



# GOD IS THE LORD

Plagal First Mode

Intonation: #13

**Allegro** ♩=160

Θεὸς Κύριος

**A**

God is the Lord, and hath ap - peared\_ un - to us; bless - ed is

**Un.**

He that com - eth in the Name\_ of the Lord.

*(repeated three more times  
with the verses below)*

Verses:

2. O give thanks unto the Lord, and call upon His holy Name.
3. All the nations compassed me round about, and by the Name of the Lord I warded them off.
4. This is the Lord's doing, and it is marvellous in our eyes.



## ἈΠΟΛΥΤΙΚΙΟΝ OF THE RESURRECTION

Plagal First Mode

**Allegro** ♩=160

Τὸν συνάναρχον Λόγον



Let us wor - ship the Word, — Who is un - or - ig - i - nate



with the Fa - ther and the Spir - it, and from a vir - gin was



born for our sal - va - tion, O be - liev - ers, and let us



sing His praise. For — in His good - ness He was pleased to as -



cend the Cross — in the flesh, and to un - der - go — death,

and to raise up those who had died, by His glo - ri - ous

Res - ur - rec - - - - - tion.

Glory...

Δόξα Πατρί

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly

Spir - it.

Both now...

Καὶ νῦν

Both now and ev - er, and un - to the ag - es of

ag - es. A - men.

## Resurrectional Theotokion

Χαῖρε πύλη Κυρίου

O im - pass - a - ble gate of the Lord, do thou re - joyce. Re -

joyce, O ram - part and shel - ter for them that has - ten to

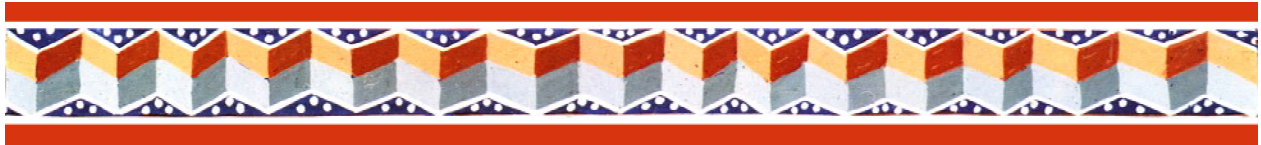
thee. Tran - quil ha - ven and pure Maid - en who didst not know man

and who bar - est in the flesh thy Cre - a - tor and thy God, re -

joyce; and cease not to pray Him, mak - ing en - trea - ty for

them that wor - ship and praise Him that was born of

thee.



# KATHISMATA

## Plagal First Mode

Allegro ♩=160

Τὸν Σταυρὸν τοῦ Κυρίου



Let us ho - nour the Cross\_\_ of the Lord with songs of praise; let



us re - vere with di - vine\_\_ hymns His ho - ly bur - i -



al; His ex - alt - ed Res - ur - rec - tion let us glo - ri -



fy; for from their graves He raised the dead, since He



ver - i - ly is God, and He\_\_ plun - dered death's do - min -

*Plagal First Mode - Kathismata*

ion, and brake the might of the dev - il, and shined great

light on those in Ha - des'\_\_\_ gloom.

Glo - ry to the Fa - ther, and to the Son, and\_\_\_ to the Ho - ly

Spir - it.

Κύριε νεκρός



O Lord, Thou wast called a dead man, Thou that slew - est death;



in a tomb wast Thou laid, Who hast emp - tied the



tombs. A - bove, sol - diers guard - ed the grave; be -



low, Thou didst raise up them that were dead from ag - es



past. O Al - might - y and In - com - pre - hen - si - ble,



Lord, glo - ry be to Thee.



Both now and ev - er, and un - to the ag - es of



ag - es. A - men.

Re - joice, O God - trod - den moun - tain di - vine - ly sanc - ti -

fied. Re - joice, O soul - en - dowed bush\_ that was un - con -

sumed\_ though a - flame. O thou on - ly bridge that lead - eth

from this world to God, con - vey - ing\_ mor - tals to the

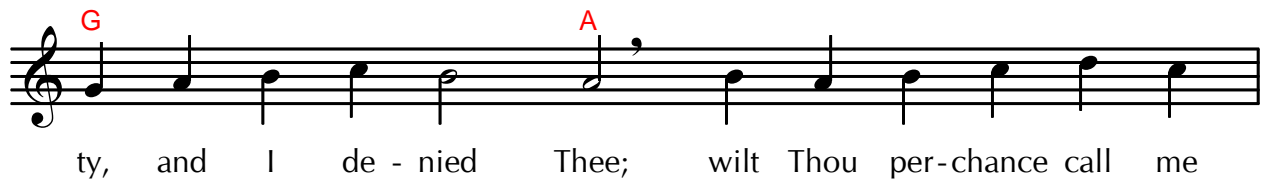
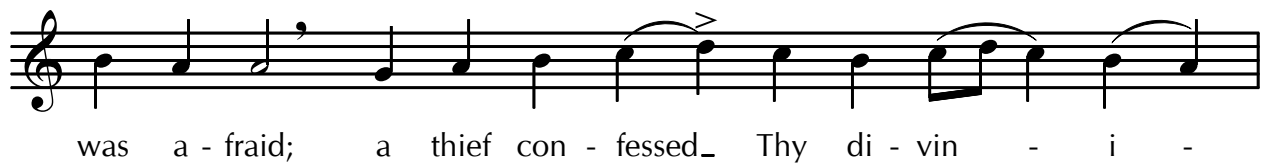
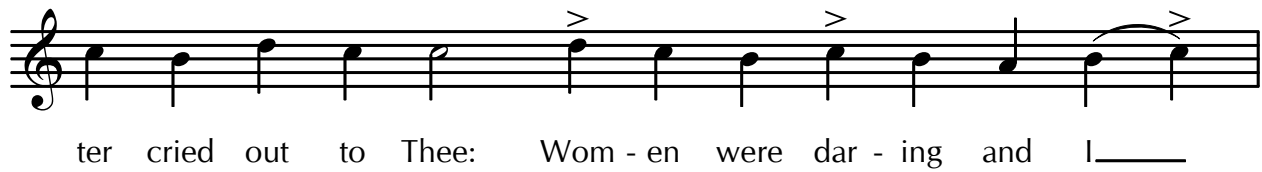
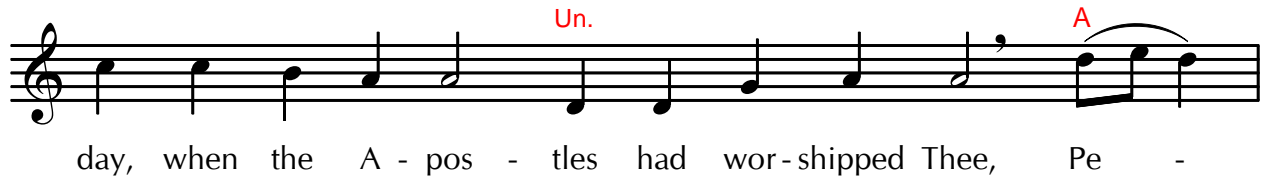
heights, un - to ev - er - last - ing life: Re - joice,\_ pure and

spot - less Maid - en, who nev - er know - ing a man,\_

yet didst bring forth Him Who doth re - deem\_ our\_ souls.



Κύριε μετὰ τὴν τριήμερον





Sav - iour, Whom the An - gels praise, O bless - ed Lord, — glo - ry

be to Thee.

Both now and ev - er, and un - to the ag - es of

Un. Musical notation for the phrase 'Un. ag - es. A - men.' on a single staff. It begins with a treble clef and a key signature of one sharp (F#). The melody consists of: a quarter note G4 with an accent (>) above it, a quarter note A4, a quarter note B4 with a sharp sign (#) below it, a quarter note C5, and a half note D5. A slur connects the first three notes. The lyrics 'ag - es. A - men.' are written below the staff, aligned with the notes.

