字架、及榮復活。

爾被釘十字架、釋原祖亞當之罪、緣此我獲間爾能力、因爾降至特為教爾眾被傅油者。

節句：祈至聖母救我等。

由聖女所生者受死、為復甦迷惘之亞當、爾降世為救被罪所壞者、則死見爾堅固而驚懼。

又聖頌典 生神女聖頌典

首節：上帝基督、祢未離開

節句：祈至聖母救我等。

滿被讚揚者、係上帝所悅極華麗者、以榮光超萬有者、求以爾光輝光照歌頌爾者。

*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.

節句：祈至聖母救我等。

至潔童貞聖母歟、爾生由爾至潔血受人體之上帝、為赦以愛慕讚揚及恭敬爾者之多罪。

節句：祈至聖母救我等。

鴻福滿被讚揚者、能言之性體因今識爾不可測生產之奧秘、事奉由爾而顯者。

### 聖歌五 首節

基督歟、宵時為不信者俾弗曉、而為信者啟明、緣伊等以爾甘言獲光照、故我早寤向爾、且讚頌爾上帝之威赫。

#### 聖頌

節句：主歟、讚榮爾聖復活。

基督歟、爾代爾僕受賣及被批頰、為救贖歌頌爾者曰、我早寤向爾且讚頌爾上帝之威赫。

節句：主歟、讚榮爾聖復活。

基督歟、以爾上帝之能力、藉肉軀之劣弱攻敗堅固者、救世者歟、藉爾復活使我勝死。

#### 生神女頌

節句：祈至聖母救我等。

滿被讚揚至潔聖母歟、爾生受人體之上帝、乃合上帝所宜者、因爾不識夫而藉聖神產生之。

#### 又聖頌典 十字架復活聖頌典

##### 首節 上主、我的上帝

節句：主歟、讚榮爾尊十字架、及榮復活。

爾列於罪犯中、及於髑髏地被舉時、日蝕地震、堂幔中分、而明顯希伯來民之背逆。

節句：主歟、讚榮爾尊十字架、及榮復活。

我眾以歌頌讚揚爾、依不可測上帝之能力敗魔之權、及以爾復活使亡人復甦者。

節句：祈至聖母救我等。

上帝主宰滿被讚揚之母歟、求以爾轉達潔淨以信愛恒歌頌爾者之罪。

#### 又聖頌典 生神女聖頌典

##### 首節 同一首節

節句：祈至聖母救我等。

不識夫者歟、昔雅各見通天之梯、喻此為爾之預像、因藉爾至潔宰后上帝受人體。

節句：祈至聖母救我等。

聖女歟、我眾今藉爾獲永拯救者、盡心向爾籲曰、慶哉聖聘女云、並藉爾滿被讚揚者之榮光、獲喜樂者、以歌頌讚揚爾。



*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.

節句：祈至聖母救我等。

無玷者歟、新郎見爾獨一以潔德及童貞發光之聖女、如棘中百合花、納爾為新婦。

### 聖歌六 首節

基督歟、我游於世界憧擾之淵、及溺於罪之波濤、擲於害靈之野獸、我如約拿向爾籲曰、由施死之淵拯救我云。

#### 聖頌

節句：主歟、讚榮爾聖復活。

基督歟、被囚於地獄諸靈、因喪失義人分業而記念爾、並求爾拯救、爾係慈憐者、降地獄、以十字架施拯救於伊等。

節句：主歟、讚榮爾聖復活。

諸使徒無望復見爾因難被毀非手所造賦靈之堂、伊等之叩拜爾、實出望外、放普傳爾之復活。

#### 生神女頌

節句：祈至聖母救我等。

聖聘女歟、誰能講爾為眾產生至善者之形狀、蓋上帝聖言不可測結、合於爾而為人。

#### 又聖頌典 十字架復活聖頌典

##### 首節 約拿由魚腹中出來

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者甘願被舉於十字架而奪魔權、至善者將死券釘於十字。

節句：主歟、讚榮爾尊十字架、及榮復活。

救世者以全能復活、使人類偕已復甦、且係愛人者、賜我等常生及無朽。

節句：祈至聖母救我等。

求至潔永貞聖母不絕代祈由爾不可測所生之上帝、使歌頌爾者得越諸禍災。

#### 又聖頌典 生神女聖頌典

##### 首詞 今生之掛慮

節句：祈至聖母救我等。

法律預像及先知預言、明示爾超萬物至潔者將生恩主、乃以多方施恩於誠信歌頌爾者。

節句：祈至聖母救我等。

婚而不媾者、因爾生由罪中救贖我等之主、使昔因魔誘失天堂福樂之亞當復獲福樂。

節句：祈至聖母救我等。

至潔者歟、以上帝之意及全能之力、從虛無創造者由爾腹出、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.

集禱頌 第七調式  
通用調式 刀劍不再

自今死之權、再弗轄人矣、因基督降臨而敗滅其能力、地獄被繫、諸先知和合喜樂曰、救世者至於信者前、諸誠信者應出而獲復活。

行述讚

地獄及死今見爾聖三之一下降而戰慄、地震而地獄門隸驚懼、萬物偕諸先知歡欣、以凱歌歌頌爾係滅死權、及救贖我等之上帝、故我眾宜向亞當及其裔籲曰、十字架之木、使爾復享福、誠信者應唱而獲復活。

聖歌七 首節

昔三聖童以炮烙火窖、易之為施露、而讚頌獨一上帝曰、滿被讚揚我等祖父之上帝、係被讚榮者。

聖頌

節句：主歟、讚榮爾聖復活。

阿當甘願犯誠命、因樹獲死、而藉基督之順旨、復獲飭、被讚榮之上帝子、為我等受十字架之難。

節句：主歟、讚榮爾聖復活。

基督歟、萬物歌頌爾由死中復活者、因爾乃在黑暗者被讚榮之光、發生命於在地獄者、施復活於諸死者。

生神女頌

節句：祈至聖母救我等。

慶哉屬死之阿當之女、慶哉獨一聖聘者、慶哉因爾而死被滅、慶哉生上帝者、求至潔者代祈伊施拯救於我等中。

又聖頌典 十字架復活聖頌典  
首節 進入燃燒着的火窖

節句：主歟、讚榮爾尊十字架、及榮復活。

爾被釘十字架時、以槍刺脅、鈍罪之螫、拆亞當罪券、主我等祖父之上帝、係被讚揚者。

節句：主歟、讚榮爾尊十字架、及榮復活。

爾被槍刺脅之時、傾爾聖血以潔地、因其係被祀偶之血所污者、主我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

聖母歟、爾發出光照普世之日、即基督由黑暗中救眾、使識上帝而獲光照、乃呼籲曰、我等祖父之上帝、係被讚揚者。

*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 Isaias 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.



## 又聖頌典 生神女聖頌典

## 首節 昔日、三聖童

節句：祈至聖母救我等。

聖女歟、造爾之主、愛惜爾為極美之金罇、滿被讚揚我等祖父之上帝、係被讚榮者。

節句：祈至聖母救我等。

聖女歟、昔以賽亞受火炭而獲潔、因藉預像見由爾所生、滿被讚揚我等祖父之上帝、係被讚榮者。

節句：祈至聖母救我等。

昔諸先知見由爾生上帝之預像以喜歌頌曰、滿被讚揚我等祖父之上帝、係滿讚榮者。

## 聖歌八 首節

在西奈山著火而不燼之棘叢、顯現上帝於舌吃鼻塞之摩西、為上帝熱衷之三幼童於火窯亦成焚不燼之歌頌者曰、主所造之物應歌頌主、且讚揚之於無窮世。

## 聖頌

節句：主歟、讚榮爾聖復活。

代普世被宰靈明至潔之羔、止法律所定之祀、無罪之上帝潔淨普世、其乃呼籲曰、主所造之物、應歌頌主、且讚揚之於無窮世。

節句：主歟、讚榮爾聖復活。

造萬物者、所我等人體於未遇難前乃屬朽壞者、殆受難復活後朽壞乃不克侵制之、並使屬死者咸與維新、伊等呼籲曰、主所造之物、應歌頌主、且讚揚之於無窮世。

## 生神女頌

節句：祈至聖母救我等。

至潔聖女歟、爾至潔無玷、亦使普世潔諸污、為上帝與我等和睦之緣、故我眾讚榮爾聖女、且讚揚爾於無窮世。

## 又聖頌典 十字架復活聖頌典

## 首節 唯一無始者

節句：主歟、讚榮爾尊十字架、及榮復活。

甘願受難順己意被釘十字架、且敗地獄能力者、司祭宜歌頌、眾人宣稱美之於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

滅死權以威榮由柩復活及救人類者、司祭宜歌頌、眾人宣稱美之於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

諸世前即在、獨一慈憐之聖言、末世由聖女降生、而釋古昔詛咒者、司祭宜歌頌、眾人宣稱美之於無窮世。

*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.

