

**DAILY ORTHROS ON TUESDAY, FEBRUARY 09, 2010**  
**CHEESE FARE WEEK; MARTYR NIKEPHOROS OF ANTIOCH**

HIEROMARTYRS MARKELLOS, BISHOP OF SICILY, PANKRATIOS, BISHOP OF TAORMINA, PHILAGRIOS,  
BISHOP OF CYPRUS; TRANSLATION OF THE RELICS OF INNOCENT, FIRST BISHOP OF IRKUTSK

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

Choir: Amen.

Priest: Glory to Thee, O God, glory to Thee.

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

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

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

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

Lord, have mercy. (THRICE)

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

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

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

Choir: Amen. (Choir continues.)

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

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

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

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

O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.

EKTENIA

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for all pious and Orthodox Christians.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for our father and Metropolitan PHILIP, for our Bishop JOSEPH and Bishop ILIA, and for all our Brotherhood in Christ.

Choir: Lord, have mercy. (THRICE)

Priest: For Thou art a merciful God and lovest mankind, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. Bless, Master, in the Name of the Lord.

Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.

Choir: Amen.

Glory to God in the highest, and on earth peace, and good will toward men. (THRICE)  
O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (TWICE)

### PSALM 3

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

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

### PSALM 37

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

and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

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

#### PSALM 62

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

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

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)  
Lord, have mercy. (THRICE)

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

#### PSALM 87

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

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

passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

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

#### PSALM 102

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

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

#### PSALM 142

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

O Lord, give ear unto my supplication and enter not into judgment with Thy servant. (TWICE)  
Thy good Spirit shall lead me in the land of uprightness.

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

*Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)  
O our God and our Hope, glory to Thee!*

#### THE GREAT EKTENIA

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

Deacon: For the peace of the whole world, for the good estate of the Holy Churches of God, and for the union of all men, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For our Holy Houses, and for those who with faith, reverence, and fear of God, enter therein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For our father and Metropolitan PHILIP, for our Bishop JOSEPH and Bishop ILIA, for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the President of the United States, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: That He will aid them and grant them victory over every enemy and adversary, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this city, and for every city and land, and for the faithful who dwell therein, let us pray to the Lord.

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: To Thee, O Lord.

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

Choir: Amen.

“GOD IS THE LORD” IN TONE FOUR

Choir: God is the Lord Who hath shown us light. Blessed is He that cometh in the Name of the Lord.

1. O give thanks unto the Lord; for He is good: for His mercy endureth forever.  
God is the Lord....
2. All nations compassed me about: but in the Name of the Lord will I destroy them.  
God is the Lord....
3. I shall not die, but live, and declare the works of the Lord.  
God is the Lord....
4. The stone which the builders refused is become the headstone of the corner. This is the Lord's doing; it is marvelous in our eyes.  
God is the Lord....

APOLYTIKION OF ST. NIKEPHOROS IN TONE FOUR (\*\*Be quick to anticipate\*\*)

Thy Martyr, O Lord, in his courageous contest for Thee \* received the prize of the crowns of incorruption and life from Thee, our immortal God. \* For since he possessed Thy strength, he cast down the tyrants \* and wholly destroyed the demons' strengthless presumption. \* O Christ God, by his prayers, save our souls, since Thou art merciful.

DAILY THEOTOKION IN TONE FOUR

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

To God's Birthgiver let us run now most earnestly, we sinners all and wretched ones, and fall prostrate in repentance, calling from the depths of our souls: Lady, come unto our aid, have compassion upon us; hasten thou, for we are lost in a throng of transgressions; turn not thy servants away with empty hands, for thee alone do we have as our only hope.

THE LITTLE EKTENIA

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: To Thee, O Lord.

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

Choir: Amen.

### KATHISMATA (Plain Reading)

#### First Kathisma from the Octoechos

In sin my mother conceived me; and like the Prodigal, I dare not look up toward Heaven. But Thy love gives me confidence and I cry aloud to Thee: O God, be propitious to me and save me.