Ἀπειρόγαμε νύμφη



Bride un - wed - ded and vir - gin, who gav - est birth to God, thou



who didst turn all the sor - row of Eve to glad - ness and



joy, we the faith - ful of - fer praise and wor - ship un - to



thee, for thou hast led us up a - gain from the



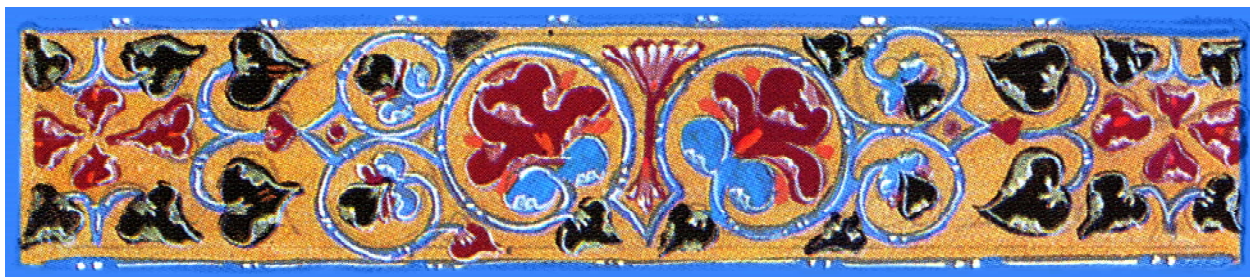
an - cient curse; and now, O all - laud - ed and all - ho -



ly, do thou make cease - less en - treat - y and ev - er



in - ter - cede that we\_\_\_ be\_\_\_ saved.



# HYMNS OF ASCENT

## Plagal First Mode

Intonation: #13

**Allegro** ♩=160

Ἐν τῷ θλίβεσθαί με

**1** Un. A

In mine af - flic - tion, like Da - vid I sing\_\_\_ un - to Thee, -

O my Sav - iour; de - liv - er my soul\_\_\_ from a

A

craft - y\_\_\_ tongue.

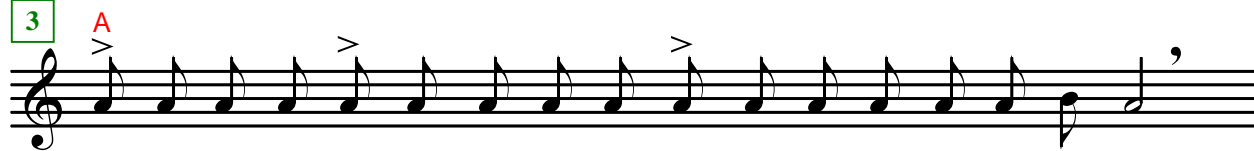
**2** A

For those in the de - sert, life is bless - ed, in that they

Un. A

soar\_\_\_ with di - vine\_\_\_ love.

3



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.



Both now and ev - er, and un - to the ag - es of ag - es. A - men.



By the Ho - ly Spir - it all things, both vis - i - ble\_\_\_ and in -



vis - i - ble, are gov - erned, for He doth rule by His own



pow - er, since He is tru - ly One\_\_\_ of the Trin -



i - ty.

4



To the moun - tains, O my soul, let us as - cend. Let us go



thith - er, from whence help\_\_\_ com - eth.

5 A

Let Thine up - lift - ed right hand pre - serve. e - ven me

Un.

from all man - ner of treach - er - y, O Christ.

6 A

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Both now and ev - er, and un - to the ag - es of ag - es. A - men.

A G A

To the Ho - ly Spir - it let us say, speak - ing of things di -

vine: Thou art God, Life, Love, Light, Mind;

Un. A

Thou art Good - ness; Thou reign - est un - to the ag -

- es.

7 A





In the Ho - ly Spir - it is the prin - ci - ple of life, whence



eve - ry liv - ing thing is giv - en life, e - ven as it

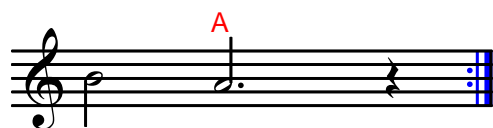


is — in the Fa - ther and the Word.

10 and 11



A - rise, O Lord my God, for Thou — shalt be king un - to the



ag - es. (twice)

Canonarch:



I will con - fess Thee, O Lord, with my whole heart, I will



tell of all Thy won - ders.

12

A - rise, O Lord my God, for Thou\_ shalt be king un - to the

ag - es. \_\_\_\_\_

*\* According to some traditions, the second half of this final verse is completed by the other choir.*



# MORE HONOURABLE THAN THE CHERUBIM

Plagal First Mode

Intonation: #13

**Allegro** ♩=160

## Verse #1

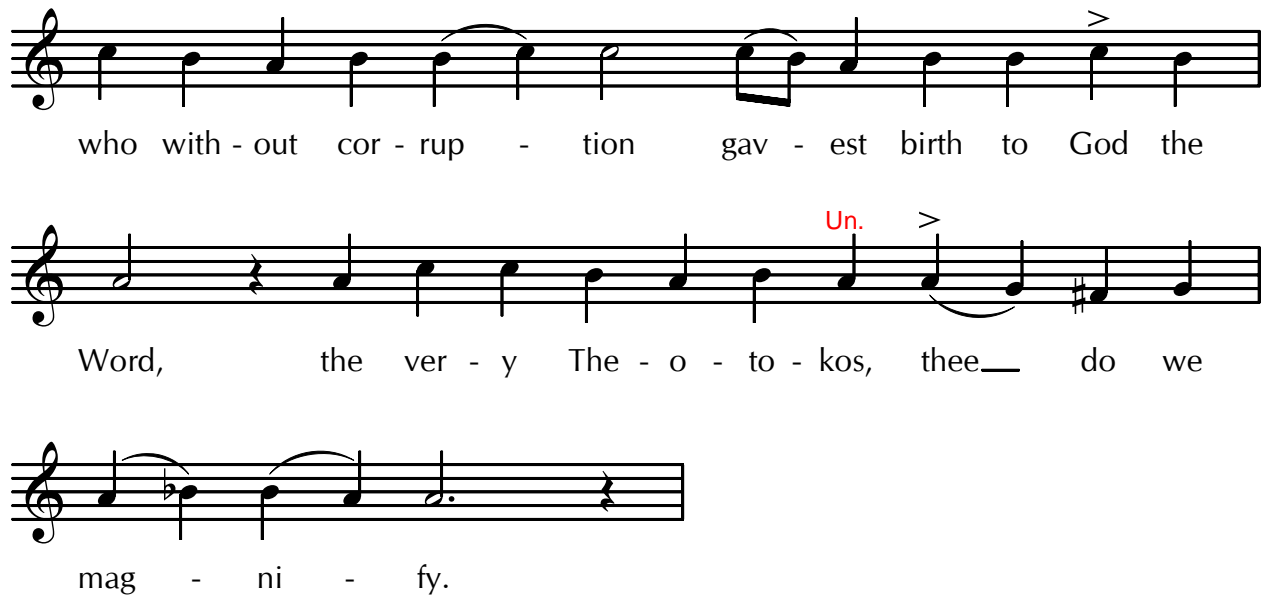
Μεγαλύνει ἡ ψυχὴ μου

My soul doth mag - ni - fy the Lord, and my spir - it hath re -  
joiced in God my Sav - iour.