## 又聖頌典 生神女聖頌典

## 首節 在西奈山上、焚而不燬之荆棘

節句：祈至聖母救我等。

聖母歟、爾以爾所生者之光奇妙照耀普世、因曾懷抱真上帝、乃光照諸虔信者、其乃恆呼籲曰、主所造之物、應歌頌主且讚揚之於無窮世。

節句：祈至聖母救我等。

至潔者歟、我眾以虔誠讚美爾腹包涵莫測受人體之上帝、使諸誠信者獲識上帝以光照之、其乃恆呼籲曰、主所造之物、應歌頌主、且讚揚之於無窮世。

節句：祈至聖母救我等。

至潔寵光之母歟、爾以爾光之耀、光照歌頌爾者、因為聖光之居所、而光明呼籲者曰、主所造之物、應歌頌主、且讚揚之於無窮世。

於聖第九歌頌前唱至聖生神女之歌：我靈惟感頌主、我神惟悅上帝救我者。

節句：我等讚揚爾革魯賓而尊、逾塞拉芬、榮光無比、無損而生上帝言、誠上帝之母云。

## 聖歌九 首節

童貞聖母無損而生娩者、予造萬物之聖言而受人體、無夫之母為不可容者之容藏、無限量造爾者之居處、我等讚頌爾。

## 聖頌

節句：主歟、讚榮爾聖復活。

爾等上帝性體受難者宜緘口、爾等意乃奇怪、我等所讚榮一位兼兩性威榮之主、非以上帝性、第以人性被釘十字架者。

節句：主歟、讚榮爾聖復活。

爾等不信死而復活者、宜往至基督之柩前得知、施生活者被死、而肉驅復活、為證我等候望末世之復活。

## 聖三頌

節句：至聖三者、我等上帝、讚榮爾。

我眾所承認者非三上帝第三位、非一位第一上帝、我等滅擯分裂聖三者、我等羞辱聯合聖三者。

## 又聖頌典 十字架復活聖頌典

## 首節 上帝的童貞之母

節句：主歟、讚榮爾尊十字架、及榮復活。

基督係由光之光、以聖父諸世前榮光之光耀、光照於黑暗之人類、分散其蔽翳、我眾誠信者不絕讚揚之。

*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!

節句：主歟、讚榮爾尊十字架、及榮復活。

當那些堅持基督有一混合的本性的人默思基督在肉身內受苦受難、在神性內具有力量的時候、願他們蒙受羞辱。因為像人一樣地死了、卻像宇宙的創造者那樣地復活了。

節句：祈至聖母救我等。

聖言者歟、聖教會向爾呼籲曰、爾之外我等弗識他主、因爾由異邦民中選我為繼爾之聖聘者、求藉爾聖母之代祈施拯救於誠信者、因係慈憐者。

又聖頌典 生神女聖頌典  
首節 同一首節

節句：祈至聖母救我等。

永貞聖女歟、爾生救世者、為我眾永喜樂之轉達、我眾以聖神及真實誠認伊乃救援之上帝。

節句：祈至聖母救我等。

至潔者歟、爾祖大衛讚頌爾為上帝聖物之寶藏、內涵超性生聖父懷之上帝、而我眾誠信不絕讚揚之。

節句：祈至聖母救我等。

聖女真為超諸物者、因生受人體造諸物者、故係獨一主宰之母、有權勝諸仇。

合眾詞後小連禱、後唱：聖哉、上主、我眾之上帝。(三次)

差遣頌、指定的味爽讚詞。誦唸讚美聖詠「凡有呼吸者……」時、插入八段讚詞。

復活行間讚詞 第七調式

插入八句讚頌：為以所紀錄之審判行於伊等、斯榮耀皆屬其聖人。

基督由死中復活、而拆毀死之繯、地宜宏喜之信、天宜讚頌上帝之榮。

詩節：眾宜讚美主於其聖所、讚美其榮名穹蒼。

我等既睹基督之復活、宜叩拜獨一無罪聖主耶穌。

插入四節讚詞：因其全能讚美之、因其宏威讚美之。

我眾宜不絕叩拜基督之復活、因聖主耶穌藉復活救我等於諸罪惡。

詩節：以角聲讚美、以琴以瑟讚美。

我眾何以報主所施於我等之恩、因上帝為我等而為人、聖言為整理朽壞之人體、成為肉軀、居於我儕間、乃我眾忘恩人之施恩者、乃我等被擄人之解釋者、乃坐於黑暗者之義德之日、乃非能受難者釘於十字架上、乃地獄中之光、死中之生命、墜落者之復活、故我等宜向之呼籲曰、我等上帝讚榮爾。



*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.*



## 又行間讚詞 阿納托利作

詩節：以鼓及佻讚美、以絃及笙笛讚美。

主歟、爾敗地獄之門、以爾宏能滅死權、因爾乃全能上帝及眾之主宰、藉爾榮復活、使諸自古寢於翳暗之亡人偕已復甦。

詩節：以和聲之鈸讚美、以大聲之鏡讚美、凡有呼吸者、宜讚揚主。

請眾至主前、以其復活歡欣喜樂、因其由地獄莫解之縲綫、復甦諸死者、因其乃上帝施宏恩及常生於普世。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

坐在受生活墓石上之輝耀天神、向攜香液女報曰、主如前言已復活矣、轉告使徒等、伊必遇爾於加利利、且施宏恩及常生於普世。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

遶理猶太人乎、何為藐視隅首之石、此石乃昔在曠野自石流水及從已脅湧常生之上帝置於錫安者、此石乃由童貞之由無夫所鑿者、此乃先知但以理所言之乘雲至自古常在者之人子、其國無終。

榮耀歸於父…… 詠唱主日味爽讚詞

自今至永遠…… 生神女頌

童貞上帝聖母、爾係被讚揚者、因由爾受人體者擄地獄、召甦亞當滅詛詈、釋夏娃滅死、而我等獲生、故讚頌曰、如此行之上帝基督、實宜受讚揚、故我等讚榮爾。

詠唱大榮耀頌、之後詠唱復活聖頌：

今普世得救贖、我等歌頌吾等生命之帥、由柩而復活者、因其以死滅死、賜凱勝及宏恩於我眾。

連禱及遣散詞





## 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!





## 事奉聖禮

### 真福頌讚詞

八、哀矜者誠福、因伊等將蒙哀矜。

致我死之果、乃適口悅目者、基督乃生命之樹、食其果我永不死、而偕右盜呼籲曰、主歟、於爾國憐念我。

七、心淨者誠福、因伊等將得見上帝。

宏恩者被舉於十字架、勾銷亞當古罪之券、而救人類於迷惘、故我眾歌頌爾乃施恩之主。

六、敷和者誠福、因伊等將稱為上帝子。

宏恩之基督歟、爾以我等罪釘於十字架上、以己死滅死、使死者復甦、故我眾叩拜爾聖復活。

五、為義被窘害者福、因天國屬伊等。

昔蛇以毒言注於夏娃之耳、而被釘十字架之基督注常生之福樂於普世、故我眾曰、主歟、於爾國憐念我等。

四、既人因我而誹謗爾、迫害爾、諸妄言詛詈爾、則爾誠福。

萬物生命之基督、乃如死而置於柩者、因係全能者壞地獄之門、第三日以榮復活光照眾人、我眾讚榮爾復活。

三、爾當欣喜悅樂、因在天爾之賞厚。

第三日由死中復活之主、賜安和於使徒等、而降福遣之曰、爾等宜引眾入我之國。

榮耀歸於父及子及聖神：

聖父乃光、聖子即聖言乃光、聖神乃光、第三光實是一光、因上帝乃獨一三位一體同原者、不相離、不相合諸世前在者。

自今至永遠及於萬世。阿民：生神女頌

聖母歟、爾生子係上帝聖父之言、伊隨己意受人體而降世、故我眾藉爾童貞聖母與上帝體合者呼籲曰、慶哉正教者之冀望。



*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.





