

*15<sup>th</sup> Sunday after Pentecost*  
*Commemoration of our Venerable Father Poemen the Great*

VESPERS: Tone 6

P. Regular Beginning

C. Lord I have cried...

1. O Christ, triumphant **over** hell,/ Thou hast ascended **upon** the Cross,/ to raise up with Thyself those dwelling in the **darkness** of death./ Free **among** the dead,/ Thou pourest forth life from **Thine** own light:// O almighty Saviour, have mercy **upon** us.
2. Christ, having trampled upon **death** today,/ according to His word, rose up bestowing **joy** upon the world,/ that all of us shouting this **hymn** might say:/ O Fount of life, O Light that no **man** can approach,// O almighty Saviour, have mercy **upon** us.
3. Whither shall we sinners fly from **Thee**, O Lord,/ Who art everywhere in the creation?/ Into heaven? Thy **abode** is there./ Into hell? Thou hast trampled **upon** death./ Into the uttermost **parts** of the sea?/ Thy hand reaches thither, O **Master**./ We run to Thee and falling before **Thee** we pray:// O Thou, risen from the dead, have mercy **upon** us.
4. We exult in Thy **Cross**, O Christ,/ and we praise and glorify Thy Resurre**ction**./ For **Thou** art our God;// we know no other **Lord** but Thee.
5. Ever **blessing** the Lord,/ we praise His Resurre**ction**./ For **enduring** the Cross,// He destroyed **death** by death.
6. Glory be unto Thy **might**, O Lord,/ for thou hast destroyed the **power** of death;/ and Thou hast renewed us **through** Thy Cross// bestowing upon us life and incorru**ption**.
7. Thy **burial**, O Christ,/ burst the bonds of hell **asunder**;/ Thy Resurrection from the dead gave new light **unto** the world.// Unto Thee, O Lord, be **glory**.

Stichera for our Venerable Father Poemen (Tone 8)

8. **What** now shall we call thee, O **Poemen**?/ Model of monks and accomplisher of **healings**,/ who with the stripes of abstinence wounded the **passions** of the soul,/ citizen of heaven and converser with **angels**,/ inhabitant of the **city** on high,/ vessel of the virtues and confirmation of the **pious**:// Pray thou that our **souls** be saved.
9. **What** now shall we declare thee, O **Poemen**?/ Dweller in the desert and lover of **stillness**,/ uprooter of the passions, **instructor** of monks,/ deluge of the teachings of the divine **Spirit**,/ perpetual lamp of **discernment**,/ true worker of wonders who healest divers **sufferings**:// Pray thou that our **souls** be saved.

10. **As** a beacon of discernment,/ thou dost illumine the souls that **approach** thee with faith,/ showing them the path of life, O **wise** one./ Wherefore, we bless thee with **praises**,/ celebrating thy holy solemnity, O **Poemen**,/ boast of the fathers, adornment of **fasters**.// Pray thou that our **souls** be saved.

Glory... (Tone 6)

O venerable **father**,/ word of thy corrections hath gone forth into **all** the earth;/ wherefore, thou hast found the reward for thy labors in the **heavens**./ Thou didst destroy legions of **demons**/ and hast attained unto the ranks of the **angels**,/ whose life thou didst blamelessly **emulate**./ As thou hast boldness before **Christ** God,// ask thou **peace** for our souls.

Both now & ever... Dogmatikon Tone 6

Who does not call thee **blessed**,/ O all-hallowed **Virgin**?/ Who does not sing the praises of thy **giving** birth,/ which was not according to the laws of **nature**;/ for the only-begotten **Son** Himself,/ timelessly having shone out of the **Father**,/ came forth from thee who **art** pure;/ and having been ineffably made flesh, He, Who by **nature** is God,/ for our sakes became also by **nature** man,/ not in two divided **persons**,/ but in two natures without **confusion** is He known./ O thou, honoured and greatly **blessed**,// beseech Him to have **mercy** on our souls.

- P. Wisdom. Aright!  
 C. O Joyful Light...  
 P. Prokimenon. The Lord is King...  
 P. Wisdom! (And readings, if any)  
 P. Augmented Litany  
 R. Vouchsafe...  
 P. Litany of Fervent Supplication

APOSTICHA: (Tone 6)

1. Angels in heaven sing the **praises**/ of Thy Resurrection, O Christ our **Saviour**./ Vouchsafe that we **too** on earth// may from pure hearts give Thee **glory**.

V. The Lord is King,/ and hath put on glorious apparel.

2. After breaking in pieces the **gates** of brass/ and crushing the bolts and **bars** of hell,/ Thou, being almighty God, didst raise **fallen** man./ Therefore, with one **accord**, we cry:// Glory unto Thee, O Lord, **risen** from the dead.

V. He hath made the world so sure/ that it cannot be moved.

3. Wishing to lift us out of the ancient **corruption**,/ Christ was nailed upon the Cross and **laid** in the tomb./ As in tears the women bearing myrrh **searched** for Him,/ they said, lamenting: Woe are we, O **Saviour** of all:/ How comes it that Thou wast pleased to  **dwell** in the tomb?/ How comes it, if that was Thy wish, that Thou hast now been **stolen**?/ How comes it that Thou hast been taken **elsewhere**?/ In what place have they laid Thy life-bearing **Body**?/ But, O Master, as Thou hast **promised**,/

appear to us and dry up the **fountain** of our tears./ Upon which, as they wept, an angel **came** to them and cried:/ Cease your weeping and tell the apostles that the Lord is **risen**// giving the world purification and great **mercy**.