## Refrain

Τὴν τιμιωτέραν

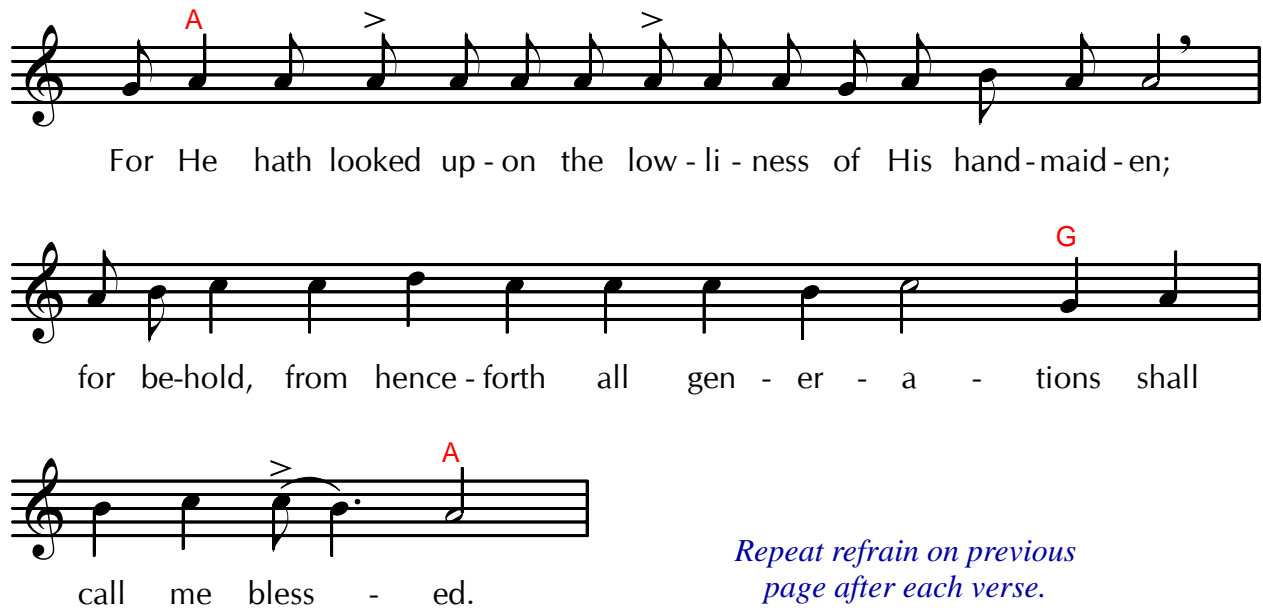
More hon - 'ra - ble than the Cher - u - bim, and be - yond com -  
pare more glo - ri - ous than the Ser - a - phim, thee—



who with - out cor - rup - tion gav - est birth to God the

Word, the ver - y The - o - to - kos, thee do we

mag - ni - fy.

**Verse #2**


For He hath looked up - on the low - li - ness of His hand - maid - en;

for be - hold, from hence - forth all gen - er - a - tions shall

call me bless - ed.

*Repeat refrain on previous  
page after each verse.*

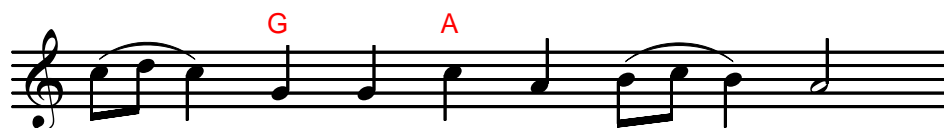
**Verse #3**



For the Might-y One hath done great things to me, and ho-ly is His



Name; and His mer-cy is on them that fear Him un-to gen-er-



a-tion and gen-er-a-tion.

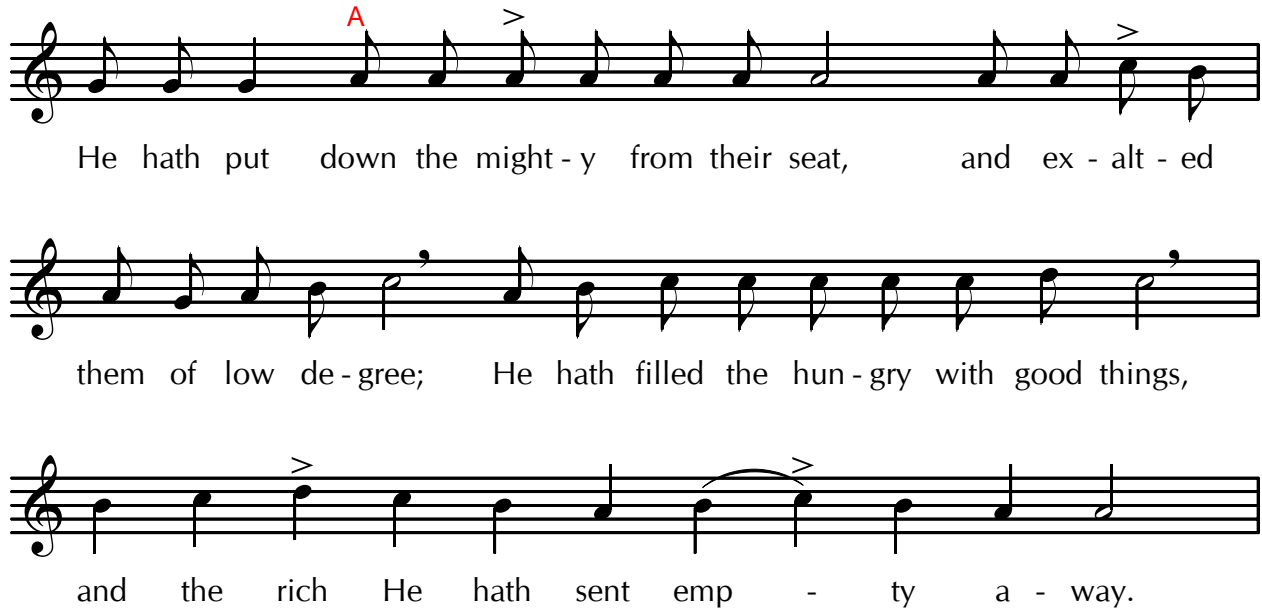
**Verse #4**



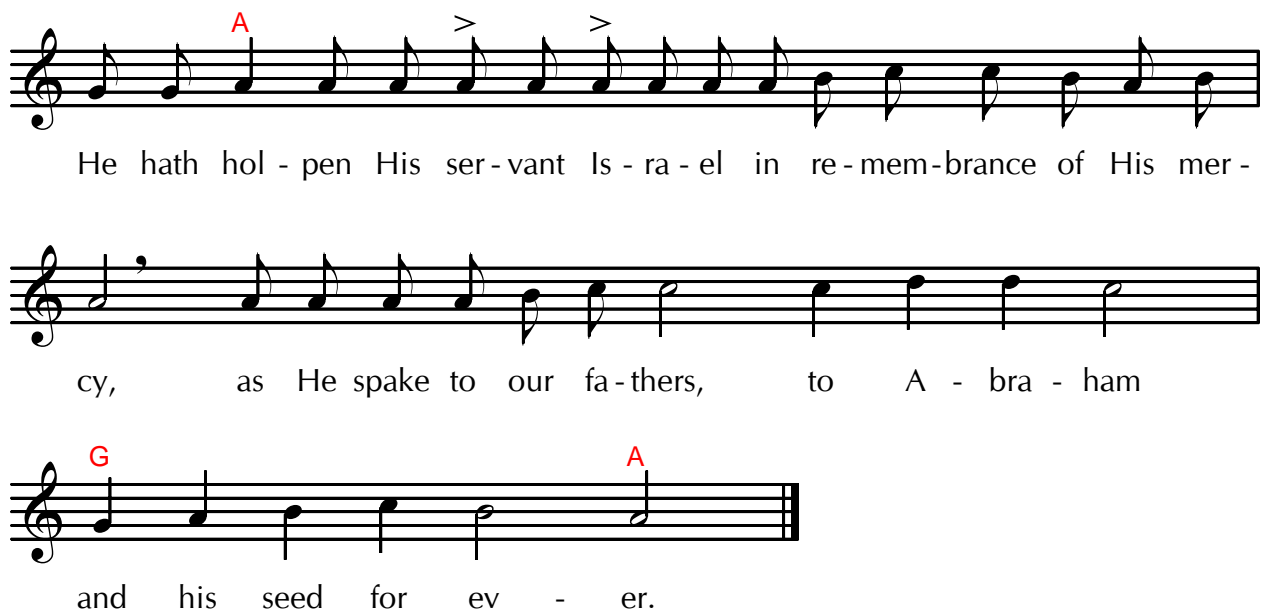
He hath showed strength with His arm, He hath scat-tered the proud in



the i-mag-i-na-tion of their heart.

