God is the Lord

Plagal Second Mode

Ἡχος = Δι

Intonation: #17

Θεὸς Κύριος

that cometh in the Name of the Lord.

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.
**Kathismata**

Plagal Second Mode

\[ \text{Intonation: #17} \]

 hen the grave had been o-pened, and Ha-des was__ la-ment-
ing, Mar-y cried un-to the hid-den__ A-pos-tles:Come forth,__ ye la-bour-ers of the vine-yard; preach the word of the Res-

- ur-rec-tion. The Lord is ris-en, grant-ing great mer-

cy un-to the world.
Lord, Mary Magdalene was present at Thy tomb, and thinking Thee to be a gardener, she wept, crying aloud and saying: Where hast thou concealed Him that is Eternal Life? Where hast thou laid Him that sitteth on a cherubic throne?

For they that guarded Him became as dead for fear. Either give me back my Lord, or cry out with me: O Thou that wast among the dead and hast raised up the dead, glory be to Thee.
Both now and ever, and unto the ages of ages.

Amen.

Προϊστορεί ὁ Γεωσών

Id-e-on pre-fig-ur-eth thy conception and David

ex-pound-eth thy giv-ing of birth, O Theo-to-kos. For the

Word came down in to thy womb as dew up on the fleece, and

thou, O ho-ly earth, didst with-out seed blos-som forth the

Sal-va-tion of the world, e-ven Christ our God, O thou who art full

of grace.
After the Second Reading from the Psalter:

'Η ζωή ἐν τῷ τάφῳ

Ife_____ lay in the grave, and a seal was set up - on the stone.

The soldiers guarded Christ as a sleeping King; but having

smiten His enemies with blindness, the Lord is risen.
Glory to the Father, and to the Son, and to the Holy Spirit.

Προϊστορεὶ ὁ Ἰωάνας

O nas pre-figur-eth Thy sepul-chre, and Sym-e-on ex-pound-eth Thy di-vine A-ris-ing, O Im-mor-tal Lord; for Thou didst de-scend as a dead man into the tomb, Thou Who didst break the gates of Had-es. As Mas-ter Thou didst a-rise with-out corrup-tion, for the sal-va-tion of the world, O Christ our God, en-light-en-ing those in dark-ness.
Both now and ever, and unto the ages of ages.

Amen.

Vir- gin The- o- to- kos, be- seech thy Son, Christ our God,

Who was willing- ly nailed to the Cross and arose from the dead, that

He save our souls.
Hymns of Ascent

Plagal Second Mode

Ἑχος

Ἐν τῷ οὐρανῷ

I lift up mine eyes, unto Thee,

Ὁ Ἑρμηνεύων Πατρός ἔχεις ἔκτοτε ἐπισκέψεως ἡμῖν, ὅτι ἐργαζόμεθα ἐν σοὶ καὶ ἐν τούτῳ τῷ ἐννοικεῖ 

Intonation: #17

Have mercy on us who are utterly abased, and make us useful vessels of Thee, O Word.
Glory to the Father, and to the Son, and to the Holy Spirit. Both now and ever, and unto the ages of ages. Amen.

In the Holy Spirit is there the cause of salvation for all. For upon whomsoever He doth breathe according to his worth, He doth swiftly raise him up above the things of the earth. He giveth him wings, He giveth him increase, He doth rank him on high.
H
ad it not been that the Lord was with us, no one of us could have withstood the enemy's warfare; for thereby are the victorious exalted.

L
et not my soul be caught as a sparrow in their teeth, O Word. Woe is me, how shall I be rescued from mine enemies, being a lover of sin?

G
lory to the Father, and to the Son, and to the Holy Spirit. Both now and ever, and unto the ages of ages. Amen.
In the Holy Spirit, divine inspiration, goodwill, understanding, peace, and blessing are imparted to all; for He is equal in works to the Father and the Word.

They that trust in the Lord are feared by their enemies, and wondrous to all; for they look on high.

Averting Thee as a helper, O Saviour, the lot of the righteous doth not stretch forth its hand unto iniquities.
G

Lo - ry to the Fa - ther, and to the Son, and to the Holy Spir - it. Both now and ev - er, and un - to the ag - es of ag - es. A - men.

I

In the Holy Spir - it is there do - min - ion o-ver all; Him do the hosts on high wor - - - - ship, with all things be - low that have breath.