V. Holiness becometh Thine house/ O Lord, forever.

4. Crucified according to Thy **Will**, O Christ,/ despoiling death by Thy **entombment**,/ Thou hast risen up on the third day as God in **glory**,// granting the world life without end and great **mercy**.

Glory... (Tone 8)

We **honour** thee as the instructor of a **multitude** of monks,/ O Poemen our **father**;/for by thy steps have we truly learned to **walk** aright./ Blessed art thou who, laboring for Christ, didst denounce the power of the **enemy**,/ O converser with the angels, who sharest the portion of the venerable and the **righteous**.// With them entreat the Lord, that He have mercy **upon** our souls.

Both now and ever... (Tone 8)

O **Virgin** unwedded, O Mother of **God** on high,/ thou hast ineffably conceived **God** in the flesh;/ and being beyond reproach, thou hast granted us all purification of our **transgressions**./ Accept the supplications of thy **servants**,/ and do thou, who now receivest our **entreaties**,// pray for us **all** to be saved.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x3

Blessed be the Name of the Lord... x3

Psalm 33:1-10

MATINS: Tone 6

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

C. Sunday Troparia (Tone 6) x2

The angelic powers were at thy tomb;/ the guards became as dead men./ Mary stood by Thy grave,/ seeking Thy most pure Body./ Thou didst capture hell not being tempted by it./ Thou didst come to the Virgin, granting life./ O Lord, Who didst rise from the dead:// Glory to Thee.

Glory... Troparion for the Saint (Tone 8)

With the streams of thy tears thou didst irrigate the barren desert,/ and with sighs from the depths of thy soul thou didst render thy labors fruitful an hundredfold,/ and becamest a beacon for the whole world, resplendent with miracles.// O Poemen our father, entreat Christ God, that our souls be saved.

Both now and ever... (Tone 8) (See music in books)

Thou, O good Lord, for our *sakes* wast born of a **Virgin**/ and hast endured crucifixion, despoiling **death** by death,/ and as God, Thou hast *shown*

forth the Resurrection./ Despise not the work of **Thine** hands./ Show Thy love for man, O **merciful** Lord./ Accept the intercession made on our behalf by the Theotokos who **bore** Thee, // and, O our Saviour, save Thy despairing people.

Lord Have Mercy      3x  
Glory...

R. Now...  
R. Kathisma II  
P. Small Ectenia

R. Sessional Hymns:

When the tomb was opened and hades wept, Mary cried out to the apostles, who had hidden themselves: "Come forth, ye laborers of the vineyard! Proclaim the tidings of the resurrection! The Lord hath risen, granting the world great mercy."

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

O Lord, Mary Magdalene stood before Thy tomb and wept aloud; and supposing Thee to be the gardener, she said: "Where hast Thou hidden our eternal Life? Where hast Thou laid Him Who sitteth upon the throne of the cherubim? For those who guarded Him have become as dead through fear. Either give me my Lord, or cry out with me: O Thou Who wast among the dead and hast raised up the dead, glory to Thee!"

G/B... The mystery hidden from all ages and unknown to the angels was made manifest to those on earth through Thee, O Theotokos: God took flesh in a union without confusion and for our sakes willingly accepted the Cross; and thereby He raised the first formed man and saved our souls from death.

R. Kathisma III  
P. Small Ectenia

R. Sessional Hymns:

Life lay in the tomb, and a seal was affixed to the stone. Soldiers guarded Christ as they would a sleeping king, and the Lord arose, invisibly smiting His enemies.

V. I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

Jonah prefigured Thy tomb, and Symeon told of Thy divine resurrection, O immortal Lord; for Thou didst descend into the tomb as one dead, demolishing the gates of hades, and didst arise as Master, without corruption, for the salvation of the world, O Christ our God, Who hast enlightened those in darkness.

G/B... O Virgin Theotokos, entreat thy Son, Christ our God, Who of His own will was nailed to the Cross and arose from the dead, that our souls be saved.

R. Psalm 118  
 C. Evlogitaria (Blessed art Thou, O Lord...)  
 P. Small Ectenia

R. Ypakoe:

Having, as God broken down the gates of hades by Thy voluntary and life-creating death, O Christ, Thou didst open ancient paradise unto us; and rising from the dead, Thou hast delivered our life from corruption.

Hymn of Degrees: (Antiphon One)

I lift up mine eyes to heaven, to Thee, O Word. Have pity, that I may live in Thee.

Have mercy upon us who are downcast, O Word, making us vessels useful to Thee.

G/B... The Holy Spirit is the Cause of all salvation. And if He blow upon anyone as is meet, He quickly taketh him away from among the things of earth: He giveth him wings, maketh him grow and setteth him on high.

Hymn of Degrees: (Antiphon Two)

If the Lord were not among us, none of us would be able to combat the warfare of the enemy; for they who conquer are lifted upon from hence.

Let not my soul be seized like a bird by the teeth of the enemy, O Word. Woe is me! How shall I, who love sin, escape them?

G/B... From the Holy Spirit come deification, goodwill, understanding, peace and blessing for all; for He worketh equally with the Father and the Word.

Hymn of Degrees: (Antiphon Three)

They that hope in the Lord are fearsome to the enemy and wondrous to all; for they direct their gaze on high.

He who hath Thee, O Saviour, as his Helper, the Portion of the righteous, doth not stretch out his hands toward iniquities.