**Verse #5**


He hath put down the might-y from their seat, and ex-alt-ed  
them of low de-gree; He hath filled the hun-gry with good things,  
and the rich He hath sent emp-ty a-way.

**Verse #6**


He hath hol-pen His ser-vant Is-ra-el in re-mem-brance of His mer-  
cy, as He spake to our fa-thers, to A-bra-ham  
and his seed for ev-er.



# LET EVERY BREATH

Plagal First Mode

Intonation: #14

Andante ♩=84

Πᾶσα πνοή

Let \_\_\_\_\_ ev - ery \_\_\_\_\_ breath praise \_\_\_\_\_ the \_\_\_\_\_

Lord. \_\_\_\_\_ Praise \_\_\_\_\_ the \_\_\_\_\_ Lord \_\_\_\_\_ from \_\_\_\_\_

the \_\_\_\_\_ Heav - - - ens, praise Him in \_\_\_\_\_

*Plagal First Mode - Let Every Breath*

the\_\_\_ high - - - est. To Thee is

due\_\_\_\_\_ praise, O\_\_\_ God.

**Praise Him***Αἰνεῖτε Αὐτόν*

Praise. Him, all ye His an - - -

gels; praise Him, all ye His hosts. To

Thee is due praise, O God.



# VERSES OF PSALMS 148 AND 149

## Plagal First Mode

Presto ♩=180

Αἰνεῖτε αὐτὸν ἥλιος

1



Praise— Him, O sun and moon; praise—Him, all ye stars and light.

2



Praise Him, ye heav - ens of heav - ens, and thou wa -



ter that art a - bove the heav - ens. Let them praise the



Name— of the Lord;

3



For He spake, — and they came to be; He com-mand -



ed, and they — were cre - at - ed.

4



He es - tab - lished them for ev - er, yea, for ev - er and



ev - er; He hath set an or - di - nance, and it



shall not pass a - way.

5



Praise the Lord\_ from the earth, ye drag - ons, and all ye a -



byss - es,

6



Fire,\_ hail,\_ snow, ice,\_ blast of tem - pest,

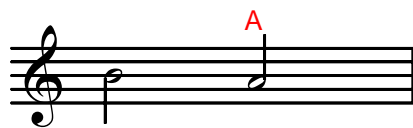


which per - form His word,

7



The moun - tains and all the hills, fruit - ful trees,\_ and all



ce - dars,

8



The beasts and all the cat - tle, creep - ing things and winged\_



birds.

9



Kings of the earth, and all peo - ples, prin - ces and all



judg - es of the earth,

10



Young men and vir - gins, eld - ers with the young - er;



let them praise the Name\_\_\_\_\_ of the Lord, for ex - alt - ed

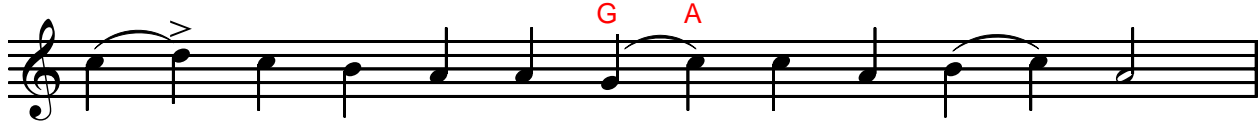


is the Name of Him a - lone.

11



His praise is a - bove the earth and heav - en, and



He shall ex - alt the horn of his peo - ple.

12



This is the hymn for all His saints, for the sons of Is - ra -



el, and for the peo - ple that draw nigh un - to Him.

13



Sing un - to the Lord a new song; His praise is



in the church of the saints.

14



Let Is - ra - el be glad in Him that made him, let the



sons of Si - on re - joice in their King.

15



Let them praise His Name\_ in the dance; with the tim -

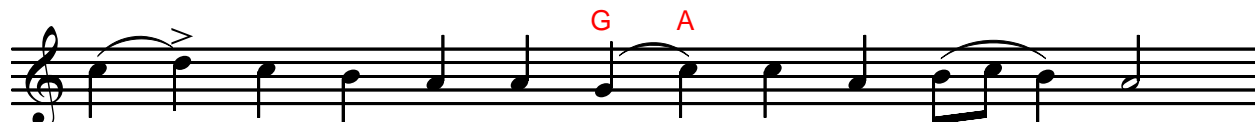


brel and psal - ter - y let them chant\_ un - to Him.

16



For the Lord\_ tak - eth pleas - ure in His peo - ple, and



He\_ shall ex - alt the meek\_ with sal - va - tion.

17



The saints shall boast in glo - ry, and they\_ shall re - joice up -



on their beds.

18



The high\_ praise of God shall be\_ in their throat, and



two - edged swords shall be\_ in their hands,

19

To do ven - geance a - mong the hea - then, pun - ish -

ments a - mong the peo - ples,

20

To bind their kings with fet - ters, and their no - bles with

man - a - cles of i - ron,

*(On Sundays, chant Verse #1 of the Praises on page 888 or 889. On other days, continue with verse 21 below)*

21

To do a - mong\_ them the judg-ment that is writ - ten. This

glo - ry shall be to all His saints.

22

Praise ye God\_ in His saints, praise Him in the firm -

a - ment of His pow - er.



# SLOW PRAISES

## Plagal First Mode

Andante ♩=88

### Verse #1

Τοῦ ποιῆσαι ἐν αὐτοῖς



To do a - mong them the judg - ment that is writ - ten. This glo - ry



shall be to all \_\_\_\_\_ His \_\_\_\_\_ saints.

### Praises #1

Κύριε, ἐσφραγισμένου



O Lord, when the grave had been sealed by the



law - less, Thou cam - est forth \_\_\_\_\_

from the tomb e - ven as Thou wast born of the

The - o - to - kos. Thine in - cor - po - re -

al An - gels knew not how Thou

wast in - car - nate; the sol - diers who

guard - ed Thee did not per - ceive when Thou

didst a - rise: for both these things are sealed fast a -

gainst the in - quis - i -



tive, but the won - ders are made man - i - fest un - to

those who wor - ship the mys - ter - y with faith.

Do Thou grant un - to us who praise it ex - ceed - ing

joy and great mer - - - cy.

Verse #2

Αἰνεῖτε τὸν Θεόν

Praise ye God in His saints, praise Him in the firm - a - ment of

His pow - - - er.

## Praises #2

Κύριε τούς μοχλούς

O Lord, hav - ing de - stroyed the ev - er - last - ing

bars and burst the bonds a - sun - - -

der, Thou didst a - rise from the tomb,

leav - ing be - hind Thy fu - - - ner - al shrouds

as a wit - ness to the truth of Thy

three - day bur - - - i - - - al.

