Triodion
Sunday of the Publican and Pharisee

Kontakion

Intonation: #8

"On this day Thou hast appeared"

F

Let us flee the Pharisee's conceit-ed

G

vaunt-ing; let us learn the Publican's humility, and cry with groans unto the

F

Saviour: Thou Who alone art swiftly reconciled, be
Sunday of the Publican and Pharisee

gracious unto us.

THE PARABLE OF THE PUBLICAN AND PHARISEE
Sunday of the Prodigal Son

Kontakion

Intonation: #8

Allegro  \( \frac{\dot{\downarrow}}{150} \)

On this day the Virgin

Third Mode

"On this day the Virgin"

Foolishly I sprang away from Thy great fatherly glory, and dispersed in wicked deeds the riches that Thou didst give me.

With the Prodigal I therefore cry

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www.stanthonymonastery.org/music/Triodion.htm
unto Thee now: I have sinned against Thee,
O compassionate Father. But receive me
in repentance; make me as one of Thy hired
servants, O Lord.
Saturday Before Meat-Fare Sunday:
Saturday of the Souls

Apolytikion

Intonation: #25

Plagal Fourth Mode

Allegro  \( \frac{3}{4} \) 150

\( '\) O báthei sōphías

O Thou Who by the depth of Thy wisdom dost provide all things out of love for man, and grantest unto all that which is profitable, O only Creator: Grant rest, O Lord, to the souls of Thy servants;

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for in Thee have they placed their hope, O our Cre - a - tor

and Fash - ion - er and God.

Theotokion

Plagal Fourth Mode

Σὲ καὶ τείχος

Thee do we have as a wall and a ha - ven, and an ac -
cept - a - ble in - ter - ces - sor with God, Whom thou didst
bear, O un-wed - ded The - o - to - kos, thou sal - va - tion
of the faith - ful.
Saturday Before Meat-Fare Sunday:
Saturday of the Souls

Kontakion

Plagal Fourth Mode

Intonation: #25

Allegro $\downarrow 150$

With the Saints grant rest, O Christ, to the souls of Thy_

servants, where there is neither pain, nor sorrow, nor

sighing, but life unending.
Meat-Fare Sunday:  
The Sunday of the Last Judgment

Kontakion

Intonation: #1

First Mode

When Thou, O God, wilt come to earth with glory, and all things tremble, and the river of fire floweth before the Judgment Seat, and the books are opened and the hidden things made public, then deliver
me from the un-quench - a - ble fire, and
deem me wor - thy to stand at Thy right - hand, O most
right - eous Judge.
Cheese-Fare Saturday:
The Commemoration of All Our Righteous and God-bearing Ascetical Fathers and Mothers

Apolytikion

Intonation: #10

Fourth Mode

Allegro \( \frac{1}{150} \)

O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.

\( \text{O Θεὸς τῶν Πατέρων ἡμῶν} \)

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Cheese-Fare Saturday:
The Commemoration of All Our Righteous and God-bearing Ascetical Fathers and Mothers

Kontakion

Plagal Fourth Mode
"As first-fruits of our nature"

As preachers of true piety who silenced all impiety, Lord, Thou hast made the whole host of God-bearing Saints shine forth with splendour on the world. By their prayers and entreaties, keep all them that exalt and sincerely
magnify Thee in perfect peace, to chant and to sing to Thee: Alleluia.
Cheese-Fare Sunday: The Commemoration of Adam's Exile from Paradise

Kontakion

Intonation: #17

Plagal Second Mode

Allegro 150

O Thou Guide unto wisdom, Bestower of prudence, Instructer of the foolish, and Defender of the poor: establish and grant understanding unto my heart, O Master. Grant me speech, O Word of the

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Un. G

Fa - ther; for be - hold, I shall not keep my lips from
cry - ing un - to Thee: Have mer - cy, O Mer - ci - ful One, on
me who have fall - en.
The First Saturday of the Fast:
The Commemoration of the Miracle of the Kollyva
by Saint Theodore the Tyro

Apolytikion

Intonation: #4
Second Mode

Allegro \( \frac{1}{15} \)

Great are the achievements of faith! In the fountain of flame, as by the water of rest, the holy Martyr Theodore rejoiced; for having been made a whole-burnt offering in the fire, he was offered as sweet bread unto the