G/B... The dominion of the Holy Spirit is over all. Him do the armies on high worship, as doth every creature here below.

P. Prokimenon:

O Lord, stir up Thy might/ and come to save us.

V. O Shepherd of Israel, attend, Thou that leadest Joseph like a sheep.

C. Let every breath praise the Lord.

P. GOSPEL #4

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. Glory... Now... Have mercy on me... Jesus having risen...

P. Save, O God, Thy People...

Anointing.

Canticle One

Irmos: Traversing the deep on foot/ as though it were dry land,/ and seeing the tyrant Pharaoh drowned,/ Israel cried aloud://  
Let us chant unto God a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

Jesus the Good, by Thine arms outspread upon the Cross, Thou hast filled all things with the good pleasure of the Father. Therefore shall we all sing Thee a triumphal song.

For fear of Thee, the end that is death became like a servant and was ordered to approach the Master of Life, whereby He awarded us life without end and the Resurrection.

Theotokion

Having received thine own Creator incarnate of thy seedless womb in manner past understanding, O pure one, as He Himself desired, thou wast truly shown to be the Mistress of creation.

Glory to Thy Precious Cross and Resurrection, O Lord.

Thou hast spread Thy divine hands on Thine undefiled and life-bearing Cross, O Saviour, and thereby led all nations unto knowledge of Thee, Master, as they worship, O Lord, Thy glorious Crucifixion.

The Judge, willingly condemned to a lawless sentence, stands before the judgment seat of Pilate, and God Whom the earth and heavens fear is buffeted in the face by the hands of injustice.

Theotokion

Pouring forth streams of tears, the all-immaculate one stood by Thy Cross, O Saviour, beholding the drops of blood which poured forth from Thy side, O Christ, and glorifying Thine incomparable mercy.

Most Holy Theotokos, Save us.

Eve partaking of the forbidden fruit of the garden brought in the curse. But thou, O Pure, hast loosed it by bearing Christ, first-fruit of blessing.

O pure Virgin, who hast borne Christ the pearl from the divine lightning, do thou disperse by the light of thine own brightness the gloom of my passions and the tumult of my faults.

Jacob secretly foresaw with the eyes of the mind, God, the hope of the Gentiles, made flesh of thee and delivering us at thine intercession.

Venerable father Poemen, pray to God for us!

Warmed by the fervor of the Comforter, O father, thy heart hath melted the ice of the demons and the winter of the passions.

Setting the tinder of the passions afire with the burning coal of God, thou becamest a beacon of discernment and fiery dispassion, O blessed one.

Glory... Bearing thy cross upon thy shoulders, O father, thou didst follow after Him Who calleth with love, and didst become a beacon for monks.

Both... The all-divine Word, Who in His goodness desired to become incarnate of thy womb, O pure Virgin Mother, saveth the whole of me.

C. Katavasia (Tone 8)

Inscribing the invincible weapon of the Cross upon the waters,/ Moses marked a straight line before him with his staff/ and divided the Red Sea,/ opening a path for Israel who went over dry-shod./ Then he marked a second line across the waters and united them in one,/ overwhelming the chariots of Pharaoh.// Therefore let us sing to Christ our God, for He has been glorified.

Canticle Three

Irmos: There is none as holy as Thee,/ O Lord my God,/ Who hast uplifted the horn of Thy faithful/ and established us// on the rock of the confession of Thee, O Good One.

Glory to Thy Holy Resurrection, O Lord.

The creation, looking upon God crucified in the flesh was dissolved by fear but was strongly held together by the firm hand of Him Who was crucified for us.

Death having been destroyed by death, the wretch lay lifeless; For, not able to bear the divine assault, he who was strong was put to death and the Resurrection was bestowed upon all.

Theotokion

The miracle of thy divine birthgiving transcendeth every order of nature, O pure one; for thou didst supernaturally conceive God in thy womb, and having given birth thou dost ever remain a virgin.

Glory to Thy Precious Cross and Resurrection, O Lord.

Having lain in the tomb for three days, Thou hast raised by Thy life-bearing Rising those who had been put to death in former times and who, loosed from their sentence, greatly rejoiced in sweet accord, crying: Behold the deliverance hath come, O Lord.

Glory to Thy Rising, O our Saviour, for as all-powerful, hast Thou plucked us from hell and the corruption of death, and we say as we sing: There is none holy save Thee, O Lord, Who lovest mankind.

Theotokion

Thou didst see Him Who was born of thee pierced by a spear, and wast wounded in heart, O all-holy and most immaculate one; and filled with horror, thou didst say: How hath the all-iniquitous nation rewarded Thee, O my Child?

Most Holy Theotokos, Save us.

Ineffably taking upon Himself my changing and mortal flesh from thee, O all-pure Mother of God, He Who is Good, after making it incorruptible, joined it eternally to Himself.

Looking at God, made flesh from thee, O Virgin, the choirs of angels were stricken with fear and wonder and they honour thee as Mother of God in hymns that are never still.

The prophet Daniel was stricken with amazement on beholding thee, thou living Mountain, from which a stone was cut without hand of man and broke with its might the altars of devils, O Mother of God.

Venerable father Poemen, pray to God for us!

The angels marveled at thy standing all night; for thou didst have them as fellow laborers in thy prayers to God.

Thou didst strip the blindness of the passions from the eyes of thy mind; wherefore, in pure manner thou hast beheld the Invisible One.

Glory... Nurtured on abstinence as with milk, O venerable Poemen, thou didst mount the heights of the virtues to perfect dispassion.