復活遣散頌

上帝基督歟、爾以十字架敗壞死之權、為右盜開天堂、易攜香液女之哀為喜、命使徒傳宣爾復活、以賜宏恩於普世。

集禱頌

通用調式 刀劍不再

自今死之權、再弗轄人矣、因基督降臨而敗滅其能力、地獄被繫、諸先知和合喜樂曰、救世者至於信者前、諸誠信者應出而獲復活。

經前詠 聖詠28

主將賜能力於其民、主將降平安之福於其民。

詩節：上帝子等當獻於主、以榮光恭敬獻於主。

阿利魯伊亞 聖詠91

詩節：至上者歟、讚榮主、歌頌爾名乃為善。

詩節：於旦傳揚爾之恩、爾之真實於夜亦然。

主日各調式領主頌：讚主於天中、讚主於蒼穹。阿利路亞、阿利路亞、阿利路亞。



# 第七調

## 主日小讚詞

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 園 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.

# 第七調

## 主日副讚詞

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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主日八調讚詞

第八調式

SUNDAY OCTOECHOS

TONS 8





Sunday Octoechos

Tone 8

第八調式

主日八調讚詞



## 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:*



## 第八調式

安息日晚

大暮時課

誦唸開端聖詠(第一百零三篇聖詠)與聖詠集第一座聖詠、誦唸籲主聖詠「主歟、我呼籲爾……」時、插入十段讚詞：七段取自復活讚詞、三段取自本日所紀念的聖人讚詞、若遇慶節、則插入四段或六段聖人讚詞。

### 復活行間讚詞 第八調式

插入十句讚頌：拯提我靈出獄岸、為我克讚頌爾名。

基督歟、我等將以宵歌及靈祀獻於爾、緣爾施恩藉復活矜憐我等。

插入：爾以恩寵顯於我時、義者將環我。

主歟、主歟、毋屏我於爾面、求爾施恩、藉復活矜憐我等。

插入八句讚頌：主歟、我自深淵呼籲爾、主歟、聆我聲。

慶哉聖錫安乃諸教會之母、上帝所居之處、因爾為第一藉復活得罪赦者。

### 其它讚詞、阿納托利作

插入：願爾耳、聽我之禱聲。

諸世前由上帝聖父所生、及末世由不識夫者受人體之聖言、甘受釘十字架及死、而藉已復活拯救古昔被擊死之人。

插入六句讚頌：主歟、若究察罪惡、主歟、則孰能立、第爾施救宥、願人敬畏於爾前。

基督歟、我眾讚揚爾由死中復活、因藉此爾釋亞當裔於地獄之苦、且因係上帝、施常生及宏恩於普世。

插入：我望主、我靈望主、冀望主言。

榮光爾、救世之基督獨一上帝子、被釘十字架而第三日由柩中復活者。

插入四句讚頌：我靈候主、踰於更漏之待旦、踰於更漏之待旦、願以色列冀望主。

我眾讚榮爾為我等甘願受釘十字架之主、我眾叩拜爾全能救世者、求愛人者、毋屏爾面於我等、而聽納之、及藉爾復活拯救我等。

若《月份禮典》上載有指定的榮光讚詞、則誦唸「榮耀歸於父……」後、詠唱榮光讚詞、之後接唸「自今至永遠……」；若無指定的榮光讚詞、則直接誦唸「榮耀歸於父…、自今至永遠……」。

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.*



生神女頌

在天之君、緣愛人而降現地上、居世偕眾、由淨童貞受肉軀、及由之生而為人、乃獨一子其性體重、其位無二、故我等實傳認其誠係真上帝、又誠係真人、而敬揚我等上帝基督、祈婚而不媾之聖母、代祈伊救我等靈。

聖入禮與禧光頌後、指定的修士向長上行一躬拜、詠唱本日的經前詠。

主為君、乃以威嚴為衣。

詩節一：主以能力服之、束繫之。

詩節二：故世界乃堅固必不搖撼。

之後誦唸熱誠連禱、「主、開恩護守……」等、司祭唸完結束禱詞後、詠唱本修道院主保聖人的專用讚詞、列隊進入教堂前廳。唸完慣常的禱文後、回至教堂、詠唱：

復活後行間讚詞 第八調式

自天降下之耶穌、升於十字架上、永在生命者為死而至、真光者降至在黑暗者、使眾復活者降至被墜落者、光照救我之主歟、榮光於爾。

其它讚詞（按字母順序）

詩節一：主為君、乃以威嚴為衣。主以能力服之、束繫之。

我眾讚揚由死中復活之基督、因受人靈人體、斷斯二者之慾、救我等靈者之潔靈降掠地獄時、其聖軀於柩中不嘗試朽壞。

詩節二：故世界乃堅固必不搖撼。

基督歟、我眾以聖詠及歌頌讚揚爾由死中之復活、因藉此釋我等於地獄之苦、且因係上帝、施常生及宏恩。

詩節三：主歟、聖德屬爾之堂、直至永遠。

造天地萬物不可測之主宰、因受十字架之苦、賜我無私之心、因被瘞及榮復活、以爾全能之手、使亞當偕己復甦、榮光爾第三日之復活、因藉此爾獨一慈憐者、賜常生及罪赦於我眾。

榮耀歸於父……

本日所紀念的聖人讚詞、若本日為「慶節」、則  
榮耀歸於父……自今至永遠…… 生神女頌

婚而不媾之童貞女、不可言而生上帝者、至上上帝之母、聆納爾僕之祈禱、求至無玷者、賜眾人罪污之洵、並聆我今之祈禱、代祈為我眾獲救。

繼續舉行守夜祈禱的其餘部分。







## 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

### 晨時課

誦唸完六篇聖詠後、以第八調式詠唱「主是上帝」、接着詠唱復活遣散頌兩遍、生神女頌一遍。之後、按慣例誦唸聖詠集第二座與第三座。

#### 復活遣散詞

慈衷者爾自上降、被葬三日為救我等苦難、讚揚爾我等之生活及復活主。  
(兩遍)

#### 生神女頌

至善者、爾為我等由童貞降生而受難、被釘十字架以死滅死、緣上帝能力而復活、勿輕視爾手所造者、施恩者顯爾仁慈、聽爾所由生之母係為我等代祈者、我儕祈救世者、救此失望之人。

誦唸完第一聖詠集選段(第二座)後、詠唱復活坐讚詞。

#### 第八調式

#### 通用本調 萬物的生命、祢由死者復活

萬物之生命、由死中復活、而光耀之天神、向攜香液女曰、止哭往報使徒曰、主基督、係施恩救贖人類之上帝、已復活矣。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

真由柩中復活者、命攜香液女傳告使徒等其所預言之復活、而彼得速趨至墓前、見其內光輝驚懼、又見布幅無所裹之聖屍、更驚懼曰、榮光爾上帝基督、因救我等者、係聖父之光施拯救於眾。

榮耀歸於父…… 自今至永遠…… 生神女頌

#### 同一調式

我眾宜歌頌天門、聖櫃、至聖之山、施光之雲、至天之梯、靈魂之天堂、夏娃之救拔、普世之寶藏、因藉伊普世獲拯救、及古罪之赦免、故我眾向爾籲曰、求代祈爾子、及上帝、賜罪赦於以虔誠叩拜由爾所生至聖者之人。

誦唸完第二聖詠集選段(第三座)後、詠唱復活坐讚詞。通用調式

救世者歟、人印封爾墓、而天神移石離墓、攜香液女見由死中復活者、傳告在錫安之使徒等、以萬物生命者復活、而死繯已解、主歟、榮光於爾。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

攜香液女由墓中聽天神之言曰、止哭、發喜以代憂而歌頌曰、主基督係施恩救贖人類之上帝、已復活矣。



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.