Prokeimenon

Lord, stir_____ up Thy might and come_ to save us. (twice)
Canonarch:

Shepherd of Israel, attend, Thou that leadest

Joseph like a sheep.

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

* According to some traditions, the second half of this final verse is completed by the other choir.
More Honourable than the Cherubim

Plagal Second Mode

Verse #1

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without...
Verse #2

or 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

or 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

H
(e) hath showed strength with His arm, He hath scat-tered the proud
in the imagination of their heart.

Verse #5

H
(e) hath put down the mighty from their seat, and ex-alt-
ed them of low degree; He hath filled the hungry with good things,
and the rich He hath sent empty 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 Second Mode

Let____ ev-ery____ breath praise____ the______ Lord.

Praise the___ Lord____________ from the Heav-—ens, A praise Him__

Intonation: #20

Πᾶσα πνοή
Praise Him

Aiveite Aitovn

To Thee is due praise, O God.

Praise Him, all ye His angels; praise Him, all ye His hosts. To Thee is due praise, O God.
Verses of Psalms
148 and 149

Plagal Second Mode

Verse 1

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

Verse 2

Praise Him, ye heavens of heavens, and thou water that art above the heavens. Let them praise the Name of the Lord;

Verse 3

For He spake, and they came to be; He commanded, and they were created.

Verse 4

He established them for ever, yea, for ever and ever; He hath set an ordinance, and it shall not pass a-way.

www.stanthonysonastery.org/music/Orthros.htm
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 ex-
alt 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 Simon rejoice in their King.

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

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

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

The high praise of God shall be in their throat, and double-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.

On Sundays continue with Verse #1 on page 888 or on page 898 for the brief versions of the Praises. On other days, continue with Verses #21 and #22 on the following page before beginning the Praises.
21 To do among them the judgment that is written. This glory shall be to all His saints.

22 Praise ye God in His saints, praise Him in the firmament of His power.
Slow Praises

Plagal Second Mode

Verse #1

Τοῦ ποιήσαι ἐν αὐτοῖς

This glory shall be___ to all_____ His_______ saints.

Praises #1

ὁ σταυρός σου Κύριε

hy Cross, O_____ Lord, is life and res-ur-rec-tion____ for____ Thy peo-ple, and trust-
ing________ there - - in, we praise____ Thee, our ris - - - -

en________ God.__ Have mer - - - cy____ on____ us.
Verse #2

Aizeite ton Theon

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

Praises #2

H tafigi sou Despota

By burial, O Master, hath opened Paradise unto the race of men, and having been redeemed from corruption, we praise Thee, our risen God. Have mercy on us.
Verse #3

Aiveite aughton epil taiz

raise Him for His mighty acts, praise Him according to

the multitude of His greatness.

Praises #3

Sun Patri kai Pneumati

with the Father and the Spirit, let us praise

Christ Who is risen from the dead, and

let us cry unto Him: Thou art our life

_and__ resurrection. Have mercy on us.
Verse #4

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

Praises #4

As it is written, Thou didst rise the third day from the tomb, O Christ, raising all so the father of our race; for this cause doth all mankind exalt Thee, whilst acclaiming Thy Resurrection, chanting hymns of praise.
Verse #5

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

Praises #5

Lord, great and terrible is the mystery of Thy resurrection; for Thou camest forth even from the tomb as a bridegroom from a bridal chamber, undoing death by death, that Thou mightest free Adam. Wherefore, in the Heavens, the Angels dance, and on earth men glorify...
Thy compassion wrought for us, O Friend of man.
Verse #6

Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.

Let every breath praise the Lord.

Praises #6

ye lawless Jews, where are the seals, and the silver coins that ye gave unto the soldiers?

The treasure was not stolen, but hath risen as one mighty.

Ye your-selves have been put to shame, having denied Christ, the Lord of Glory, Who suffered and was buried and...
a - rose from the dead. Let us worship Him.
Verse #7

Ἀνάστηθi Κύριe

A

- rise, O Lord my God, let Thy hand be lift-ed high;
for-get not Thy pau-pers to the end.

Praises #7

Σφαγισθέντος τοις μνήματοι

hile the sep-ul-chre was sealed, how were ye robbed,

O ye Jews, af-ter ye had set guards

and af-fixed the seals? While the doors were shut,

the King came forth. Either pre-sent Him as 

dead, or worship Him as God, sing-

ing with us: Glo-ry to Thy

cross and Res-ur-rec-

tion, O Lord.

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Verse #8

will confess Thee, O Lord, with my whole heart;

will tell of all Thy wonders.