Both... Having thee as my helper, O pure one, I fear not the assaults of the enemy; yea, having thee as mine intercessor, I vanquish their hosts.

C. Katavasia (Tone 8)

The **rod** of Aaron is an image of this **mystery**,/ for when it budded it **showed** who should be priest./ So in the Church that once was **barren**,/ the wood of the Cross has now put forth **flower**,// filling her with strength and **steadfastness**.

P. Small Ectenia

C. Kontakion for St. Poemen (Tone 4)

Today the holy memory of thy splendid struggles hath dawned, O father,/ gladdening the souls of the pious,// O divinely wise Poemen, our venerable father.

R. Ikos for St. Poemen

Hating soul-corrupting pleasures and the tumult of the world with all thy soul, and desiring Christ, taking His Cross on thy shoulders, thou didst follow after Him with steadfast desire; and having struggled in abstinence, fasting, tears and unceasing prayer, thou didst acquire an immaterial life. Wherefore, the Saviour hath given thee the kingdom of heaven, counting thee worthy of the never-waning light and unapproachable radiance, O divinely wise Poemen, our venerable father.

R. Sessional hymn

Tended by the Lord, thou wast shown to be His meek sheep, overcoming the adverse wolves, O blessed one; and having completed thy divine contest, thou madest thine abode in the fold of heaven, O venerable one. Earnestly entreat Christ God, that He grant us great mercy.

G/B... The one Lord, Who preserved thee, His Mother, a Virgin undefiled after thy birthgiving, as thou wast before giving birth, remained God without separating Himself from His divine nature while He took flesh in thy womb, becoming man. Him do thou earnestly entreat, that He grant us great mercy.

#### Canticle Four

Irmos: Christ is my power, my God and my Lord,/ the honoured Church doth sing,/ crying out in godly manner/ with a pure mind,// keeping festival in the Lord.

Glory to Thy Holy Resurrection, O Lord.

The Wood made life truly flower, O Christ. For the Cross set up and watered by the Blood and Water from Thy spotless side, put forth life for us.

The serpent no more whispers falsely to me that I should be God; for Christ, the divine Maker of the nature of man hath now unfolded unto me, without hindrance, the path of life.

#### Theotokion

Truly ineffable and unapproachable to those on earth and in heaven are the mysteries of thy divine birthgiving, O Ever-virgin.

Glory to Thy Precious Cross and Resurrection, O Lord.

We honour Thy precious Cross, O Christ, and the nails and the sacred lance with the reed and the crown of thorns through which we have been plucked from the corruption of hell.

The tomb, O Saviour, received Thee Who of Thine own will hast appeared dead for us. But in no wise could it hold Thee fast, O Word, for as God hast Thou risen, saving our kind.

#### Theotokion

O Ever-virgin Theotokos who gavest birth unto Christ, the Saviour of men, from misfortunes and torments deliver us who with faith flee to thy divine protection.

Most Holy Theotokos, Save us.

We praise thee, undefiled and without blemish, through whom we have been saved and singing with reverence we cry: Blessed art thou, O ever-Virgin, who hast given birth to God.

Thou, O most blessed Virgin, hast borne the Light that never sets, Who shone through the flesh unto those in the darkness of life and thou hast poured forth joy unto those who sing thy praises, O ever-Virgin.

Through thee, All-holy, grace flowered and the law hath ceased to be. For thou, O Pure, hast borne the Lord Who hath granted us remission, O ever-Virgin.

Venerable father Poemen, pray to God for us!

Thou wast an unflawed mirror receiving the brilliance of the Spirit, and the receptacle of the divine ascents, O God-bearer.

Thou wast shown to be a lofty tree watered with tears, adorned with abstinence and laden with divine fruits, O father.

Glory... With the pangs of abstinence thou didst work the field of thy mind, and didst raise as thy crop the grain-laden wheat of the virtues and the grace of miracles.

Both... O Bride of God, vessel of virginity and habitation of the infinite Essence: enlighten my darkened soul.

C. Katavasia (Tone 8)

O Lord, I have heard the mystery of Thy dispensation;/ I have considered Thy works,// and I have glorified Thy Godhead.

#### Canticle Five

Irmos: With Thy divine light/ illumine the souls of those who with love/ rise at dawn unto Thee, I pray Thee, O Good One,/ that they may know Thee, O Word of God, to be the true God// Who calleth all forth from the darkness of sin.

Glory to Thy Holy Resurrection, O Lord.

The cherubim now withdraws from me and the flaming sword turns its back on me, O Master, after beholding Thee, O Word of God Who art God indeed, making for the thief a way in Paradise.

I shall no more fear my return to the earth, O Master Christ, for through much compassion hast Thou by Thy Resurrection led me, forgotten, from the earth to the height of immortality.

#### Theotokion

Save those who with all their soul confess thee to be the Theotokos, O good Mistress of the world, for we have thee, the true Theotokos, as an invincible intercession.

Glory to Thy Precious Cross and Resurrection, O Lord.

Enticed by eating of the tree in Eden, the founder of our kind slipped into corruption, after disobeying Thy command, O most good Lord, but Thou hast led him back again to his primal beauty through the Cross by being obedient to the Father, O Saviour.

O Good One, by Thy death, the power of death was wiped out and the fountain of life gushed forth for us and immortality was bestowed upon us. We therefore venerate in faith Thy tomb and Thy Resurrection, whereby Thou, as God, hast enlightened the world.