榮耀歸於父…… 自今至永遠…… 生神女頌

滿被聖寵者、萬物天神會人類俱因爾而喜、爾乃成聖之聖堂、及靈魂之天堂、童貞之讚美、上帝由之受人體而為嬰孩、係諸世前我等之上帝、爾胎為寶座、爾腹較諸天廣大、滿被聖寵者、萬物因爾而喜、讚揚爾。

誦唸完「無瑕聖詠」（第十七座、聖詠第一百十八篇）後、詠唱復活「讚主頌」。之後誦唸小連禱及聆聽讚。

攜香液女立於施生活者之墓前、在死者之中覓常生之主宰、及聽天神傳報之喜音、向使徒等曰、基督施宏恩於普世之上帝、已復活。

陞階讚 第一對經（聖詠128）

自我幼時、魔誘感我、使我私情慾熾、而我倚望爾吾主勝之。

願凡疾錫安者、為未耘而枯之草、因基督以苦難將剖斷其頸。

榮耀歸於父…… 自今至永遠……

凡物藉聖神而得生活、因其乃由光者光之上帝、我眾偕聖父及聖言歌頌之。

第二對經（聖詠129）

願我謙卑之靈、以敬畏爾為覆蔽、恐因驕傲離爾宏恩者。

凡獲倚賴主者、毋驚懼以火及苦難將審判時。

榮耀歸於父…… 自今至永遠……

凡聖者藉聖神預見預言行奇蹟、並歌頌三位一體之上帝、雖發三妙光、實乃一統之上帝。

第三對經（聖詠130）

主歟、我呼籲、祈聽我、側爾耳、祈聆我禱、乘此未收取我時、潔淨我。

凡逝世者、歸至所從出之土、而紛紛散滅、代其所行、或福或苦。

榮耀歸於父…… 自今至永遠……

藉聖神我識三位一體上帝之理、論曰、聖父係無原者、聖子由之諸世前而生者、聖神由聖父所出相偕同式同寶座者。

陞階讚 第四對經（聖詠132）

弟兄同居、何其善、何其美、主許之以常生。

妝飾百合花者、命毋為衣服過慮。

榮耀歸於父…… 自今至永遠……

聖神乃諸物純一之原、均存於其安和之中、因其乃與聖父及子一體同宰制之上帝。

*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!'



## 經前詠（聖詠145）

主將主宰至恆久、錫安乎、爾之上帝宰於世世。

詩節：我靈宜讚美主、我尚生時將讚美主。

## 凡有呼吸者、宜讚揚主

誦福音經：

我等既睹基督之復活、宜叩拜獨一無罪聖主耶穌基督、我等叩拜爾十字架、讚榮稱頌爾聖復活、緣爾乃我等上帝、爾之外我等弗識他主、我等既以爾名自稱、請眾誠信者至、而叩拜基督聖復活、因藉仗十字架、而喜降至於普世、因此我等常感謝主、讚頌其復活、緣其為我等而被釘十字架、以死滅死。

## 聖詠經第五十章

榮耀歸於父、及子、及聖神

仁慈主、以使徒祈禱、潔淨我等多罪。

自今至永遠、及於萬世、阿民。

仁慈主、以聖母轉達、潔淨我等多罪。

上帝歟、因爾大仁慈、矜憐我、以大憐惠、刪除我諸愆尤。

此處誦唱慶日讚詞（任何日子、包括在主日在內的主及聖母的慶日；平日聖人的慶日）。在四旬期之外的主日；

耶穌依預言由柩中復活者、賜我等常生及宏恩。

唸完「上帝、求祢拯救祢的子民……」、司祭高聲誦唸完結束祝文之後、開始誦唸聖頌典。聖頌典的唸法如下：由復活聖頌典取四段聖頌、由十字復活聖頌典取三段聖頌、由向生神女的聖頌典取三段聖頌、由本日所紀念的聖人的聖頌典取四段聖頌。若本日乃聖人的「慶節」、則取六段或八段聖頌。第三及第六聖頌小連禱後、誦念指定合眾詞。

復活聖頌典。

## 聖歌一 第八調式 首節

昔行奇蹟摩西之杖、以十字形式擊海使分、及溺乘兵車追躡之法老、並拯援步行逃遁向上帝籲頌之以色列。

聖頌

節句：主歟、讚榮爾聖復活。

我眾何不詫異基督上帝全能之位、伊藉受難施無私情及無朽壞於眾正信者、由其聖脅流常生之泉、由柩發永在之生命。

節句：主歟、讚榮爾聖復活。

本性無形至潔之天神、今以極美光形顯現於攜香液女、藉此形以傳報復活之光、且曰、主復活矣。

*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.

### 生神女頌

節句：祈至聖母救我等。

聖母瑪利亞以爾光榮之事所傳於世世、因上帝聖言包涵於爾胎、仍存潔淨、故我眾以爾為上帝之下獨一轉達。

### 又聖頌典 十字架復活聖頌典

#### 首節 以色列人從水中經過

節句：主歟、讚榮爾尊十字架、及榮復活。

超諸性者臨至地獄、其愁難之門即啟、司地獄門者見之而驚懼。

節句：主歟、讚榮爾尊十字架、及榮復活。

諸品天神見禁錮在地獄被墜落之人性、坐於上帝聖父之寶座而詫異。

節句：祈至聖母救我等。

婚而不媾之聖母歟、諸品天神及人類不絕讚揚爾、因爾如嬰抱造之之主。

### 又聖頌典 生神女聖頌典

聖頌按字母順序編排。

首節：讓我們歌頌上主

節句：祈至聖母救我等。

至潔聖母歟、我眾歌頌爾、因爾超人性生受人體永在上帝之聖言。

節句：祈至聖母救我等。

聖女所生基督係施生活之葡萄、滴普世拯救之福樂者。

節句：祈至聖母救我等。

聖母歟、亞當之裔、誠應讚揚爾、因藉爾興起、上至超明悟之福樂。

## 聖歌三 首節

原始以智慧定天、懸地於水上之基督、求建立我於爾誠命之石上、因除爾獨一愛人者之外、無一為聖者。

### 聖頌

節句：主歟、讚榮爾聖復活。

基督歟、爾藉施拯救之肉軀受難、表白因食果被定罪之亞當、蓋無罪者不屬嘗試死。

節句：主歟、讚榮爾聖復活。

吾主耶穌發復活之光於坐昏暗死蔭中者、以上帝之威榮縛執強健者、且毀其器械。

### 生神女頌

節句：祈至聖母救我等。

聖母實為超踰於基路伯及撒拉弗等、因爾獨一無玷者、以不可容之上帝而容於爾腹、故我眾正信者以歌頌讚美爾至潔者。

*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.