Praises #8

with lamentation the myrrh-bear-ing women

reached Thy life-containing tomb, O Lord.

And holding myrrh, they sought to anoint

Thine immaculate Body. But they

found a distant Angel sitting upon

the stone, and he addressed them and said:

Why do ye weep for Him Who hath made life to flow_
_ from____ His side____ for____ the____ world?  Why do ye
seek the____ Immor-____ tal____ One as a mor-
tal in____ the____ tomb?  But ra- ther run ye and pro-
claim to His dis- ciples the univer-____ sal____ joy
of His glo-____ ri-____ ous res-____ ur- rec-____ tion,
where- by do Thou en- light-____ en____ us,____ O____ Sav-
iour, and grant us for-____ give-____ ness and great mer-____ cy.
Hard Chromatic*

Verse #4

Aiveite aytan en h'

raise Him with the sound of trumpet, praise Him with the

psalter and harp.

* The fourth verse and troparion of the Sunday praises in sticheraric plagal second mode are traditionally chanted in the soft chromatic scale. But since it may be desirable to chant a troparion preceded by the words of this verse in hard chromatic sticheraric plagal second mode occasionally (for example, on a feast day that falls on a day other than Sunday), for such occasions we have included a suitable melody here for the fourth verse.
Brief Praises

Plagal Second Mode

VERSE #1

Τοῦ ποιήσαι ἐν αὐτοῖς Χ

This glory shall be to all His saints.

PRIAISES #1

Ὅ σταυρὸς σου Κύριε

thy Cross, O Lord, is life and resurrection for Thy peo-
ple, and trusting therein, we praise Thee, our risen God. Have mercy on us.

Verse #2

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

Praises #2

H taφη σου Δέσποτα

May burial, O Master, have opened Paradise unto the race of men, and having been redeemed from corruption, we praise Thee, our risen God. Have mercy on us.
Verse #3

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

Praises #3

With the Father and the Spirit, let us praise Christ Who is risen from the dead, and let us cry unto Him: Thou art our life and resurrection. Have mercy on us.
Verse #4

Aineîte σύτων ἐν ἡχῳ

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

Praises #4

Τριήμερος ἀνέστης

As it is written, Thou didst rise the third day from the tomb, O Christ, raising all so the father of our race; for this cause doth all mankind exalt Thee, whilst acclaiming Thy Resurrection, chanting hymns of praise.
Verse #5

Praise Him with tim-brel and dance, praise Him with strings and flute.

Praises #5

Lord, great and terrible is the mystery

of Thy resurrection; for Thou camest forth from the tomb even as a bride-groom from a bridal chamber, undoing death by death, that Thou might-est free Ad-am. Wherefore, in the Heav-ens, the Angels dance, and on earth men glorify Thy com-

passion wrought for us, O Friend of man.
Verse #6

Αἰνεῖτε αὐτὸν ἐν κυμβάλοις

Praise Him with tune-ful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

Praises #6

Ὡς παράνομοι Ἰουδαῖοι

Ye law-less Jews, where are the seals, and the silver coins that ye gave unto the soldiers? The treasure was not stolen, but hath risen as one might-y. Ye yourselves have been put to shame, hav-ing de-nied Christ, the Lord of Glory, Who suf-fered and was bur-ied and arose from the dead. Let us wor-ship Him.
Verse #7

Α
- rise, O Lord my God, let Thy hand be lifted high;

forget not Thy paupers to the end.

Praises #7

While the sepulchre was sealed, how were ye robbed, O ye Jews,

after ye had set guards and afixed the seals?

While the doors were shut, the King came forth. Either present Him as
dead, or worship Him as God, singing with us: Glory to Thy

Cross and Resurrection, O Lord.
Verse #8

Εξομολογήσομαι σοι

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

Praises #8

Τὸ ἐξωδόχον σου μνημα

with lamentation the myrrh-bearing women reached
Thy life-containing tomb, O Lord. And holding myrrh, they sought to anoint Thine immaculate Body. But they found a distant Angel sitting upon the stone, and he addressed them and said: Why do ye weep for Him Who hath made life to flow from His side for the world? Why do ye seek the Immortal One as a mortal in the tomb? But rather run ye and proclaim to His
dis-ci-ples the uni-verse-sal joy of His glo-ri-ous res-ur-rection, where-by do Thou en-light-en us, O Sav-iour, and grant us for-give-ness and great mer-cy.