*O Lord, in Thine anger rebuke me not; chastise me not in Thy wrath.*

If the just are saved only with difficulty, what is to become of me, sinner that I am? I have endured neither the burden nor the heat of the day; but number me among those who came at the eleventh hour, O my God, and save me.

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

Come, all ye believers, let us venerate the Holy Theotokos and fall down before her; she is our unshakeable rampart. She has the power to speak on our behalf before the Son Whom she conceived. By her prayers, she can save us from death and the punishment that threatens our souls.

#### Second Kathisma from the Triodion

O Word supreme in love, Who with the Father and the Spirit hast created all things visible and invisible in Thy wisdom past speech, grant in Thy compassion that we may spend the season of the joyful Fast in profound peace. Destroy the beguilement of bitter sin, granting us contrition, tears of healing and forgiveness of our trespasses that, fasting with a fervent spirit and undoubting soul, we may join the angels to sing the praises of Thy power.

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

O Mother of God, in thy womb thou hast ineffably conceived the Wisdom and Word, and thou hast brought forth into the world Him that rules the world. In thine arms thou hast held Him that holds all things in unity, providing food for all, the Maker and the Lord. Therefore, I entreat thee, O most holy Virgin, and with faith I glorify thee: may I be delivered from my trespasses when I stand before the face of my Creator. O Queen and Virgin pure and undefiled, grant me then thine aid; for all that thou desirest, thou hast power to do.

### PSALM 50

Reader: Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine

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

#### KONTAKION AND OIKOS FOR ST. NIKEPHOROS (Plain Reading)

O far-famed Nikephoros, furnished with wings by the Lord's love, and, O Saint most glorious, taking His Cross on thy shoulders, thou didst shame the cunning devil with his devices and thou strovest unto death, contending for truth's sake. Wherefore, thou didst prove a soldier and an initiate of the divine grace of God.

Thou didst truly love the preaching of Paul and didst plant it in thy breast, O glorious Nikephoros, crying out: Love doth not behave itself unseemly; this love hath granted us the Creator as perfect man; for love's sake he endured all things, the nails and the Cross, vinegar and spittings; with a lance He was pierced in His holy side, wherefrom there gushed forth for us deifying Blood and Water; and having longed after Him, thou wast manifested as a bearer of victory, even as thou wast in name, O soldier and initiate of the divine grace of God.

#### THE SYNAXARION (Plain Reading)

On February 9 in the Holy Orthodox Church, we commemorate the holy Martyr Nikephoros of Antioch in Syria.

#### *Verses*

This Nikephoros, once but in name a victor—know him beheaded, and now in deed a victor.

On the ninth, O Nikephoros, thy throat was cut with a sword.

Nikephoros contested during the reign of Gallienus in about the year 260. Through the working of the evil one, his friendship with a certain Christian priest named Sapricius was turned to bitter hatred. Nikephoros, repenting of his enmity, tried to reconcile with Sapricius, but to no avail. When persecution broke out under Gallienus, Sapricius was seized as a Christian. When Saint Nikephoros learned that Sapricius had been arrested by the pagans and was enduring torments for Christ, he sent intermediaries to Sapricius, begging his forgiveness; but Sapricius would not forgive him. Later, as Sapricius was being taken to his beheading, Nikephoros, hoping that Sapricius, at his end, in such a holy hour, would at last forgive him. Nikephoros met Sapricius on the way, fell before him, and fervently asked his forgiveness; but Sapricius did not forgive him. Even though Sapricius had passed through many sufferings, and the crown of martyrdom was

now awaiting him, because he disdained the chief commandments of love and forgiveness, the grace of God—which had been strengthening him in his torments—departed from him, and he told his executioners he would sacrifice to the idols. Nikephoros immediately confessed Christ before them, and being himself beheaded, took the crown that Sapphirus had cast away.

On this day, we also commemorate the Hieromartyrs Markellos, bishop of Sicily, Pankratios, bishop of Taormina, and Philagrios, bishop of Cyprus; and the translation of the relics of Innocent, first bishop of Irkutsk. Through their holy intercessions, O God, have mercy upon us. Amen.