## 又聖頌典 十字架復活聖頌典

## 首節：創造了天穹的上主

節句：主歟、讚榮爾尊十字架、及榮復活。

主歟、因古昔我違爾誠、爾逐我離爾、因順上帝旨受我人體、而藉被釘十字架復使我近就於爾。

節句：主歟、讚榮爾尊十字架、及榮復活。

主上帝之聖言歟、爾以智慧光無不知、以明哲造地獄、藉爾寬忍、施恩復甦依爾形所造者。

節句：祈至聖母救我等。

主居童貞女而以肉體顯現於人、為使人克見之、獨一愛人者以爾為真上帝之母、係諸正信者之輔助。

## 又聖頌典 生神女聖頌典

## 首節：上主、祢是那些求助祢者的力量

節句：祈至聖母救我等。

求至潔者、以爾祈禱輔助我等、祛諸禍災之攻。

節句：祈至聖母救我等。

聖母因生基督係普世生命之原始、復立原母夏娃。

節句：祈至聖母救我等。

至潔者歟、以力束我、因爾誠為生受人體之上帝、係上帝聖父已位之能力。

## 聖歌四 首節

吾主爾係我之堅固、係我之能力、係我之上帝、係我之喜悅、爾弗離聖父懷抱而降臨於我等窮困者、故我等偕先知哈巴谷籲曰、讚榮爾愛人者之能力。

## 聖頌

節句：主歟、讚榮爾聖復活。

慈憐救世者歟、我仇恨爾者而爾甚愛我、以奇妙降臨於地、我有罪惡而不輕忽我、而離上帝之威榮、榮耀我先為醜陋不堪之人。

節句：主歟、讚榮爾聖復活。

主宰歟、誰見藉爾受難滅死、藉爾刑架逐朽壞、藉爾死罄地獄而不驚懼、此皆乃爾被釘十字架愛人者之奇妙事。

## 生神女頌

節句：祈至聖母救我等。

婚而不媾者歟、爾乃誠信者之褒美、爾乃正教者之轉達投歸城垣泊岸、因爾無玷者、獻代祈於爾子、並救秉信愛承認爾為至潔聖母者、於諸災禍。



*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.

## 又聖頌典 十字架復活聖頌典

## 首節：上主、我得聞祢聖意的奧秘

節句：主歟、讚榮爾尊十字架、及榮復活。

上帝基督歟、違逆法律者之子、釘爾於十字架、而爾因係慈憐者、藉十字架拯救讚揚爾受難之人。

節句：主歟、讚榮爾尊十字架、及榮復活。

由柩中復活、而偕已復甦在地獄之諸死者、並因爾係慈憐者、光照讚揚爾復活之人。

節句：祈至聖母救我等。

求至潔瑪利亞代祈由爾所生之上帝、賜罪赦於爾僕。

## 又聖頌典 生神女聖頌典

## 同一首節

節句：祈至聖母救我等。

聖母乃為未耕之田、生施生活之穗、係施常生於普世者、求救歌頌爾者。

節句：祈至聖母救我等。

我眾蒙教者、承認爾為至潔聖母、因爾永貞者、生義德之日。

節句：祈至聖母救我等。

求無辜之主、藉生爾者之代祈、潔淨我等不知而作之罪、及安慰普世。

## 聖歌五 首節

無息之光、爾何祛我於爾面、翳暗倏蔽覆我不堪者、懇爾使我回轉、引我步履、向爾誠命之光。

## 聖頌

節句：主歟、讚榮爾聖復活。

救世者未受難之先、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。

節句：主歟、讚榮爾聖復活。

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。

## 生神女頌

節句：祈至聖母救我等。

至潔者歟、因藉母位能代祈爾子者、求爾毋藐視我等、而顧慮爾同類之誼、因我眾奉教者、以爾為主宰前之轉達。

## 又聖頌典 十字架復活聖頌典

## 首節 上主、求祢以祢的誠命

節句：主歟、讚榮爾尊十字架、及榮復活。

求基督以爾十字架之能力、引導我等、我眾俯伏於爾、且求爾愛人者、賜安和於我等。

*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.

節句：主歎、讚榮爾尊十字架、及榮復活。

求至善者、引導我眾歌頌爾復活者之生命、且求爾愛人者、賜安和於我等。

節句：祈至聖母救我等。

求婚而不媾至潔瑪利亞代祈爾子、及我等上帝、施宏恩於眾誠信者。

又聖頌典 生神女聖頌典  
首節 上主、我們黎明即起

節句：祈至聖母救我等。

求生上帝係引導人之主者、安慰我私情不可耐之鼓蕩。

節句：祈至聖母救我等。

至潔聖母歎、諸品天神及人類之會、皆事奉爾所生者。

節句：祈至聖母救我等。

求婚而不媾之聖母瑪利亞、虛我等仇敵之謀想、而施喜樂於歌頌爾者。

聖歌六 首節

救世者潔淨我、緣我罪多、祈拯我於惡之淵、我救贖之上帝、我籲爾祈聽我。

聖頌

節句：主歎、讚榮爾聖復活。

諸惡之首、藉樹而猛厲墜落我、基督藉被釘十字架、更加猛厲以墜落之、使之受辱、為使被墜落者復甦。

節句：主歎、讚榮爾聖復活。

基督歎、爾藉由柩中復活憐恤錫安、因爾慈憐者、流己聖血、建新錫安以代其舊、而於其內為君於世。

生神女頌

節句：祈至聖母救我等。

願至潔聖母、藉爾代祈、我眾得避重罪、而獲由爾不可測受人體上帝子之光照。

又聖頌典 十字架復活聖頌典  
首節 我向上主傾訴

節句：主歎、讚榮爾尊十字架、及榮復活。

基督以舒手於十字架上、醫在伊甸原祖任意所伸之手、且甘願嘗膽、因係全能者、拯救讚揚爾受難之人。

節句：主歎、讚榮爾尊十字架、及榮復活。

救援之基督嘗死、即古詛詈之罰、欲敗死國、降臨地獄而復活、因係全能者、拯救讚頌爾復活之人。

*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.



節句：祈至聖母救我等。

求至潔聖母童貞、不絕代我等祈求、因爾乃諸誠信者之堅固、賴爾我得有力、及以愛慕讚揚由爾不可測受人體者。

又聖頌典 生神女聖頌典

首詞 至仁慈者、基督

節句：祈至聖母救我等。

聖母歟、我眾誠信者承認爾為上帝堂約櫃賦靈之殿及天門。

節句：祈至聖母救我等。

聖聘之瑪利亞由爾所生者宜受偕聖父及聖神之叩拜、因其乃敗奉邪神教之上帝。

節句：祈至聖母救我等。

聖母歟、聖言因藉爾而降世、明爾為在世者升天之梯。

集禱頌 第八調式

通用調式 作為本性的初果

至慈者、爾由柩復活矣、使諸死者甦起、亞當偕爾而復活、夏娃以爾之復活而喜樂、地涯以爾之由死復活而慶賀。

行述讚

擄地獄之國、及使諸死者復活、寬忍慈憐之主、曾迎攜香液女易其憂愁與以喜樂、救我之施生活者以凱勝旌、施於使徒等、愛人者光照萬物、故天下以爾之由死復活而慶賀。

聖歌七 首節

昔巴比倫之火愧於上帝降臨、因幼童於火窖如在花園喜步、而歌頌曰、我等祖父之上帝、係被讚揚者。

聖頌

節句：主歟、讚榮爾聖復活。

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。

節句：主歟、讚榮爾聖復活。

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。

聖三頌

節句：至聖三者、我等上帝、讚榮爾。

我眾以正信承認爾獨一子之獨一父、係萬物之主、及識由爾所出相偕永在同體之正神。

*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, compassionate 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!