#### Theotokion

The Lord and Creator of all, Who dwelleth in the heavens, ineffably made His abode within thy womb, O most immaculate one, and hath glorified thee as more exalted than the heavens and holier than the immaterial ranks. Wherefore, we on earth now call thee blessed.

Most Holy Theotokos, Save us.

Shining radiantly with purity, thou, whom all men sing, hast become the divine dwelling-place of the Master. For only thou hast been shown forth as Mother indeed of God, and hast carried Him as a babe in thine arms.

Wearing the spiritual beauty of thy most fair soul, thou hast become the Bride of God, sealed with holy virginity and shining upon the world the joyful light of purity.

Let the congregation of the ungodly who proclaim thee not expressly Mother of God lament; for thou hast been shown forth to us as the gateway of God, Who hath dispersed the deep gloom of sin.

Venerable father Poemen, pray to God for us!

Having borne the heat of the day, O glorious and venerable one, thou wast accounted worthy of the joy of thy Lord.

Thou didst bud forth the sweet smelling lily of the valley of abstinence, rendering the ends of the earth fragrant with exhalations of the knowledge of God.

Glory... Fortifying with humility, O father, thou didst cast down to the ground the serpent who greatly boasted in the beginning.

Both... We hymn thee, O Theotokos, as a Virgin after giving birth; for thou gavest birth for the world unto the Word in the flesh.

C. Katavasia (Tone 8)

O thrice-blessed Tree, on which Christ the King and Lord was stretched!/ Through thee the beguiler fell, who tempted mankind with the tree./ He was caught in the trap set by God,/ Who was crucified upon thee in the flesh,// granting peace unto our souls.

Canticle Six

Irmos: Beholding the sea of life/ surging with the tempest of temptations,/ fleeing to Thy calm haven I cry unto Thee:/ Lead up my life from corruption,// O greatly Merciful One.

Glory to Thy Holy Resurrection, O Lord.

O Master, crucified with nails, Thou hast wiped out the curse against us while pierced in Thy side by the lance, Thou hast torn up the handwriting against Adam and set the world free.

Tripped up by the heel through beguilement, Adam hath been led down towards the pit of hell. But God Who is compassionate by nature, descended

to seek him and carrying him on His shoulders, He raised him up with Himself.

Theotokion

O all-pure Mistress who for men gavest birth to Christ, the Helmsman, allay the inconstant and grievous tumult of my passions, and grant serenity to my heart.

Glory to Thy Precious Cross and Resurrection, O Lord.

The multitude of the Hebrews were slayers of Christ and of the Prophets for as they were not afraid in times of old to kill prophets who were secret rays of truth, so have they now, pushed forward by jealousy, killed the Lord Whom these same Prophets then proclaimed. But His being put to death hath been life for us.

Thou wast compassed but not held by the tomb, O Saviour. For although Thou hast willingly tasted death, O Word, yet art Thou risen as immortal God, having raised up with Thyself those held in bondage by hell and given the Women joy in exchange for the grief that was theirs before.

Theotokion

At the time of Thy suffering, the appearance of Thy flesh was ignoble and poor beyond that of men, though through the Essence of the divinity it was shown unto David as comely in beauty. Yet by the rod of Thy kingdom the might of the enemy was shattered; and the pure one said: O my Son and God, arise from the tomb!

Most Holy Theotokos, Save us.

Moses, great among the Prophets, wrote proclaiming thee beforehand as being a Tabernacle and Table, and Candlestick and Jar, symbolically signifying the Incarnation of the Most High from thee, O Mother Virgin.

Death is put to death and the corruption from the condemnation of Adam is abolished by its coming into conflict with thy Fruit, O Lady, for thou hast given birth to the Life Who delivers from corruption all those who sing thy praises, O Mother Virgin.

The law failed and the shadow passed away when the grace past thought and understanding of the birth of our God and Saviour from thee, O far-famed Virgin, was revealed to me.

Venerable father Poemen, pray to God for us!

Having mortified the assaults of the body with many struggles, thou didst depart for immortal life, O right wondrous Poemen.

Ever acquiring abstinence, prayer and love unfeigned, O venerable one, thou wast shown to be an unflawed mirror of God.

Glory... Living in impassable deserts, thou didst strip thyself bare of vain passions and becamest a citizen of heaven.

Both... O thou who alone gavest birth in the flesh unto the Word at the word of the Archangel, deliver our souls, we pray thee, from the snares of the enemy.

C. Katavasia (Tone 8)

**Jonah** stretched out his hands in the form of a Cross in the belly of the sea **monster**,/ plainly prefiguring the redeeming **Passion**./ Cast out from hence after **three** days,/ he foreshadowed the marvelous Resurrection of **Christ** our God,/ Who was crucified in the flesh and **enlightened** the world// by His Rising on the **third** day.

P. Small Ectenia

C. Kontakion (Tone 6)

When Christ God the Giver of Life,/ raised all of the dead from the valleys of misery with his mighty hand,/ He bestowed resurrection on the human race.// He is the Saviour of all, The Resurrection, the Life, and the God of all.

R. Ikos

We, the faithful, hymn and bow down before the Cross and Thy burial, O Bestower of life, O Immortal One. Thou didst raise the dead with Thyself, didst break down the gates of death, and didst destroy the dominion of hell, in that Thou art God. Wherefore, with love we mortals glorify Thee Who hast arisen and cast down the most destructive might of the enemy, and hast raised up all who have believed Thee to have risen and delivered the world from the arrows of the serpent and the deception of the enemy, in that Thou art the God of all.