And Thou went - est on be - fore in - to Gal - i -

lee, O Thou Who wast guard - ed in the cave.

Great is Thy mer - cy, O in - com - pre - hen - si - ble

Sav - iour. Have mer - - - cy on us.

Verse #3

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις

Praise Him for His might-y acts, praise Him ac-cord-ing to the mul-ti -

tude of His great - - - ness.

## Praises #3

Κύριε, αἱ γυναῖκες

O Lord, the women ran un - to the sep -

ul - chre to see Thee, the

Christ, Who hadst suf - - - fered for

us. And on draw - ing nigh, they found an An - gel sit -

ting up - on the stone,

which had rolled a - way in fear; and he

cried to them and said: The Lord

is\_\_\_\_ ris - - - en! Say to the dis - ci -

ples: Ris - en from the dead is He that sav - - -

eth our\_\_\_\_ souls

Verse #4

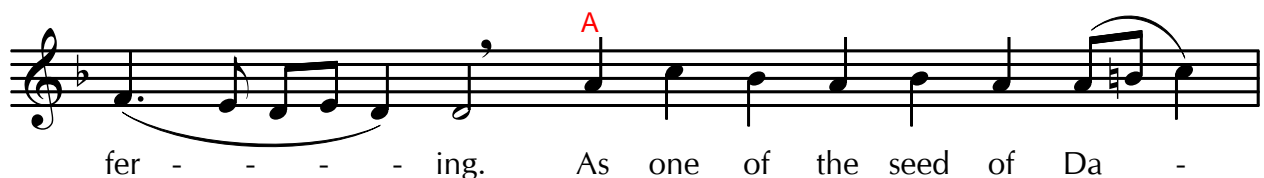
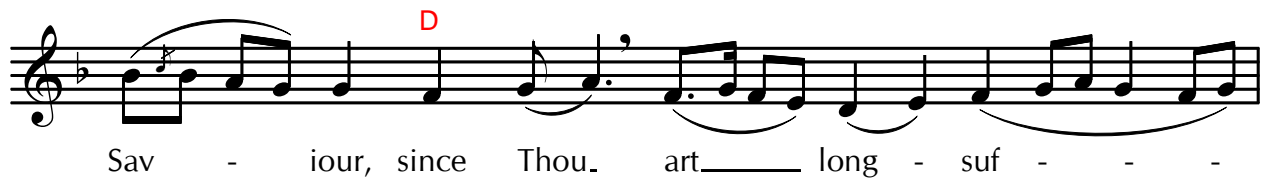
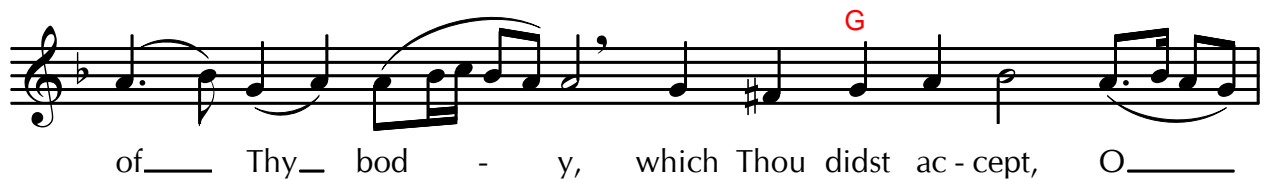
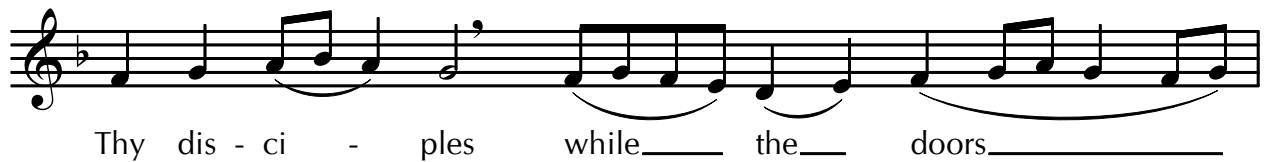
Αἰνεῖτε αὐτὸν ἐν ᾗχῳ σάλπιγγος

Praise Him with the sound of trum-pet, praise Him with the psal -

ter - y\_\_\_\_\_ and\_\_\_\_ harp.

## Praises #4

Κύριε, ὥσπερ ἐξῆλθες



vid, Thou didst en - dure \_\_\_\_\_ wounds;\_ but as the

Son \_\_\_\_\_ of \_\_\_\_\_ God, Thou \_\_\_\_\_ didst free \_\_\_\_\_

the \_\_\_\_\_ world. Great is Thy mer - cy, O in -

com - pre - hen - si - ble Sav - iour. Have mer - - - cy

on \_\_\_\_\_ us.

Verse #5

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ

Praise Him with tim-brel and dance, praise Him with strings \_\_\_\_\_

and \_\_\_\_\_ flute.

## Praises #5

Κύριε, ὁ Βασιλεὺς

O Lord, King of the ag - es and Cre - a -

- tor of all, Who didst ac - cept cru - ci -

fix - - - ion and bur - i - al in the flesh.

for us, that Thou might - est free us

**Hard Chromatic**

all from Ha - - - des: Thou

art our God; be - side Thee we

know none oth - - - er.

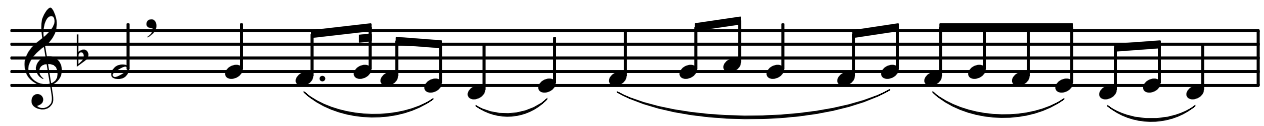


Verse #6

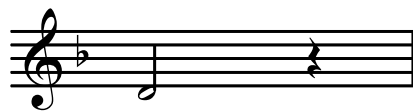
Αἰνεῖτε αὐτὸν ἐν κυμβάλοις



Praise Him with tune-ful cym-bals, praise Him with cym-bals of ju-bi-la-



tion. Let ev - ery\_\_ breath\_\_ praise\_\_ the\_\_



Lord.

Praises #6

Κύριε, τὰ ὑπερλάμποντά σου



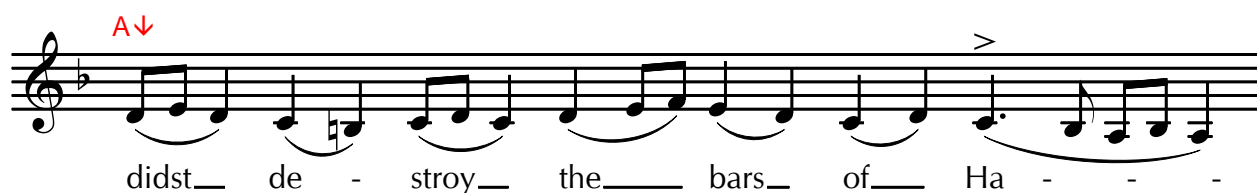
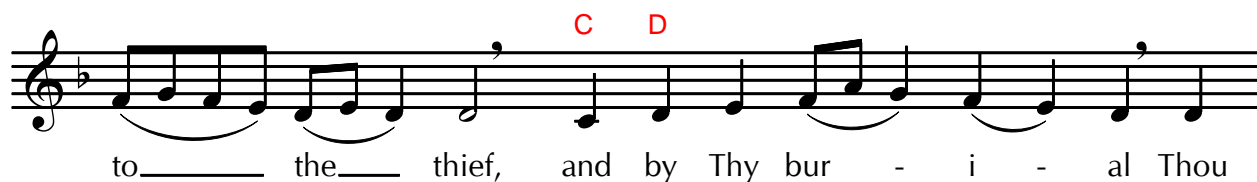
O\_\_ Lord, who can tell of Thy most re-splend - ent\_\_



won - - - ders, or who can pro - claim\_ Thine awe -



some mys - - - ter - - - ies? For Thou be -



en - riched all things. O Com -

pas - sion - - ate One, glo - ry be

to Thee.