## 又聖頌典 十字架復活聖頌典

## 首節 三聖童昔日由猶太來到巴比倫

節句：主歟、讚榮爾尊十字架、及榮復活。

主歟、爾如先知所言施救援於地中、被釘木架而攏諸秉信呼籲者曰、我等祖父之上帝、係被讚揚者。

節句：主歟、讚榮爾尊十字架、及榮復活。

施宏恩者歟、爾由柩中復活如初醒、而拯救眾人於朽壞、使徒等傳報爾復活、而萬物信之、我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

聖父所生同權同能相偕永在之聖言、藉聖父及聖神之恩寵、在童貞之腹受人體、我等祖父之上帝、係被讚揚者。

## 又聖頌典 生神女聖頌典

## 首節 同一首節

節句：祈至聖母救我等。

由童貞腹受人體者顯現為拯救我等、故我眾認爾母為上帝之母、並以正信呼籲曰、我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

至福樂之聖女歟、爾乃自耶西根所生之枝、發花結果、為施救誠信歌頌爾子者曰、我等祖父之上帝、係被讚揚者。

節句：祈至聖母救我等。

至上者已位之智慧、藉聖母以上帝之智慧能力、充滿正信呼籲者曰、我等祖父之上帝、係被讚揚者。

## 聖歌八 首節

迦勒底之虐人者狂怒為敬主者爨火窩烈加七倍、乃見伊等以他盛能獲救、遂向救人造物之主籲曰、幼童等宜讚揚、眾司祭宜歌頌、眾人宜稱美之於無窮世。

## 聖頌

節句：主歟、讚榮爾聖復活。

耶穌上帝位之能力、以合上帝所宜、榮顯於我等中、因伊代眾以人體受被釘十字架之死、幼童等宜讚揚、司祭宜歌頌、眾人宜稱美之於無窮世。

節句：主歟、讚榮爾聖復活。

被釘十字架者乃升舉、驕傲自大者乃傾陷墜落、被敗者乃修理、朽壞乃被逐、常生發花、生命滅死、幼童等宜讚揚、眾司祭宜歌頌、眾人宜稱美之於無窮世。

*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.*

Begetting 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.

## 聖三頌

節句：至聖三者、我等上帝、讚榮爾。

由三位一體上帝之性發純一之三妙光者、無原始之聖父、與一體之聖言、及同權同性之聖神、幼童等宜讚揚、眾司祭宜歌頌、眾人宜稱美之於無窮世。

## 又聖頌典 十字架復活聖頌典

## 首節 三聖童因着祢的恩寵

節句：主歟、讚榮爾尊十字架、及榮復活。

赤身伸手於十字架者、招我於善功赤身者、為以愛慕溫潤我、主所造之物宜讚揚主、且讚美之於無窮世。

節句：主歟、讚榮爾尊十字架、及榮復活。

我墜落者由地獄被提出、及蒙恩近上帝聖父威榮寶座前、主所造之物宜讚揚主、且讚美之於無窮世。

節句：祈至聖母救我等。

聖女歟、爾為墜落亞當之女、並復新人體上帝之母、主所造之物宜讚揚主、且讚美之於無窮世。

## 又聖頌典 生神女聖頌典

## 首節 諸天的君王

節句：祈至聖母救我等。

求滅欲攻我者仇敵火焰之矢、為我克讚揚爾於無窮世。

節句：祈至聖母救我等。

聖女歟、爾超性生造萬物救世上帝聖言、故我眾歌頌爾及讚美於無窮世。

節句：祈至聖母救我等。

聖女歟、不可至之光、因居於爾、以爾為發金光及照眾之燈、於無窮世。

於聖第九歌頌前唱至聖生神女之歌：我靈惟感頌主、我神惟悅上帝救我者。

節句：我等讚揚爾革魯賓而尊、逾塞拉芬、榮光無比、無損而生上帝言、誠上帝之母云。

## 聖歌九 首節

天驚畏、地界駭異、因上帝藉人形而顯現於人間、並聖母腹量較天寬洪、故天神及人會讚揚爾為上帝之母。

## 聖頌

節句：主歟、讚榮爾聖復活。

上帝聖言者、爾以無原始上帝之性體乃純一者、受納己所自造之人體、與之體合而受難如人、並無罪染以存上帝之位、故我眾讚美爾為有二不相離不相合之性體。



*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.

節句：主歎、讚榮爾聖復活。

至上者因受人性降臨於僕、明示上帝聖父之本性、因由死中復活、賜之以依本性為上帝主宰者、依聖寵為眾之父者、故我眾偕之讚美爾。

### 生神女頌

節句：祈至聖母救我等。

聖女歎、爾顯為上帝之母、因爾超性生諸世前由上帝聖父以慈善所生受人體之上帝聖言、伊雖受人體、但我等承認其為超人性體者。

### 又聖頌典 十字架復活聖頌典

#### 首節 凡有耳能聽的

節句：主歎、讚榮爾尊十字架、及榮復活。

我眾承認爾以本性為上帝子、被孕於聖母而緣我等為人、並見爾以人性受十字架之苦、讚美爾依上帝性不能受難者。

節句：主歎、讚榮爾尊十字架、及榮復活。

古時之暗已被破、因義德日之基督由地獄發光、並以上帝之光照耀地涯、係屬天之人並為屬地之上帝、故我眾讚美具有二性者。

節句：祈至聖母救我等。

上帝之母的兒子、祢俯首彎腰、興旺發達、統治為王、祢征服了發動戰爭反對我們的以實瑪利子民、賜予我們的君王十字架作為不可戰勝的武器。

### 又聖頌典 生神女聖頌典

#### 首節 童貞女啊、我們由妳所拯救者

節句：祈至聖母救我等。

聖母歎、記憶爾而洋溢喜樂、因爾施醫治於投歸及以虔誠承認爾者。

節句：祈至聖母救我等。

滿被聖寵者、我眾以聖詠歌頌爾及不絕曰、慶哉因發喜於眾。

節句：祈至聖母救我等。

聖母歎、爾結極美之果、非施死乃施生於秉信讚美爾者。

合眾詞後小連禱、後唱：聖哉、上主、我眾之上帝。(三次)