Canticle Seven

Irmos: An angel caused the furnace to pour forth dew/ upon the pious youths,/ and the command of God, which consumed the Chaldeans,/ prevailed upon the tyrant to cry out:// Blessed art Thou, O God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

The sun, lamenting at Thy Passion, was wrapped in gloom, and on that day, O Master, the light was darkened over the whole earth, that cried aloud: Blessed art Thou, the God of our fathers.

At Thy descent, O Christ, the lowest parts of the earth put on light: while our forefather appeared singing full of joy and he danced crying aloud: Blessed art Thou, O God of our fathers.

Theotokion

Through thee, O Virgin Mother, radiant Light hath shone forth upon the whole world; for thou gavest birth unto God, the Creator of all. Him do thou entreat, O most pure one, that He send down great mercy upon us, the faithful.

Glory to Thy Precious Cross and Resurrection, O Lord.

O strange thing! He Who delivered Israel from the bondage to Pharaoh, is willingly crucified by him and loosens the cords of error. Unto Him do we sing in faith: O Redeemer, God, blessed art Thou.

The godless children of transgressors crucified Thee on Golgotha, O Saviour, Who hast broken the gates of brass and the chains unto the salvation of us who sing: O Redeemer God, blessed art Thou.

#### Theotokion

Having given birth to the Liberation of Eve from the ancient curse, O pure Virgin, thou dost release Adam; wherefore, with the angels we hymn thee and thy Son, and cry aloud: O God our Deliverer, blessed art Thou!

Most Holy Theotokos, Save us.

The furnace that burnt not the three Children was the prefigure of thy giving birth. For the divine fire went to dwell in thee without consuming thee and taught all to cry aloud: Blessed art Thou, O God of our fathers.

The ends of the earth enlightened by the beams of thy brightness call thee blessed as thou hast foretold, O pure Mother, and filled with grace they sing aloud crying: Blessed art Thou, O God of our fathers.

Thou art the place where human nature is purified, O thou who alone art blessed of God; for, bearing in thine arms God Who sitteth upon the shoulders of the cherubim, thou criest: Blessed art Thou, O God of our fathers!

Venerable father Poemen, pray to God for us!

Passing thy time in divine visions and illumining thyself with immaterial splendors, thou hast truly been shown to be forever a child of the day and the light of those who are in darkness, O God-bearer.

Taken up to the heights of dispassion in the flesh, emulating the angels, thou becomest an heir to paradise, O blessed one, crying out: Blessed art Thou, O God!

Glory... Shining with the splendor of dispassion, thou didst cast the temptations of the demons into darkness. From their many afflictions deliver those who cry out, O venerable one: Blessed art Thou, O God!

Both... Behold, in the Spirit the great Isaiah said of the Virgin that she would conceive God in her womb and give birth unto Him. Chanting, let us say unto Him: Blessed art Thou, O God!

#### C. Katavasia (Tone 8)

The senseless decree of the wicked tyrant,/ breathing forth threats and blasphemy hateful to God, confused the people./ Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three Children,/ but standing together in the flame,/ fanned by the wind that brought refreshment as the dew, they sang:/ 'Blessed art Thou and praised above all,// O our God and the God of our fathers.'

#### Canticle Eight

Irmos: From the flame didst Thou pour forth dew upon the venerable ones,/ and didst consume the sacrifice of the righteous one with water;/ for Thou, O Christ, dost do all things soever Thou desirest.// Thee do we exalt supremely for all ages!

Glory to Thy Holy Resurrection, O Lord.

Envy hath now made the people of the Jews who killed the Prophets in past times into killers of God, since they hung Thee upon the Cross, O Word of God Whom we exalt above all for ever.

Without forsaking the vaults of Heaven, Thou hast gone down into hell, and hast raised up with Thyself, O Christ, man entire who lay in decay and who exalts Thee above all forever.

Theotokion

From Light thou didst conceive the Word, the Bestower of light; and having ineffably given birth unto Him, thou hast been glorified. For the Spirit of God dwelt within thee, O Maiden. Wherefore, we hymn thee for all ages.

Glory to Thy Precious Cross and Resurrection, O Lord.

Every ear was afraid when the Most High came upon earth willingly to master the strength of hell through the Cross and the tomb and to raise all men to cry: O ye children, bless Him, O ye priests praise Him, O ye people exalt Him above all for ever.

The tyranny of hell hath ceased and the rest of his royal power been set at naught. For God Who is over all having pitched the Cross on earth, put down his might. O ye children bless Him, O ye priests praise Him, O ye people exalt Him above all forever.

Theotokion

O Thine ineffable love for mankind, O Christ, and Thine unutterable benefactions! For, seeing me perishing in the prison of hades, Thou didst deliver me, enduring Thy sufferings. Wherefore, we bless Thee, the Master of all, and exalt Thee supremely for all ages.

Most Holy Theotokos, Save us.

He Who by His will alone set up the world was lent flesh of thy pure womb, wishing to form it anew from above. We exalt Him above all forever.

From the Union of the Word with me that is man, thou, O Most Pure, hast appeared as a divine dwelling-place, making the brightness of virginity plainly shine. We therefore praise thee for ever.

The golden candlestand prefigured thee who ineffably received the unapproachable Light Who illumineth all things with His radiance. Wherefore, we hymn thee, O pure one, for all ages.

Venerable father Poemen, pray to God for us!

