

**MATINS / ORTHROS
AT YAL CHICAGO CONFERENCE
ON FEB 19, 2022**

PRIEST

Blessed is our God always, now and ever,
and to the ages of ages.

READER

Amen.

PRIEST

Glory to You, our God. Glory to You.

Heavenly King, Comforter, Spirit of Truth,
present in all places and filling all things,
treasury of good things and giver of life:
come; take Your abode in us; cleanse us of
every stain, and save our souls, O Good
one.

READER

Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal, have
mercy on us. (x3)

Glory to the Father and the Son and the
Holy Spirit. Both now and ever and to the
ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord,
forgive our sins. Master, pardon our
transgressions. Holy One, visit and heal our
infirmities for Your name's sake.

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

Glory to the Father and the Son and the
Holy Spirit. Both now and ever and to the
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 forever and
to the ages of ages.

READER

Amen.

Save, O Lord, Your people and bless Your
inheritance, granting victory to the faithful
over the enemy, and by Your Cross
protecting Your commonwealth.

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

You who were lifted on the cross voluntarily,
* O Christ our God, bestow Your tender
compassions * upon Your new community to
which You gave Your name. * Cause our
faithful emperors to be glad in Your power, *
granting them the victories against their
adversaries. * And for an ally, Lord, may
they have You, * peace as their armor, the
trophy invincible.

Both now and ever and to the ages of ages.
Amen.

O awesome and unshamable Protection, O
good and praiseworthy Theotokos, do not
despise our petitions; make firm the
community of the Orthodox; save those
whom you have called to rule; grant them
victory from heaven, for you gave birth to
God and are truly blessed.

PRIEST

Have mercy on us, O God, according to
Your great mercy, we pray You, hear us and
have mercy.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Let us pray for pious and Orthodox Christians.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for our Metropolitan NATHANAEL.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

For You are a merciful God Who loves mankind, and to You we offer up glory, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

CHOIR

Amen. In the name of the Lord, Father, bless!

PRIEST

Glory to the holy and consubstantial, and life giving, and undivided Trinity, always, now and forever and to the ages of ages.

(Amen.)

READER

Glory to God in the highest, and on earth peace, good will among men. (x3)

O Lord, You shall open my lips, and my mouth will declare Your praise. (x2)

Psalm 142 (143).

O Lord, hear my prayer; give ear to my supplication in Your truth; answer me in Your righteousness; do not enter into judgment with Your servant, for no one living shall become righteous in Your sight. For the enemy persecuted my soul; he humbled my life to the ground; he caused me to dwell

in dark places as one long dead, and my spirit was in anguish within me; my heart was troubled within me. I remembered the days of old, and I meditated on all Your works; I meditated on the works of Your hands. I spread out my hands to You; my soul thirsts for You like a waterless land. Hear me speedily, O Lord; my spirit faints within me; turn not Your face from me, lest I become like those who go down into the pit. Cause me to hear Your mercy in the morning, for I hope in You; make me know, O Lord, the way wherein I should walk, for I lift up my soul to You. Deliver me from my enemies, O Lord, for to You I flee for refuge. Teach me to do Your will, for You are my God; Your good Spirit shall guide me in the land of uprightness. For Your name's sake, O Lord, give me life; in Your righteousness You shall bring my soul out of affliction. In Your mercy You shall destroy my enemies; You shall utterly destroy all who afflict my soul, for I am Your servant.

Answer me in Your righteousness, O Lord. Do not enter into judgment with Your servant.

Answer me in Your righteousness, O Lord. Do not enter into judgment with Your servant.

Your good Spirit shall guide me in the land of uprightness.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Alleluia. Alleluia. Alleluia. Glory to You, O God.

Alleluia. Alleluia. Alleluia. Glory to You, O God.

Intoned:

Alleluia. Alleluia. Alleluia. Glory to You, O God. Our hope, O Lord, glory to You.

The Litany of Peace

PRIEST

In peace, let us pray to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

For the peace of the whole world, for the stability of the holy churches of God, and for the unity of all, let us pray to the Lord.

(Lord, have mercy.)

For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.

(Lord, have mercy.)

For pious and Orthodox Christians, let us pray to the Lord.

(Lord, have mercy.)