差遣頌、指定的味爽讚詞。誦唸讚美聖詠「凡有呼吸者……」時、插入八段讚詞。

### 復活行間讚詞

#### 第八調式 通用本調

插入八句讚頌：為以所紀錄之審判行於伊等、斯榮耀皆屬其聖人。

主歎、爾雖立於公堂聽彼拉多之審判、反弗離寶座與聖父偕坐、由死中復活釋普世於魔之奴、因係仁慈愛人者。

*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.*



詩節：眾宜讚美主於其聖所、讚美其榮名穹蒼。

主歟、猶太人雖置爾如死者於柩內、而卒守爾如寢君、以印封生命之寶藏、但爾復活及施無朽於我等靈。

插入四節讚詞：因其全能讚美之、因其宏威讚美之。

主歟、爾以十字架賜我等為攻魔之械、魔不克忍受其能力而戰慄、因其滅死及使死者復甦、故我眾叩拜爾埋葬及復活。

詩節：以角聲讚美、以琴以瑟讚美。

主歟、傳報爾復活之天神、使守卒驚懼而謂攜香液女曰、爾何覓活人於死者中、伊係永在上帝而復活施常生於普世。

#### 又行間讚詞 阿納托利作

詩節：以鼓及佾讚美、以絃及笙笛讚美。

上帝基督愛人者歟、爾以上帝性不能受難者、為釋我等於魔之奴而被釘十字架、受三日埋瘞、並藉爾復活復甦我等、及賜我常生。

詩節：以和聲之鈸讚美、以大聲之鏡讚美、凡有呼吸者、宜讚揚主。

基督歟、我叩拜讚揚及歌頌爾由柩中之復活、因藉之爾釋我等於地獄不可解之縲綬、並因係上帝施常生及宏恩於普世。

詩節：主歟、我上帝歟、起舉爾手、莫忘爾之受窘迫者。

違理者設兵守爾施生活之墓而印封之、第因爾乃全能永在之上帝、第三日復活矣。

詩節：主歟、我將盡心稱揚爾、而傳揚爾之諸奇事。

主歟、爾至地獄之門敗之之時、司地獄者呼籲曰、此為誰不受地獄之罰而如影敗屬死之囹圄、我受納如死者反向之戰慄如上帝云、求全能者矜憐我等。

#### 榮耀歸於父…… 詠唱主日味爽讚詞

#### 自今至永遠…… 生神女頌

童貞上帝聖母、爾係被讚揚者、因由爾受人體者擄地獄、召甦亞當滅詛詈、釋夏娃滅死、而我等獲生、故讚頌曰、如此行之上帝基督、寔宜受讚揚、故我等讚榮爾。

詠唱大榮耀頌、之後詠唱復活聖頌：

吾主爾由柩而起、敗壞地獄之縛、滅死之詈、拯眾由敵仇之網、爾獨一大仁慈者、顯現爾使徒、遣伊等傳教、并藉伊等賜安和於普世。

#### 連禱及遣散詞





## 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.







## 事奉聖禮

### 真福頌讚詞

八、哀矜者誠福、因伊等將蒙哀矜。

求救世之基督憐念我等、如被釘刑木時曾憐念右盜、祈獨一宏恩者、賜爾天國於我眾。

七、心淨者誠福、因伊等將得見上帝。

亞當宜聽、偕夏娃喜悅、因昔使爾二人知赤身及以誘感掠爾者、今被基督十字架所滅。

六、敷和者誠福、因伊等將稱為上帝子。

救我等者、以甘願被釘十字架、爾釋亞當於樹之詛詈、因爾宏恩者補報之使居於天堂。

五、為義被窘害者福、因天國屬伊等。

今基督由柩中復活、施常生於眾信者、並受難及復活後使攜香液女復喜。

四、既人因我而誹謗爾、迫害爾、諸妄言詛詈爾、則爾誠福。

慶哉聰慧之攜香液女、乃首見基督之復活、及報使徒等復甦普世者。

三、爾當欣喜悅樂、因在天爾之賞厚。

使徒等為基督之友、將偕之坐於榮寶座者、求代我等祈施恩於我顯現於其前。

榮耀歸於父及子及聖神：

無原始之聖三、係不相離之體、同一寶座、同一尊榮、超諸性體之全能者、求拯救秉信歌頌爾者。

自今至永遠及於萬世。阿民：生神女頌

慶哉上帝寬宏之寶藏、慶哉新約之櫃、慶哉施天嗎哪於眾之罇。



*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.



復活遣散頌

慈衷者爾自上降、被葬三日為救我等苦難、讚揚爾我等之生活及復活主。

集禱頌

通用調式 作為本性的初果

至慈者、爾由柩復活矣、使諸死者甦起、亞當偕爾而復活、夏娃以爾之復活而喜樂、地涯以爾之由死復活而慶賀。

經前詠 聖詠75

爾曹宜發願、而償之於爾主上帝。

詩節：上帝於猶大為其所識、於以色列其名實大。

阿利魯伊亞 聖詠94

詩節：請眾來於主前、歌頌呼籲於上帝、係救我儕者。

詩節：宜以讚揚近至主前、以歌頌呼籲之。

主日各調式領主頌：讚主於天中、讚主於蒼穹。阿利路亞、阿利路亞、阿利路亞。



# 第八調

## 主日小讚詞

仁 慈 者， 祢 從 高 天 降 臨，  
Ren - ci zhe, Mi cong gao tian jiang - lin,

2  
接 受 了 在 墳 墓 中 的 三 日 埋 葬，  
jie - shou - le zai fen - mu zhong de san ri mai - zang,

3  
為 將 我 們 從 欲 情 中 釋 放，  
wei jiang wo - men cong yu - qing zhong shi - fang,

4  
主 啊， 我 們 的 生 命 與 復 活，  
Zhu - a, wo - men de sheng - ming yu fu - huo,

5  
榮 耀 歸 於 祢。  
rong - yao gui - - - yu Mi.

# 第八調

## 主日副讚詞

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 復 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 復 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*

差遣讚詞由智者萊翁之子——君士坦丁皇帝所作

味爽讚詞由智者萊翁所作

## 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.

## 差遣讚詞一

**讓**我們與門徒一起到加利利的山上去，以信仰默想基督，祂說祂領受管理天上地下一切事物的權柄。讓我們學習，祂是如何教導他們因父，及子，及聖神之名為萬國施洗，正如祂所應許的，祂要與祂的新門徒在一起，直到世界末日。

**誕神女頌：**童貞誕神女，妳與門徒們一起歡躍，因為妳看到基督正如祂所說的，第三天自死亡中復活了。童女啊，祂還顯現給他們，教導並啟示他們強有力之事，命他們因父，及子，及聖神之名施洗，使我們也相信祂的復活，並將榮耀歸於妳。

## 味爽讚詞一

### 第一調式

**上**主站在祂的門徒前，祂已登上山頂，因祂將要被從地上提起升天。他們敬拜了祂，他們被教得知，一切權柄都被授予了祂，他們受派宣講祂自死者中的復活，及祂的回歸天堂。基督，我們靈魂的上帝與救主，祂保證將和他們在一起，直到永遠。

## 差遣讚詞二

**當**看到大石滾開了，攜香液女歡欣踴躍，因為她們看見一個年青人坐在墳墓裏，對她們說：「妳們看，基督復活了。妳們去告訴門徒和彼得。你們要到加利利的山上去。祂將在那裏顯現給你們，正如祂曾預先告訴祂的朋友那樣。」

**誕神女頌：**基督，一位天使在童貞女未懷孕之前向她問安：「慶哉」。一位天使從妳的墳墓上將大石滾開。一個宣告並稱揚了取代憂傷的無可言喻的喜樂，另一位則向婦女及新門徒宣告了復活，因妳是取代死亡的賦予生命者。

## 味爽讚詞二

### 第二調式

**對**那些帶着馨香的香料與瑪利亞一起前來，以及困惑於該如何達致她們的目的的婦女，巨石被移開了，一位容貌像神一樣的青年使她們靈魂的騷動平靜下來，因為他說：主耶穌已復活了。因此，門徒們，你們要向他的使者宣講，快去加利利。在那裏你們要看到自死者中復活的祂，主，賦予生命者。

## 差遣讚詞三

**但**願沒有人懷疑基督已復活了。因為祂顯現給瑪利亞；之後祂被出城去鄉間的那兩個門徒看見；當十一位使徒坐席時，祂顯現給他們，當祂派遣他們出去為人施洗時，祂被提升天，祂就是從那裏降臨人世的，藉着許多徵兆，使宣講得到確認。

**誕神女頌：**太陽，今天祢從墳墓中升起，猶如新郎走出洞房，祢劫奪了地獄，毀滅了死亡，因着誕生祢的那一位的祈求，祢以祢的光明照耀我們，使光明在我們的心裏閃耀，以光明帶領我們衆人行走在祢誠命的坦途及和平之道上。

## 味爽讚詞三

### 第三調式

**當**瑪利亞。瑪格達利納傳報主從死者中復活並顯現出來的喜訊時，門徒心存懷疑，因他們的心硬而受到責備。但是，他們為徵兆與奇跡所武裝，被派前去宣講。上主，當祢被提到父——光明之源——那裏時，他們因奇跡而被委派，開始到處宣講聖道。因此，我們由他們而受到光照，歸榮耀於祢自死者中的復活，上主，祢是熱愛世人者。

## 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!



## 差遣讚詞四

放射出聖德之光，讓我們默思身穿光耀的外衣的人，祂在賜予生命的墳墓中向攜香液女顯現，當時她們俯首至地。讓我們受教於天上君宰的復活，讓我們與彼得一起奔赴墳墓中的生命，因所發生的一切而驚奇，讓我們堅持不斷地瞻仰基督。

**誕神女頌：**主，祢高呼「慶哉」，祢轉變了先祖們的痛苦，帶給世界祢復活的喜樂。因此，藉着那位誕生祢——賦予生命者，光照心靈的光明——的聖母，求祢放射出祢的仁慈之光，我們向祢呼求：「熱愛世人者，神人，榮耀歸於祢的復活！」

## 味爽讚詞四

### 第四調式

基督，天還未亮，婦女們來到祢的墳墓那裏。但是她們沒找到她們所希望的遺體；因此，那些穿着光耀衣服的天使站在困惑不解的她們面前說：妳們為什麼在死人中尋找活人呢？祂按祂所預言的，已經復活了。為什麼妳們把祂的話忘記了呢？在他們的勸說下，她們宣講她們所見到的，但是這喜訊看似語無倫次，因此，門徒們仍然遲鈍不解；但是彼得却跑去，親眼看到祢應受榮耀的奇跡。

## 差遣讚詞五

基督，生命與道路，從死者中復活，與革流巴和路加一起行走，當祂在埃瑪烏斯擘餅時，使自己被他們認出。當祂與他們在路上交談，以祂所應驗的聖經給他們解釋時，他們的靈魂與心靈火熱。讓我們與他們一起高呼：「祂已復活了，並顯現給了彼得！」