Having kept the lamp of thy soul lit with the oil of thy struggles without slumbering, thou didst enter into the incorrupt bridal chamber with joy, and livest forever.

The pillars of thy soul were not shaken by the winds of unclean spirits; for thou wast established upon the rock of the Faith, O most blessed God-bearer.

Let us bless Father, Son, Holy Spirit, the Lord!

Thou didst shed the abominable robe of the passions and didst clothe thyself in the comely raiment of divine dispassion, reigning with Christ.

Both... O ye people, let us hymn her who alone hath been preserved a Virgin after giving birth, in that she is the honoured and all-exalted throne of God Most High.

We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.

C. Katavasia (Tone 8)

O ye children, equal in number to the **Trinity**,/ bless ye God the Father and Creator;/ Sing ye the praises of the Word Who descended and changed the **fire** to dew;/ and exalt ye above all forever the Most Holy **Spirit**,// Who gives **life** to all.

P. Magnificat

C. Song of the Most Holy Theotokos.

### Canticle Nine

Irmos: It is not possible for men/ to behold God,/ upon Whom the ranks of angels dare not gaze;/ but through thee, O most pure one,/ hath the Word appeared incarnate unto men;/// and magnifying Him with the armies of heaven, we call thee blessed.

Glory to Thy Holy Resurrection, O Lord.

Having associated in the flesh with passion, Thou hast remained without participation in passion. And Thou, O our Saviour, dost set man loose from passion by having made the passions suffer. For Thou only art impassible and almighty.

Having accepted the corruption of death, Thou hast kept Thy body from tasting corruption: While Thy life-giving and divine soul, O Master, hath not been left in hell, but Thou, risen as from sleep, hast made us rise with Thyself.

### Triadicon

O all ye men, with pure lips let us glorify God the Father and the Son Who is equally without beginning, and let us honour the ineffable and all-glorious power of the most Holy Spirit; for Thou alone art the almighty and indivisible Trinity.

Glory to Thy Precious Cross and Resurrection, O Lord.

Though Thou hast gone down into the tomb as mortal, O Giver of Life, yet hast Thou destroyed the power of hell and raised with Thyself the dead whom it had swallowed and granted, as God, all those who magnify Thee with love the Resurrection.

Let the Creation rejoice greatly and flower like the lily. For Christ as God hath been raised from the dead. We cry: 'Death where is now thy sting? Hell where is thy victory? He Who hath raised our state hath thrust thee down to earth because He is compassionate.'

#### Theotokion

Thou bearest Him Who beareth all things, and holdest as a babe in thine arms Him Who delivereth us from the hands of the enemy who warreth against us, O all-pure Mistress; and thou seest Him uplifted upon the Tree of the Cross Who hath raised us up from the pit of evil.

Most Holy Theotokos, Save us.

The Star which shineth forth out of Jacob with the rays of divinity shone forth upon those held fast in darkness; for through thee, O most pure one, did Christ God the Word become incarnate. And illumined by Him, with the armies of heaven we call thee blessed.

Thou hast been manifestly shown to be the loom of the Divinity, whereon the Word wove the garment of His body, deifying my form, O Virgin. And having clothed Himself therein, He hath saved all who magnify thee with pure thought.

Resurrection hath now been given to the dead through thine ineffable and unutterable birthgiving, O most pure Theotokos; for Life, clothing Himself in flesh through thee, shone forth upon all, and hath manifestly lifted the gloom of death.

Venerable father Poemen, pray to God for us!

Thou didst set like a star, away from the world, yet hast shone forth in Christ, the truly noetic Sun of righteousness, O blessed one; and thy brilliant virtues, which remove the darkness from souls, thou hast left to the faithful as radiance.

Precious in the sight of God was thy death, O glorious one; for thou didst live venerably on earth, keeping His commandments and precepts inviolate, O Poemen. Wherefore, the never-waning Light hath shone forth upon thee, in that thou art a righteous man.

Glory... Delighting in divine beauty, deified by partaking thereof, and standing now, illumined, before the great Light, O father, with extreme desire thou didst most clearly draw nigh thereto. O Poemen, remember those who honour thee and keep thy memory.

Both... O Bride of God, thou alone among women didst abolish the curse of the first-created, having given birth unto the Uncircumscribed One circumscribed in the flesh; and thou, O undefiled one, hast renewed the laws

of nature which were set aside in the beginning, and hast brought them together by thine all-glorious mediation.

C. Katavasia (Tone 8)

O Theotokos, thou art a mystical **paradise**,/ who untilled hast **brought** forth Christ./ He has planted upon earth the life-giving **tree** of the Cross:/ Therefore at its exaltation on this day,// we worship Him and thee do we **magnify**.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Four, (Luke 24:1-12)

Lightning-bright with the virtues, we see standing upon the life-bearing tomb a man in shining garments while the women bearing myrrh bowed down their faces to the earth. Let us learn of the rising of Him Who reigns over heaven and let us hasten with Peter to Life in the tomb and wondering at that which has happened let us stay to behold Christ.

Glory... Exapostilarion for Saint Poemen

Desiring the life of the angels, thou didst depart into the desert, O Poemen, and didst subdue the passions of the flesh; and thou wast shown to be an equal of the angels, O our God-bearing father.

Both... Theotokion

Uttering loud and clear the sound: Hail! Thou, O Lord, hast changed the sorrow of the forefathers, bringing to the world in its stead the joy of Thy Resurrection. Then, O Giver of life, through her who brought Thee forth, Light that has enlightened hearts, do Thou send down the light of Thy mercies that we may cry aloud to Thee: Glory to Thy Resurrection, O God and Man Who lovest mankind.