### IRMOI FROM THE SECOND TRIODION CANON OF THE DAY IN TONE TWO

(\*Chanted in Hard Chromatic\*)

*Let us praise, bless, and worship the Lord.*

**Ode 8.** The Lord of old foreshadowed the miracle of the Virgin to Moses in the bush upon Mount Sinai; let us praise, bless and exalt Him forever.

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

### MAGNIFICATIONS IN TONE TWO

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

*Refrain:* More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption barest God the Word, and art truly Theotokos, we magnify thee. (*Repeat after each Verse.*)

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

**Ode 9.** O Theotokos undefiled, forever we magnify thy virginity that was not burnt by the fire of the Godhead.

### THE LITTLE EKTENIA

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: To Thee, O Lord.

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

Choir: Amen.

### EXAPOSTEILARION & THEOTOKION FOR ST. NIKEPHOROS IN TONE THREE

(\*\*Special Melody: Thou Who as God adornest\*\*)

Thou wast shown forth the namesake \* of victory, O Nikephoros, \* for thou didst conquer the tyrants \* by strength of love and martyrdom. \* Hence, from the Lord thou hast also \* received the crown of thy victory.

In thy most mighty shelter, \* preserve thy servants all unharmed \* from all the treacherous plottings \* of wicked foes, O Maid most pure. \* For thee alone do we Christians \* have as our refuge in troubles.

### AINOI (PRAISES) IN TONE ONE

Choir: Let everything that hath breath, praise the Lord. Praise ye the Lord from the heavens: praise Him in the heights. To Thee, O God, is due our song.

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

For St. Nikephoros in Tone One (\*\*Thou art the joy\*\*)

*Verse 1. Praise God in His sanctuary: praise Him in the firmament of His power. Praise Him for His mighty acts: praise Him according to His excellent greatness.*

Let us keep feast on the memory of Nikephoros; \* for he hath wisely triumphed over the multiform serpent; \* and with his holy love and the drops of his blood, \* he excelled in martyric strife \* for the divine King of kings, Who forgave His foes \* and doth honor them that do the same.

*Verse 2. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.*

Striving with all of thy soul to dispel the enmity \* that had possessed Sapphirus, in thy loving forgiveness \* thou wast raised to martyric glory most bright \* by contending with great resolve; \* and, O Nikephoros, thou didst drown in thy blood \* all the bestial evil of the foe.

*Verse 3. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.*

When thou hadst finished thy fight as an athlete of the Lord, \* thou wast shown forth a sharer of the grace of the Martyrs, \* with whom, O Nikephoros, make every prayer \* to the Lord God in our behalf, \* that we may please Him by doing the works of light \* in the splendor of abundant love.

*Verse 4. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.*

Now, O Nikephoros, dwelling with the angelic choirs, \* and with the hosts of Martyrs dancing in divine glory, \* deified with great and unspeakable grace, \* O confessor of godly mind, \* cease not to offer entreaty in our behalf, \* who revere thy holy martyrdom.

## THE DOXASTICON OF ST. NIKEPHOROS IN TONE FIVE

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

Blessed art thou, O athlete Nikephoros, for according to the divine commandment, thou didst love the only blessed God with thy whole soul, and thy neighbor as thyself. Thou didst lay down thy life for Him, and with a mind fixed on Heaven, thou didst deny thy body and disdain the things of earth. Wherefore now, since thou art a partaker of things on high and an heir of the true tabernacle, intercede in behalf of our souls.

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

We the faithful bless thee, O Virgin Theotokos, and we glorify thee, as is meet and proper: O unshaken city, impregnable battlement, invincible protection, and sheltering refuge of our souls.