For our Metropolitan NATHANAEL, for the honorable presbyterate, for the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.

(Lord, have mercy.)

For our country, the president, all those in public service, and for our armed forces everywhere, let us pray to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

(Lord, have mercy.)

For those who travel by land, sea, and air, for the sick, the suffering, the captives and for their salvation, let us pray to the Lord.

(Lord, have mercy.)

For our deliverance from all affliction, wrath, danger and distress, and from the peril of the coronavirus against us, let us pray to the Lord.

(Lord, have mercy.)

For our brethren, those who lead the fight against the coronavirus, the doctors, the medical workers and the scientists, let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

For to You belong all glory, honor, and worship, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR**Mode pl. 1.**

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι
Κυρίου.

Verse 1: Give thanks to the Lord and call upon His holy name.

God is the Lord, and He revealed Himself to us. Blessed is he who comes in the name of the Lord.

Verse 2: All the nations surrounded me, but in the name of the Lord I defended myself against them.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι
Κυρίου.

Verse 3: And this came about from the Lord, and it is wonderful in our eyes.

God is the Lord, and He revealed Himself to us. Blessed is he who comes in the name of the Lord.

Apolytikion.**Mode pl. 1. Let us worship the Word.**

The illustrious city of Athens now extols * Philothea, the woman monastic martyr saint, * and salutes her most divine holy relic with a kiss; * for in holiness she lived, and exchanged her death for life * through martyrdom and her contests. * And now she intercedes with the Savior, * that He grant to all His great mercy.

Glory. Both now. **Theotokion.**

Mode pl. 1. Let us worship the Word.

O impassable gateway of God the Lord, rejoice. * Wall and shelter of those who in you take refuge, rejoice. * Stormless haven, rejoice, O Maid who knew not man * and yet

physically gave birth to your Creator and God. * Never cease interceding * on behalf of those extolling and worshipping the Son you bore.

PRIEST

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

(*Lord, have mercy.*)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(*Lord, have mercy.*)

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

(*To You, O Lord.*)

For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(*Amen.*)

READER**Psalms 50 (51).**

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be

cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar.

READER

Kontakion.

Mode 3. On this day.

On this day with utmost joy * we honor St. Philothea, * and with faith we venerate * her holy icon and relic. * For on earth, she spent her life doing good deeds, * as a nun, ending her life as a holy martyr. * She became our intercessor, * and prays **that we all receive eternal life.**

Oikos.

Let every tongue move in praise of Philothea, who is worthy of all praise. Every race and every age, young men and virgins of Christ, let us crown with hymns the devout nun and martyr. For legitimately behaving like a man, through ascetic labors

and martyrdom, she has brought down the tyrant foe. And now adorned by a heavenly crown, she requests from Christ, **that we all receive eternal life.**

Synaxarion

On February 19, we commemorate our devout mother Philothea of Athens.

On this day we also commemorate the holy Apostles Archippos, Philemon, and Apphia.

On this day we also commemorate the holy martyrs Maximus, Theodotos, Hesychios, and Asklepiodoti.

On this day we also commemorate our devout father Rabulas.

On this day we also commemorate our devout fathers and confessors Eugene and Makarios.

On this day we also commemorate our devout father Conon.

By the intercessions of Your Saints, O God, have mercy on us. Amen.

DEACON

Let us honor and magnify in song the Theotokos and the Mother of the light.

CHOIR

Ode ix. The Magnificat. Mode 4.

Verse: My soul magnifies the Lord, and my spirit has rejoiced in God my Savior.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἔνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Verse: For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed.

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

Verse: For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἔνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Verse: He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

Verse: He has put down the mighty from their thrones, and exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἔνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Verse: He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever.

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

Ode ix. Katavasia. Mode 4.

All you born on earth, * with festival lamps in hand, in spirit leap for joy; * and all you the

heavenly angelic orders, join in and celebrate; * and honoring the sacred wonders of the Mother of God, * sing the joyful salutation, "O rejoice, * Theotokos, all-blest, ever-virgin pure!"

PRIEST

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

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

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

(To You, O Lord.)

For all the powers of heaven praise You, and to You we offer up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Exapostelarian.

Mode 2. O Women, hearken.