Verse #7

Ἀνάστηθι Κύριε

A - rise, O Lord my God, let Thy hand be lift-ed high; for - get not

Thy pau - - - pers to the end.

## Praises #7

Μυροφόροι γυναίκες

Com-ing to Thy tomb ver - y ear - ly in the\_\_ morn - - -

ing, the myrrh - bear - ing wom - en sought\_\_ to\_\_ a - - -

noint\_\_ Thee, the Im - mor - - tal\_\_ Word\_\_ and\_\_

God; and be - ing in - struct - ed by the

words\_\_ of\_\_ the\_\_ An - - - - gel,

they re - turned\_\_ in\_\_ joy, to an - nounce o - - - pen -

ly\_\_ to\_\_ the\_\_ A - pos - - - -

tles that Thou, the Life of all, art

ris - - - en, and hast grant-ed un-to the world for -

give - ness and great mer - - - cy.

Verse #8

Ἐξομολογήσομαί σοι

I will con-fess Thee, O Lord, with my whole heart; I will tell of

all Thy won - - - ders.

## Praises #8

Τοῦ θεοδέγμονος τάφου

un - to the Jews: O the fu - til - i - ty

The musical notation is on a single staff with a treble clef and a key signature of one flat (B-flat). The melody consists of the following notes: G4 (quarter), A4 (quarter), Bb4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), E4 (quarter), D4 (half). There are slurs under the first four notes and the last four notes. A red 'G' is written above the staff at the beginning of the line.

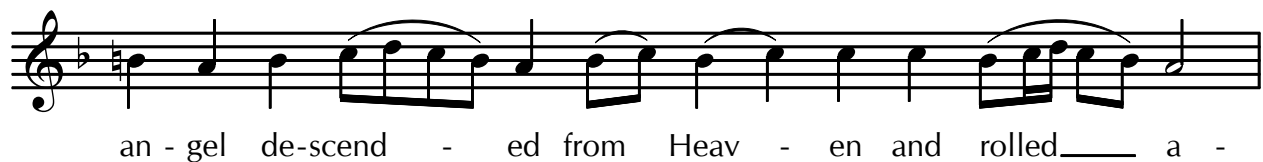
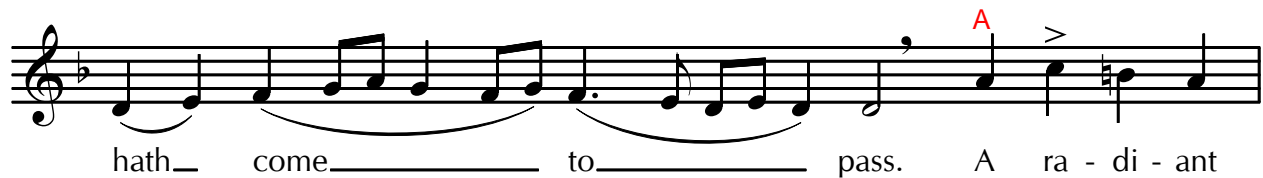
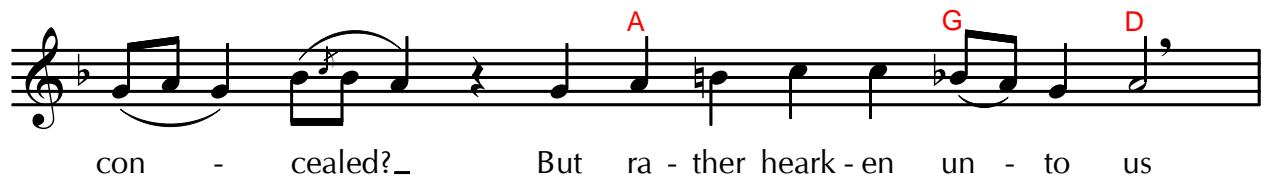
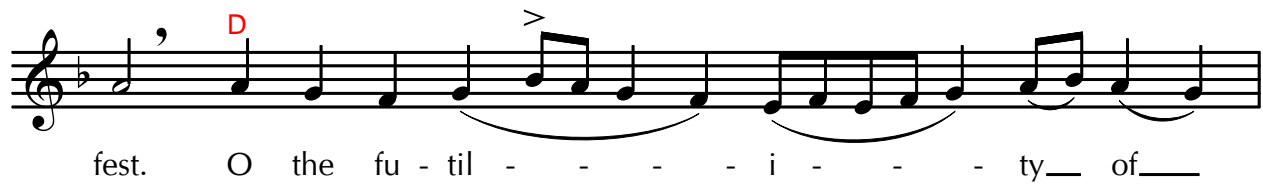
of your coun - sel! At - tempt - ing to guard the

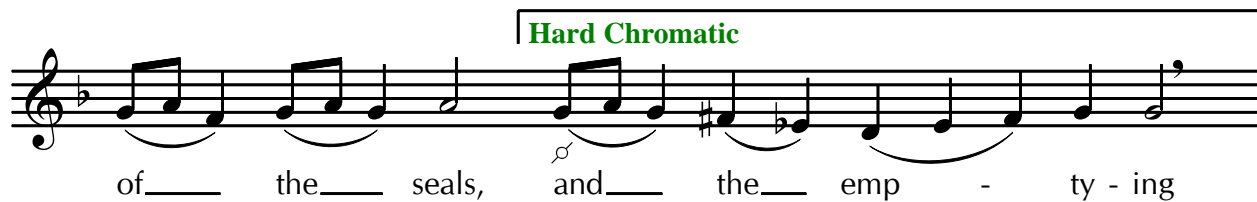
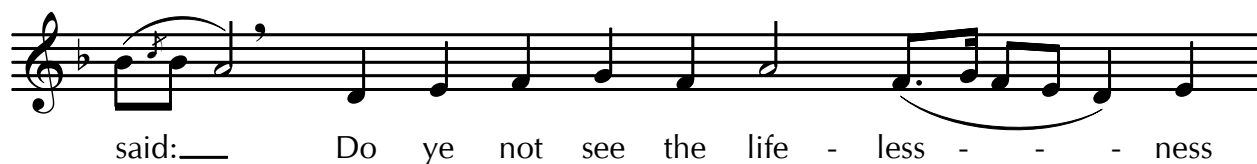
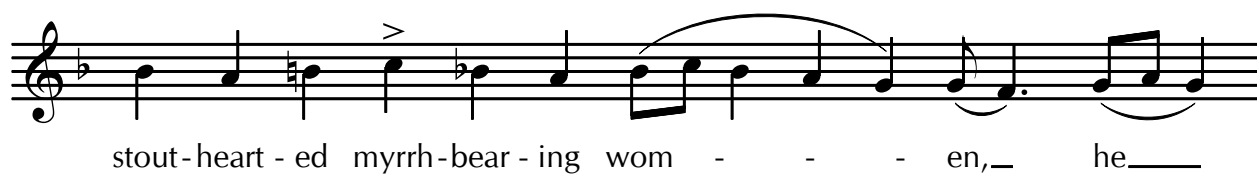
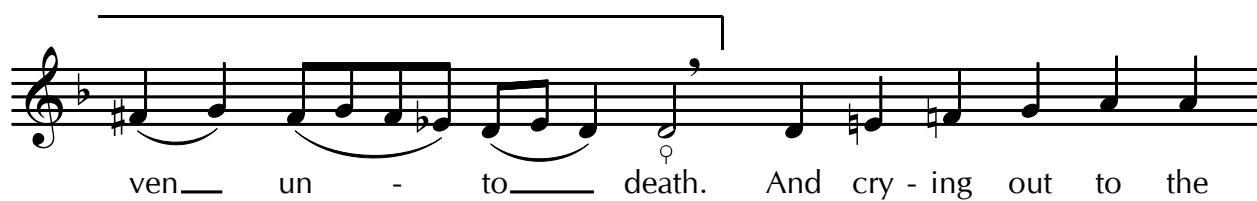
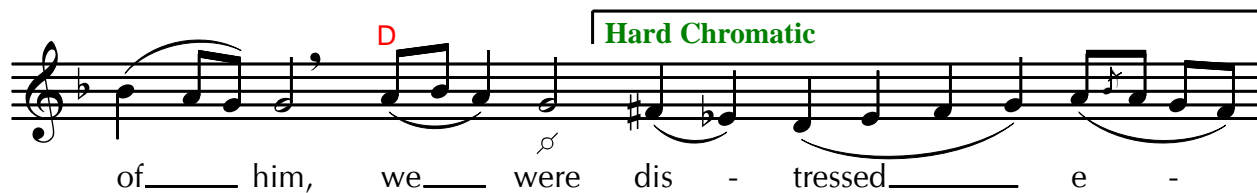
Un - cir - cum - scrib - a - ble One, ye have la - - -