### THE LITTLE DOXOLOGY (Plain Reading)

- + To Thee belongeth glory, O Christ our God, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.
- + Glory to God in the highest, and on earth peace, good will among men.
- + We praise Thee, we bless Thee, we worship Thee, we glorify Thee; we give thanks unto Thee for Thy great glory.
- + O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.
- + O Lord God, Lamb of God, Son of the Father, Who takest away the sin of the world, have mercy on us; O Thou Who takest away the sins of the world.
- + Receive our prayer, O Thou Who sittest at the right hand of the Father, and have mercy on us.
- + For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.
- + Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.
- + Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.
- + Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.
- + For with Thee is the fountain of life: in Thy light shall we see light.
- + O continue Thy loving-kindness unto them that know Thee.
- + Vouchsafe, O Lord, to keep us this day without sin.
- + Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.
- + Let Thy mercy, O Lord: be upon us, as we do put our hope in Thee.
- + Blessed art Thou, O Lord: teach me Thy statutes.
- + Blessed art Thou, O Master; make me to understand Thy statutes.
- + Blessed art Thou, O Holy One; enlighten me with Thy statutes.
- + Thy mercy, O Lord, endureth forever. O despise not the works of Thy hands. To Thee belongeth worship, to Thee belongeth praise, to Thee belongeth glory: to the Father and to the Son and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

### THE EKTENIA OF SUPPLICATION

Deacon: Let us complete our morning prayer unto the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.  
Choir: Lord, have mercy.  
Deacon: That the whole morning may be perfect, holy, peaceful and sinless, let us ask of the Lord.  
Choir: Grant this, O Lord.  
Deacon: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.  
Choir: Grant this, O Lord.  
Deacon: Pardon and remission of our sins and transgressions, let us ask of the Lord.  
Choir: Grant this, O Lord.  
Deacon: All things good and profitable for our souls and peace for the world, let us ask of the Lord.  
Choir: Grant this, O Lord.  
Deacon: That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.  
Choir: Grant this, O Lord.  
Deacon: A Christian ending to our life, painless, blameless, peaceful, and a good defense before the fearful judgment seat of Christ, let us ask of the Lord.  
Choir: Grant this, O Lord.  
Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each another, and all our life unto Christ our God.  
Choir: To Thee, O Lord.  
Priest: For Thou art a good God and lovest mankind, and unto Thee we ascribe glory, to the Father, and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.  
Choir: Amen.

### THE PEACE

Bishop: Peace be to all.  
Choir: And to thy spirit.  
Deacon: Let us bow our heads unto the Lord.  
Choir: To Thee, O Lord.

- *All bow their heads as the priest says the following prayer:*

Priest: O holy Lord, Who dwellest on high and regardest the humble of heart and with Thine all-seeing eye dost behold all creation, unto Thee have we bowed the neck of our soul and body, and we entreat Thee: O Holy of holies, stretch forth Thine

invisible hand from Thy holy dwelling-place, and bless us all. And if in aught we have sinned, whether voluntarily or involuntarily, forgive, inasmuch as Thou art a good God, and lovest mankind, vouchsafing unto us Thy earthly and heavenly good things.

For Thine it is to show mercy and to save us, O our God, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

#### THE APOSTICHA FROM THE TRIODION IN TONE THREE

O peoples, let us greet the Fast with joy, for the beginning of the spiritual contest is at hand. Let us lay aside the comforts of the flesh; let us make God's gifts of grace increase within our soul; let us suffer with Him as children of God. And may the Holy Spirit, dwelling in us, give light to our souls.

*Verse 1. In the morning fill us with Thy love, so that we may rejoice and be glad in all our days. Repay us in joy the times which Thou didst afflict us, the many years when disgrace was our lot. Let Thy work be manifest to Thy servants, and Thy glory to their children.*

O peoples, let us greet the Fast with joy, for the beginning of the spiritual contest is at hand. Let us lay aside the comforts of the flesh; let us make God's gifts of grace increase within our soul; let us suffer with Him as children of God. And may the Holy Spirit, dwelling in us, give light to our souls.

*Verse 2. And may the brightness of the Lord our God shine upon us; and may He prosper the works of our hands for us; may He prosper the works of our hands.*

The soldiers of Christ cast aside the fear of kings and tyrants; boldly and with courage they confessed Him as the Lord of all, their King and God; and now they intercede for our souls.

#### THEOTOKION FROM THE TRIODION IN TONE THREE

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

O Theotokos, the protection of all who ask thy prayers: in thee we trust, in thee we boast, in thee is all our hope. Pray to thy Son for thine unprofitable servants.