Today the congregation of the Church of Athens leaps for joy, * as it devotedly honors the mem'ry of Philothea. * For she devoutly lived her life, and then accepted martyrdom. * And now, with Saints consorting, * she ceases not interceding * on our behalf to the Master.

Theotokion.

Mode 2. O Women, hearken.

You have become the vessel of the Trinity that none contains, * O all-holy Virgin Mary, the purest and golden censer. * The Father was well pleased in you, the Son came down and dwelt in you, * the Holy Spirit came on you * and overshadowed you, Maiden, * thus making you Theotokos.

Doxology (read)

HIERARCH or READER

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

READER

Amen.

Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are

you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

PRIEST

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.

(Grant this, O Lord.)

For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

(Grant this, O Lord.)

For pardon and remission of our sins and transgressions, let us ask the Lord.

(Grant this, O Lord.)

For that which is good and beneficial for our souls, and for peace for the world, let us ask the Lord.

(Grant this, O Lord.)

That we may complete the remaining time of our life in peace and repentance, let us ask the Lord.

(Grant this, O Lord.)

And let us ask for a Christian end to our life, peaceful, without shame and suffering, and for a good defense before the awesome judgment seat of Christ.

(Grant this, O Lord.)

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

(To You, O Lord.)

For You are the God of mercy and compassion and love for mankind, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

HIERARCH OR PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST (in a low voice)

O Holy Lord, Who dwell on high and look upon the humble, and Who with Your all-seeing eye do behold all creation: to You have we bowed the neck of our soul and body, and we implore You, O Holy of Holies, stretch forth Your invisible hand from Your holy dwelling place and bless us all. And if in any way we have sinned, either willingly or unwillingly, pardon us, inasmuch as You are good, and You love mankind, granting us Your good things in this age and in the age to come.

PRIEST

For Yours it is to show mercy and to save us, O our God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

PRIEST

It is good to give thanks to the Lord and to sing to Your name, O Most High, to proclaim Your mercy in the morning and Your truth at night.

READER

Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Your name's sake.

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

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the 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 forever and to the ages of ages.

(*Amen.*)

Apolytikion.

Mode pl. 1. Let us worship the Word.

The illustrious city of Athens now extols * Philothea, the woman monastic martyr saint, * and salutes her most divine holy relic with a kiss; * for in holiness she lived, and exchanged her death for life * through martyrdom and her contests. * And now she intercedes with the Savior, * that He grant to all His great mercy.

The Epistle

PRIEST

Let us be attentive.

READER

Prokeimenon.

God is wondrous in His saints.

Verse: Bless God in the churches.

PRIEST

Wisdom.

READER

The reading is from the Acts of the Apostles.

PRIEST

Let us be attentive.

READER

Acts 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a

man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

PRIEST

Peace be with you.

CHOIR

Alleluia. Alleluia. Alleluia.

The Gospel

PRIEST

Wisdom. Arise. Let us hear the Holy Gospel.

Peace be with all.

(*And with your spirit.*)

The reading is from the Holy Gospel according to John.

Let us be attentive.

(*Glory to You, O Lord, glory to You.*)

Jn. 15:12-13, 18-19

The Lord said to His Disciples, "This is my commandment, that you love one another as I have loved you. Greater love has no man than this, that a man lay down his life for his friends. If the world hates you, know that it has hated me before it hated you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you."

CHOIR

Glory to You, O Lord, glory to You.

PRIEST

Wisdom.

(*Father, bless!*)

Blessed are You, Christ our God, always now and forever and to the ages of ages.
(*Amen.*)

HIERARCH or READER

Make firm, Lord our God, the holy and pure faith of the pious Orthodox Christians, together with the Holy Church, this Conference, and this city forever.

(*Amen.*)

PRIEST

Glory to You, O Christ our God. Glory to You.

READER

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

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

In the name of the Lord, Father (*Master*) bless.

PRIEST

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, (local patron saint); of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and merciful and loves mankind.

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

(*Amen.*)

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*Compiled by John L. Anton under the oversight of Fr. Kosmas Kallis, using texts from The Digital Chant Stand of the Greek Orthodox Archdiocese of America (dcs.goarch.org) and the traditional orders of Holy Cross Chapel and Fanari Camping Ministries. Any errors are my own.
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