boured\_\_\_ in\_\_\_ vain.    De - sir - ing    to    con - ceal    the    res - ur -

rec - tion of the Cru - ci - fied, ye have made\_

it clear - ly man - - - i - - -







of Ha - des? Why do ye seek as a

mor - tal, Him Who hath a - bol-ished the vic - to - ry

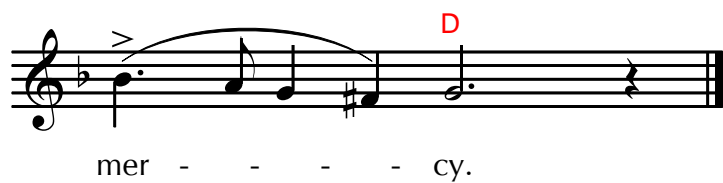
of Ha - des and de - stroyed the sting

of death? But go quick - ly and

pro - claim the good tid - ings of the Res - ur - rec -

tion un - to the A - pos - tles, and cry out

fear - less - ly: Ver - i - ly ris -





# BRIEF PRAISES

## Plagal First Mode

**Allegro** ♩=160

### Verse #1

Τοῦ ποιῆσαι ἐν αὐτοῖς



To do a - mong them the judg - ment that is writ - ten. This glo -



ry\_ shall be to all His saints.

### Praises #1

Κύριε, ἐσφραγισμένου



O Lord,\_ when the grave\_ had been sealed\_ by the law -



less, Thou cam - est forth\_ from the tomb e - ven as

*Plagal First Mode - Brief Praises*

Thou wast born of the The - o - to - kos. Thine in -

cor - po - re - al An - gels knew not how Thou wast in -

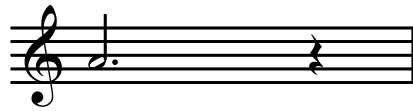
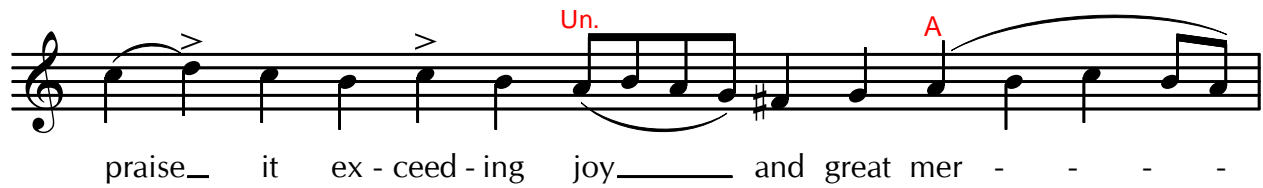
car - nate; the sol - diers who guard - ed Thee did not per -

ceive when Thou\_ didst a - rise: for both these things are sealed\_

fast\_ a - gainst\_ the in - quis - i - tive, but the won - ders

are made man - i - fest un - to those who wor - ship the

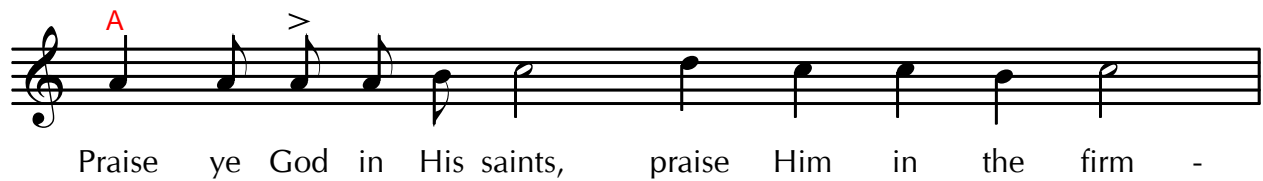
mys - ter - y with faith. Do Thou grant\_ un - to us who



cy.

## Verse #2

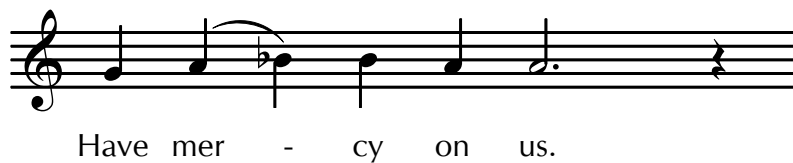
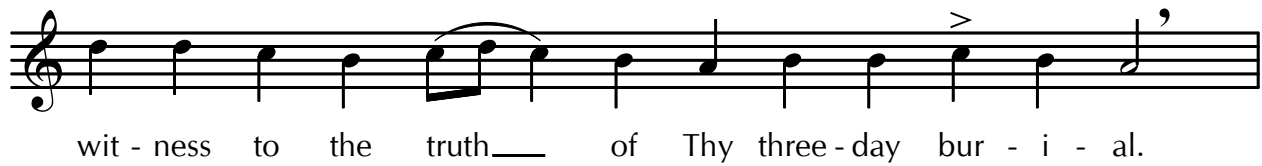
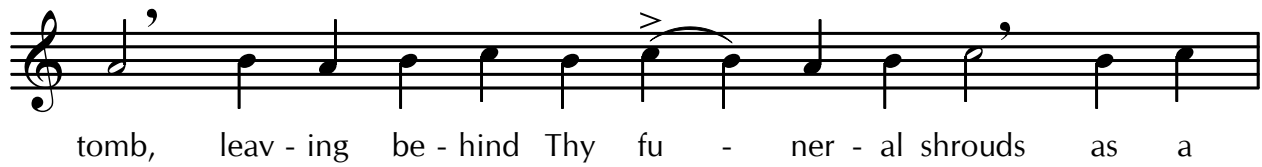
Αἰνεῖτε τὸν Θεόν



## Praises #2

Κύριε τοὺς μοχλοὺς



*Plagal First Mode - Brief Praises*

Verse #3

Αινεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις



Praise Him for His might-y acts, praise Him ac-cord-ing to the mul -



ti - tude of His great - ness.

Praises #3

Κύριε, αἱ γυναῖκες



O Lord, the wom-en ran un - to the sep - ul - chre to see\_\_\_\_\_



Thee, the Christ,\_\_\_ Who hadst suf - fered for us. And on



draw - ing nigh, they found an An - gel sit - ting up - on the



stone,\_\_\_ which\_\_\_ had rolled a - way in fear; and he cried to

them and said: The Lord is ris - en! Say to the dis -

ci - ples: Ris - en from the dead is He that sav -

eth our souls

**Verse #4***Αἰνεῖτε αὐτὸν ἐν ᾠᾷ σάλπιγγος*

Praise Him with the sound of trum-pet, praise Him with the

psal - ter - y and harp.