**誕神女頌：**我的創造者，我歌唱讚美祢不可測度的仁慈，因為祢空虛了自己，為拯救了生出邪惡的可朽人性，取了人性。作為上帝，你由至聖聖母降生，而變得像我一樣，並下降陰府，滿有憐憫的君宰，祢希望我藉着那生祢的聖母的代禱而得救。

## 味爽讚詞五

### 第五調式

基督，祢的判斷多麼明智！祢使彼得只看到殮衣就明白了祢的復活，但是祢却在路上與路加和革流巴交談，當祢談論時並未立即啟示祢自己。祢因只是在耶路撒冷的一個陌生人，並未參與她最後的行為而受到他們的責備。但是，正如一個為了他的創造而安排一切事物的人那樣，祢揭示了論及祢自己的預言，當祢祝福餅時，祢使自己被他們認出，甚至在此之前，他們的心就因着對祢的知識而燃燒。他們也已向祢聚集的門徒宣講祢的復活。藉着祢的復活，求祢憐憫我們。

## 差遣讚詞六

救主，祢顯明了祢的本性是人，已從墳墓中復活了，祢站在門徒中間，吃了食物，教導門徒宣講悔改。之後，祢立即上升到天父那裏，祢應許門徒要派遣護慰者前來。上帝及人，超越一切神性者，榮耀歸於祢的復活。

**誕神女頌：**全然神聖的童貞女，受造物的創造者，萬有的上帝，從妳無玷的淨血取了血肉。祂也更新了已全然朽壞的人性，使妳生產之後仍與生產之前一樣。因此，我們衆人懷着信心向妳宣告，我們高呼：「慶哉，世界的君后！」

## 味爽讚詞六

### 第六調式

基督，祢是真正的平安，祢將神性的平安賜予人。祢在復活後，把祢的平安賜給了門徒，祢的顯示令他們充滿恐懼，因為他們以為看到了一個鬼魂。但是祢把祢的手和腳給他們看，驅散了他們靈魂的慌亂。但是，當他們仍然心存疑慮時，祢與他們進食，提醒他們祢的教訓，祢開了他們的思想，使他們明白聖經。祢給他們保證了父的應許，祢祝福了他們之後，離開他們升天。因此，我們與他們一起敬拜祢。主啊，榮耀歸於祢！

## 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!

## 差遣讚詞七

瑪利亞說：「他們取走了主。」西門。彼得與基督的另一個門徒，那人是祂所愛的，急速趕往墳墓。兩人跑去，發現墳墓中只有殮布，頭巾另在一處。因此他們再次靜候，直到他們見到了主。

**誕神女頌：**至仁慈的基督，祢為我們所做的事偉大而神奇；因為祢以無法解釋的方式由童貞女所生，祢接受了十字架，祢忍受了死亡，又榮耀地復活了，使我們的人性從死亡中得到釋放。基督，榮耀歸於祢的光榮，榮耀歸於祢的權能。

## 味爽讚詞七

### 第七調式

看，天還未亮，一大清早，瑪利亞，妳為什麼站在墳墓旁？妳的思想為什麼充滿幽暗呢？妳為什麼在曾安放過耶穌的地方尋找呢？妳看門徒們一起跑來，妳要看他們是如何從殮布與頭巾就意識到主已復活，因他們記起了論及此事的聖經。基督，賦予生命者，我們也與他們並通過他們，相信並歌唱讚美祢。

## 差遣讚詞八

瑪利亞看到兩位天使在墳墓之中，感到驚奇，她沒有認出基督，以為祂是園丁而問祂道：「先生，你把我的耶穌的遺體放到哪裏去了？」基督的呼喚使她認出祂就是救主，她聽道：「不要觸摸我。妳去告訴我的兄弟，我要到父那裏去。」

**誕神女頌：**貞女，妳無可言語地誕生了聖三之一位，祂有二個本性及行動，但只有一個本質。求妳不斷為了那些在信仰中敬拜妳的人祈求祂，從仇敵的一切計謀中解救我們，因為現在，君后，上帝之母，我們眾人向妳求助。

## 味爽讚詞八

### 第八調式

耶穌啊，瑪利亞的熱淚並沒有白流，因為她得到天使來教導她，並看到了祢。作為一個弱質女子，她仍有着塵世的思想，因此，基督，為了不讓她觸摸祢，她受派遣。但是，儘管如此，她被派往祢的門徒那裏，猶如信使，她向他們宣講了喜訊，宣佈祢上升到父的產業那裏。君宰及主，求祢使我們也與她一起，堪當承受祢的彰顯。

## 差遣讚詞九

君宰，當祢進入屋內時，房門緊閉，祢以平安向使徒吹氣，以至聖之靈充滿他們。祢告訴他們捆綁罪惡，釋放他們，八天以後，祢將肋旁與雙手顯示給多馬。我們與他一起高呼：「祢是我主及上帝。」

**誕神女頌：**上帝的淨配，當妳第三天看到妳的聖子從墳墓中復活，妳拋棄了所有作為一個母親親眼目覩祂受難時所承受的痛苦。妳充滿了喜樂，歌唱讚美祂，與祂的門徒一起歡欣踴躍。因此，求妳拯救那些稱妳為誕神女的人。

## 味爽讚詞九

### 第五調式

基督，當安息日的晚上，祢最後來到祢的朋友那裏，祢以奇跡確認了奇跡，當門戶緊閉時，祢進入屋內，證明了祢從死者中復活。祢使祢的門徒充滿喜樂，使他們分享聖神。祢賜予他們赦罪的權柄，祢沒有拋棄多馬任其在不信的海洋裏淹死。因此，仁慈的主，求祢也賜我們真正的知識，以及罪過的赦免。

## 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.



## 差遣讚詞十

在古時，提韋里亞海發現多馬與則維德的兒子們，拿但業，彼得以及另外兩人在打漁。在基督的命令下，他們向右手一側撒網，網了許多魚。彼得認出是祢，向祂游去。祂第三次向他們顯現，指示他們麵包，以及在炭上烤的魚。

**誕神女頌：**童貞女，求妳代表所有歌唱讚美妳，並以愛稱妳為有福的人祈求主，祂第三天從墳墓中復活。因為我們眾人以妳和祂一起作為我們得救的庇護與中保，因為我們是妳的產業，妳的僕人，上帝之母，我們眾人仰望妳的助佑。

## 味爽讚詞十

### 第六調式

基督，祢下降陰府，從死者中復活之後，祢的門徒或許因為祢離開他們而失去了信心，他們重操舊業：再次上船撒網，但却一無所獲。但是，救主，祢猶如萬有的君宰一般地顯現，命他們向右側撒網，他們立刻按祢的話做了，網了大量的魚，岸上一頓神奇的飯已準備好了。熱愛世人者，祢的門徒吃了飯，現在求祢使我們堪當在靈裏享用它。

## 差遣讚詞十一

主在祂神聖的復活之後，三次問彼得：「你愛我嗎？」以他作為祂自己的羊群的首牧。當他看見基督所愛的那人跟在後面，就問君宰：「他怎樣呢？」祂答道：「朋友，彼得，如果我想讓他存留到我再來時，與你何幹？」

**誕神女頌：**令人敬畏的奧跡！非凡的奇跡！藉着死亡，死亡被徹底毀滅。聖言，誰不會讚美，誰不會敬拜祢的復活，以及純潔地誕生了祢的肉身的上帝之母。因着她的代禱，求祢拯救我們眾人脫離地獄。

## 味爽讚詞十一

### 第八調式

救主，祢復活後把自己顯示給祢的門徒，作為愛的回報，祢委派西門牧放羊群，要求他照顧牧放。因此祢說：如果你是我的朋友，彼得，牧放我的小羊，牧放我的羊。但是他立即表現他的愛心，詢問另一位門徒的事。基督，因着他們的代禱，求祢護守祢的羊群免受豺狼的掠奪。