Priest: It is a good thing to confess unto the Lord, to sing praises to Thy name, O Most High, to declare Thy mercy in the morning, and Thy truth by night.

#### THE TRISAGION PRAYERS

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)  
*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

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

Lord, have mercy. (THRICE)

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

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

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

Choir: Amen.

APOLYTIKION OF ST. NIKEPHOROS IN TONE FOUR (\*\*Be quick to anticipate\*\*)

Thy Martyr, O Lord, in his courageous contest for Thee \* received the prize of the crowns of incorruption and life from Thee, our immortal God. \* For since he possessed Thy strength, he cast down the tyrants \* and wholly destroyed the demons' strengthless presumption. \* O Christ God, by his prayers, save our souls, since Thou art merciful.

FINAL DAILY ORTHROS THEOTOKION IN TONE FOUR

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

We magnify thee, O Theotokos, and cry out: Thou art the bush wherein Moses beheld, without being burned, the fire of the Godhead as a flame.

THE EPISTLE (For Tuesday of Cheese Fare Week)

Deacon: Let us attend!

Reader: The righteous shall rejoice in the Lord. O God, hear my voice.

Deacon: Wisdom!

Reader: The Reading from the Epistle of St. Jude. (1-10)

Deacon: Let us attend!

Reader: Jude, a servant of Jesus Christ, and brother of James, to those who are called, beloved in God the Father and kept for Jesus Christ: May mercy, peace, and love be multiplied to you. Beloved, being very eager to write to you of our common salvation, I found it necessary to write appealing to you to contend for the faith which was once for all delivered to the saints. For admission has been secretly gained by some who long ago were designated for this condemnation, ungodly persons who pervert the grace of our God into licentiousness and deny the only Master and our Lord Jesus Christ. Now I desire to remind you, though you were once for all fully informed, that the Lord saved a people out of the land of Egypt, afterward destroyed those who did not believe. And the angels that did not keep their own position but left their proper dwelling have been kept by him in eternal chains in the nether gloom until the judgment of the great day; just as Sodom and Gomorrah and the surrounding cities, which likewise acted immorally and indulged in unnatural lust, serve as an example by undergoing a punishment of eternal fire. Yet in like manner these men in their dreams defile the flesh, reject authority, and revile the glorious ones. But when the archangel Michael, contending with the devil, disputed about the body of Moses, he did not presume to pronounce a reviling judgment upon him, but said, "The Lord rebuke you." But these men revile whatever they do not understand, and by those things that they know by instinct as irrational animals, they are destroyed.

Bishop: Peace be to thee that readest!

Choir: Alleluia, Alleluia, Alleluia.

THE GOSPEL (For Tuesday of Cheese Fare Week)

Deacon: Wisdom! Attend! Let us hear the Holy Gospel.

Bishop: Peace be to all.

Choir: And to thy spirit.

Priest: The reading from the Holy Gospel according to St. Luke. (22:39-42, 45-71; 23:1)

Choir: Glory to Thee, O Lord, glory to Thee.

Deacon: Let us attend!