Praises #4

Κύριε, ὥσπερ ἐξῆλθες

O Lord, e - ven as Thou cam - est forth while the tomb was

sealed, so al - so didst Thou en - ter un - to Thy dis - ci - ples

while the doors were shut, show - ing un - to them the suf -

fer - ings of Thy bod - y, which Thou didst ac - cept, O

Sav - iour, since Thou art long - suf - fer - ing. As one

of the seed of Da - vid, Thou didst en - dure wounds; but

as the Son of God, Thou didst free the world. Great is Thy

[illegible]

mer - cy on us.

### Verse #5

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ

Praise Him with tim - brel and dance, praise — Him with



strings and flute.

Praises #5

Κύριε, ὁ Βασιλεύς

O Lord, King of the ages and Cre - a -

tor of all, Who didst ac - cept cru - ci - fix - ion and

bur - i - al in the flesh for us, that Thou might - est

free us all from Ha - des: Thou art our God; be -

side Thee we know none oth - - - er.

## Verse #6

Αἰνεῖτε αὐτὸν ἐν κυμβάλοις

Praise Him with tune-ful cym-bals, praise Him with cym-bals of ju-bi-la-

tion. Let ev - ery breath\_\_\_ praise\_ the Lord.

## Praises #6

Κύριε, τὰ ὑπερλάμποντά σου

O Lord,\_\_\_ who can tell\_\_\_ of Thy most re-splend-ent won -

ders, or who\_\_\_ can\_ pro-claim Thine awe-some mys - ter - ies? For

Thou be - cam - est man for us, as Thou Thy - self didst will.

Thou didst re - veal the sov - 'reign - ty of Thy pow - er, for

by Thy Cross Thou didst o - pen Par - a - dise un - to the thief, and

by Thy bur - i - al Thou\_ didst de - stroy the bars of

Ha - des, and by Thy Res - ur - rec - tion Thou\_ hast en -

riched all things. O Com - pas - sion - ate One,\_ glo - ry

be to Thee.

Verse #7

Ἀνάστηθι Κύριε

A - rise, O Lord my God, let Thy hand be lift - ed high; for -

get not Thy pau - pers to the end.

## Praises #7

Μυροφόροι γυναίκες

Com - ing to Thy tomb ver - y ear - ly in the morn -

ing, the myrrh-bear - ing wom - en sought to a - noint Thee, the Im -

mor - tal Word and God; and be - ing in - struct - ed by the

words of the An - gel, they re - turned in joy, to an -

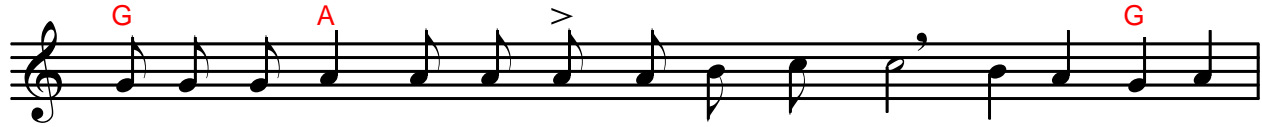
nounce\_ o - pen - ly to the A - pos - tles that Thou, the

Life of all, art ris - en, and hast grant - ed un -

to the world for - give - ness and great mer - - - cy.

Verse #8

Ἐξομολογήσομαί σοι



I will con-fess Thee, O Lord, with my whole heart; I will tell of



all Thy won - ders.

Praises #8

Τοῦ θεοδέγμονος τάφου



The guard - i - ans of the God - con - tain - ing grave\_ said un -



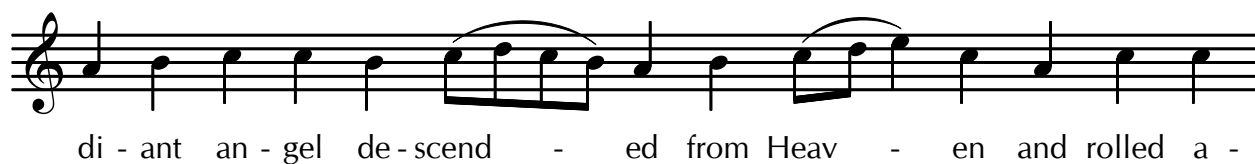
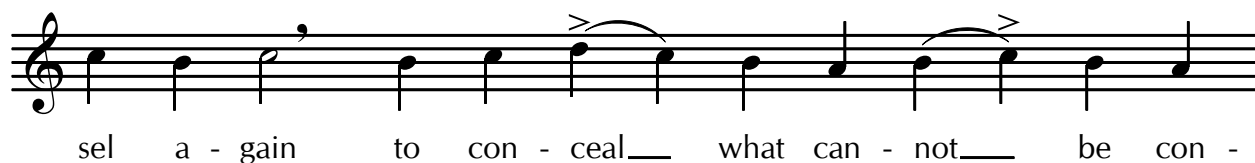
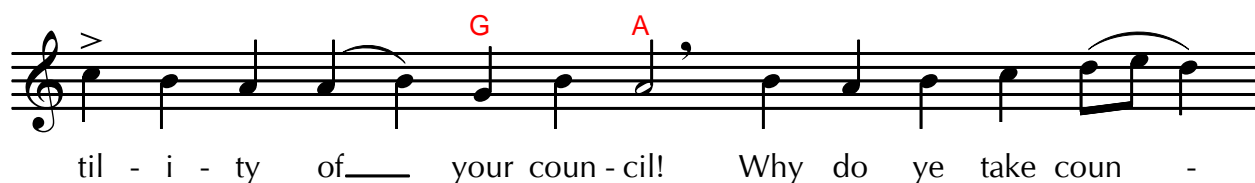
to the Jews: O the fu - til - i - ty of your



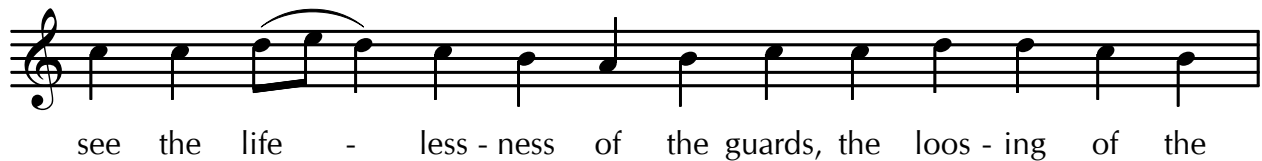
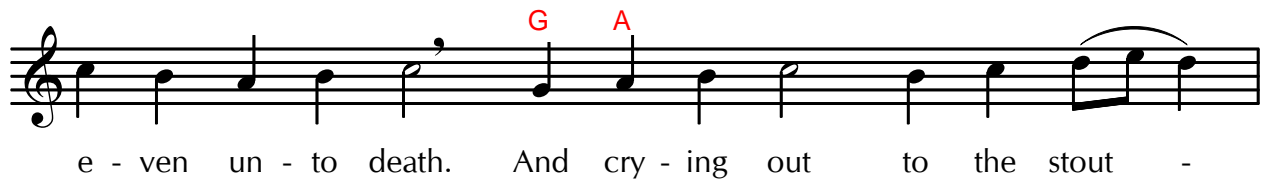
coun - sel! At - tempt - ing to guard the Un - cir - cum -



scrib - a - ble One, ye have la - boured in vain. De -







www.stanthonysmonastery.org/music/Orthros.htm  
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