C. Lauds: Tone 6 Stichera

Let every breath **praise** the Lord/  
Praise the Lord from the **Heavens**/  
Praise Him in the **highest**/  
To Thee is due a **hymn**, O God/  
Praise Him, all ye His **Angels**;/  
Praise Him, all **ye** His hosts.//  
To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.  
Praise Him, ye heavens of heavens, and thou water that art above the heavens.  
Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.  
He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.  
Praise the Lord from the earth, ye dragons and all ye abysses,  
Fire, hail, snow, ice, blast of tempest, which perform His word,  
The mountains and all the hills, fruitful trees, and all cedars,  
The beasts and all the cattle, creeping things and winged birds,  
Kings of the earth, and all peoples, princes and all judges of the earth,

Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.

His praise is above the earth and heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.

The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples,

To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be to all His saints.

1. Thy **Cross**, O Lord,/ is the life and resurrection of Thy **people**/ and assured of this, we sing unto Thee our **risen** God:// Have mercy upon us.

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

2. Thy burial, O **Master**,/ opened Paradise for **mankind**,/ and we, delivered from **corruption**,/ sing unto Thee our **risen** God:// Have mercy upon us.

V. Praise Him for His mighty acts,/ praise Him according to the multitude of His greatness.

3. Let us praise Christ with the Father and the **Spirit**:/ Let us cry aloud unto Him **risen** from the dead:/ Thou art our life and **resurrection**:// Have **mercy** on us.

V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.

4. O Christ, on the **third** day,/ Thou hast risen from the tomb according to the **Scriptures**,/ having raised our **forefather** with Thyself:// therefore, mankind glorifies Thee and praises Thy **Resurrection**.

V. Praise Him with timbrel and dance,/ praise Him with strings and flute.

5. O Lord, mighty and dreadful is the mystery of Thy **Resurrection**./ For Thou hast come forth **from** the tomb/ as a bridegroom from his **chamber**,/ after destroying death by death that Adam might be **set** free./ Therefore, the angels in heaven make glad and **men** on earth/ give glory

to Thy compassion that Thou hast **shown** towards us, // O Thou, Who **lovest** mankind.

V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. / Let every breath praise the Lord.

6. O **wicked** Jews, / where are the seal and the pieces of silver that ye **gave** to the guards? / The treasure was not stolen, but rose up according to His **power**; / and ye were yourselves put to shame by **denying** Christ, / the Lord of glory, Who suffered and was buried and **rose** from the dead; // Him let us **worship**.

V. Arise, O Lord my God, let Thy hand be lifted high; / forget not Thy paupers to the end.

7. The tomb sealed, the guard set and the **stamps** attached: / How was He stolen, O ye Jews? / Through the closed door the King **proceeded**: / Either show Him dead or worship Him as God, and **sing** with us: // Glory, Lord, to Thy Cross and Thy Resurre**ction**.

V. I will confess Thee, O Lord, with my whole heart, / I will tell of all Thy wonders.

8. The women bearing sweet-smelling **ointments** / came in tears to Thy tomb that held **life**, O Lord, / and carried with them spices wherewith they sought to anoint Thine all-pure **Body**. / But seated on the stone they found a shining **angel**, / who called out to **them** and said: / 'Why do ye weep for Him from Whose side flows life unto the world? / Why do ye seek Him Who is immortal as **dead** in the tomb? / Go rather and announce to His **disciples** / the good tidings of His Resurrection, joy of **all** the world.' / Having also enlightened us by it, O **Saviour**, // mayest Thou grant us cleansing and great **mercy**.

Glory... Gospel Sticheron, (Tone 4)

**It** is very early in the **morning** / and the women went to Thy **tomb**, O Christ, / but the **Body** desired by them was **not** to be found. / Therefore two men stood by them in shining **garments** / and said to them as they were **much** perplexed: / "Why seek ye the living **among** the dead? / He is risen as He **beforehand** said. / Why remember ye **not** His words?" / And believing the things they had seen they **proclaimed** them / but it was thought that the good tidings were **idle** tales. / So dull still were the **disciples**. // But Peter ran and beholding, gave Thee glory in himself for the **wonders**.

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin Theotokos, / for through Him Who became incarnate of thee is hades led **captive**, / Adam recalled, the curse annulled, Eve set free, **death** slain, / and we are given life. Wherefore, we cry **aloud** in praise: / Blessed art Thou, O **Christ** God, // Who hast been thus well-pleased, **glory** to Thee.

The Great Doxology

Dismissal Tropar:

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.

P. Litanies  
Dismissal

R. Hours:  
Tropar: Resurrection & Saint  
Kontak: Resurrection

At Liturgy:

Order of Troparia & Kontakia as per Simple service

Prokimenon for Tone 6

O Lord, save Thy people, and bless Thine inheritance.

V. Unto Thee, O Lord, will I cry; O my God, be not silent unto me.

Prokimenon for St. Poemen (Tone 7)

Precious in the sight of the Lord...

Epistle(s): IICor 4:6-15 & Gal 5:22-6:2

Alleluia for Tone 6

V. He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven.

V. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him.

Alleluia for St. Poemen (Tone 6)

Gospel(s): Matt 22:35-46 & Matt 4:25-5:12a

Communion Hymn: Praise Ye & In everlasting remembrance...