Priest: At that time, when Jesus came out, He went, as was His custom, to the Mount of Olives; and the disciples followed Him. And when He came to the place He said to them, "Pray that you may not enter into temptation." And He withdrew from them about a stone's throw, and knelt down and prayed, "Father, if Thou willest, remove this cup from Me; nevertheless not My will, but Thy will, be done." And when He rose from prayer, He came to the disciples and found them sleeping for sorrow, and He said to them, "Why do you sleep? Rise and pray that you may not enter into temptation." While He was still speaking, there came a crowd, and the man called Judas, one of the twelve, was leading them. He drew near to Jesus to kiss Him; but Jesus said to him, "Judas, would you betray the Son of man with a kiss?" And when those who were about Him saw what would follow, they said, "Lord, shall we strike with the sword?" And one of them struck the slave of the high priest and cut off his right ear. But Jesus said, "No more of this!" And He touched his ear and healed him. Then Jesus said to the chief priests and officers of the temple and elders, who had come out against Him, "Have you come out as against a robber, with swords and clubs? When I was with you day after day in the temple, you did not lay hands on Me. But this is your hour, and the power of darkness." Then they seized Jesus and led Him away, bringing Him into the high priest's house. Peter followed at a distance; and when they had kindled a fire in the middle of the courtyard and sat down together, Peter sat among them. Then a maid, seeing him as he sat in the light and gazing at him, said, "This man also was with Him." But he denied it, saying "Woman, I do not know Him." And a little later someone else saw him and said, "You also are one of them." But Peter said, "Man, I am not." And after an interval of about an hour still another insisted, saying, "Certainly this man also was with Him; for he is a Galilean." But Peter said, "Man, I do not know what you are saying." And immediately, while he was still speaking, the cock crowed. And the Lord turned and looked at Peter. And Peter remembered the word of the Lord, how He had said to him, "Before the cock crows today, you will deny Me three times." And he went out and wept bitterly. Now the men who were holding Jesus mocked Him and beat Him; they also blindfolded Him and asked Him, "Prophecy! Who is it that struck Thee?" And they spoke many other words against Him, reviling Him. When day came, the assembly of the elders of the people gathered together, both chief priests and scribes; and they led Jesus away to their council, and they said, "If Thou art the Christ, tell us." But He said to them, "If I tell you, you will not believe; and if I ask you, you will not answer. But from now on the Son of man shall be seated at the right hand of the power of God." And they all said, "Are you the Son of God, then?" And He said to them, "You say that I am." And they said, "What further testimony do we need? We have heard it ourselves from His own lips." Then the whole company of them arose, and brought Him before Pilate.

Choir: Glory to Thee, O Lord, glory to Thee.

THE EKTENIA OF FERVENT SUPPLICATION

Deacon: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for all pious and Orthodox Christians.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for our father and Metropolitan PHILIP, and for our Bishop JOSEPH and Bishop ILIA.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for our brethren: the priests, hieromonks, deacons, hierodeacons and monastics and all our brotherhood in Christ.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for mercy, life, peace, health, salvation and visitation and pardon and remission of sins for (the servants of God, [Names], and) all Orthodox Christians of true worship, who live and dwell in this community.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for the blessed and ever-memorable founders of our holy churches and (for the departed servants of God, [Names], and) all our fathers and brethren, the Orthodox departed this life before us, who here and in all the world lie asleep in the Lord.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for those who bear fruit and do good works in our holy and all-venerable temples, those who serve and those who sing, and for all the people here present, who await Thy great and rich mercy.

Choir: Lord, have mercy. (THRICE)

Priest: For Thou art a merciful God and lovest mankind, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

THE DISMISSAL

Deacon: Wisdom!

Choir: Master, bless!

Bishop: Christ our God, the Existing One, is blessed, always, now and ever, and unto ages of ages.

Choir: Amen. Preserve, O God, the holy Orthodox faith and all Orthodox Christians, unto ages of ages. Amen.

Bishop: Most holy Theotokos, save us.

Choir: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption bearest God the Word and art truly Theotokos: we magnify thee.

Bishop: Glory to Thee, O Christ our God and our hope, glory to Thee.

Choir: Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen. Lord, have mercy (*thrice*). Master, bless.

Bishop: May Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the honorable Archangel Michael, the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; of the holy, glorious and right-victorious Martyr Nikephoros of Antioch; Hieromartyrs Markellos, bishop of Sicily, Pankratios, bishop of Taormina, and Philagrios, bishop of Cyprus, whose memory we celebrate today; and Innocent, first bishop of Irkutsk, whose translation of relics we celebrate today, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

Choir: Ton dhespotin ke Archierea imon Kyrie philate: Eis polla eti, Dhespota. Eis polla eti, Dhespota. Eis polla eti, Dhespota.

(*Choir: Preserve, O Lord, our master and chief priest, and grant him many years: many years to thee, master; many years to thee, master; many years to thee, master.*)

Bishop: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us.

Choir: Amen.

Priest: Through the prayers of our holy master, Lord Jesus Christ our God, have mercy upon us and save us.

Choir: Amen.