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Trinity. By his prayers, O Christ God, save our souls.
The First Saturday of the Fast:
The Commemoration of the Miracle of the Kollyva
by Saint Theodore the Tyro

Kontakion

Intonation: #25
Plagal Fourth Mode

Allegro \( \dot{\frac{\text{b}}{150}} \)

Having received the Faith of Christ in thy heart as a breast-plate, thou didst trample upon the enemy hosts,

O much-suffering champion; and thou hast been crowned eternally with a heavenly crown,

\( \frac{\text{b}}{\text{B}} \)
since thou art invincible.
The First Sunday of the Fast: 
The Sunday of Orthodoxy

Apolytikion

Second Mode

We worship Thine immaculate icon, O Good One, asking the forgiveness of our failings, O Christ our God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou mightest deliver from

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We should offer up doxologies to God with fear and a contrite heart, in order that they may be accepted like fragrant incense.

-St. John Chrysostom
The First Sunday of the Fast: The Sunday of Orthodoxy

Kontakion

Intonation: #25

Plagal Fourth Mode

The un-de-pict-a-ble Word of the Fa-ther be-came de-
pict-a-ble when He took flesh of thee, O The-

o-tokos; and when He had re-stored the de-

filed im-age to its an-cient state, He suf-
fused it
Un. 

with ____ divine ____ beauty. As for us, confessing our salvation, we record it in ____

deed ____ and ____ word.
The Second Saturday of the Fast

Apolytikion

Intonation: #4

Second Mode

Allegro 150

Un. G

Ὁ ἀποστόλοι, μάρτυρες

E Un.

just ones, who have finished your course well and have kept the Faith:

G

sion, be seech Him for us, since He is good, that our
souls be saved, we pray.

Apolytikion for the Reposed

Keep Thy servants in remembrance, O Lord, since Thou art good; and do Thou forgive their every sin in this life; for no man is without sin, except for Thee Who art able to grant rest even unto those that have parted hence.
Theotokion

Un. 

O ho - ly Moth - er of the In - ef - fa - ble Light,

with rever - ence we mag - ni - fy thee, hon - our - ing thee with an -

gel - ic hymns.
The Second Saturday of the Fast

Kontakion

Intonation: #25
Second Mode

Allegro \( \frac{1}{4} \) 150

With the Saints grant rest, O Christ, to the souls of Thy_

servants, where there is neither pain, nor sorrow, nor

sighing, but life unending.
The Second Sunday of the Fast:
Saint Gregory Palamas
Archbishop of Thessalonica

Apolytikion

Intonation: #25

Plagal Fourth Mode

Allegro \( \frac{1}{150} \)

Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonder-worker, boast of Thessa-
lon - i - ca, her - ald of grace: ev - er pray that

our souls be saved.
The Second Sunday of the Fast:  
Saint Gregory Palamas  
Archbishop of Thessalonica

Kontakion

Plagal Fourth Mode  
"To thee, the Champion Leader"

Intonation: #24

With one accord, we praise thee as the sacred and divine vessel of wisdom and clear trumpet of theology, O our righteous Father Gregory of divine speech. As a
While your tongue sings,
let your mind search out the meaning of the words,
so that you might sing in spirit and sing also in understanding.

- St. Basil the Great
The Third Saturday of the Fast

Apolytikion

Intonation: #4

Second Mode

Allegro \( \frac{1}{150} \)

'Απόστολοι, μάρτυρες

The Third Saturday of the Fast

O apostles, martyrs, prophets, hierarchs, righteous, and just ones, who have finished your course well and have kept the Faith: seeing ye have boldness with the Saviour, beseech Him for us, since He is good, that our

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souls be saved, we pray.

Apolytikion for the Reposed

Keep Thy servants in remembrance, O Lord, since Thou art good; and do Thou forgive their every sin in this life;

for no man is without sin, except for Thee Who art able to grant rest even unto those that have departed hence.

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Un. G

O ho-ly Moth-
er of the In-

Ef-

Fa-

ble Light,

E G

with re-

ver-

ence we mag-

ni-

fy thee, hon-

our-

ing thee with an-

gel-

ic hymns.
The Third Saturday of the Fast

Kontakion

Intonation: #25

Second Mode

Allegro  \( \downarrow \frac{1}{3} 50 \)

\( \text{C} \)

With the Saints grant rest, O Christ, to the souls of Thy

\( \text{C} \)

servants, where there is neither pain, nor sorrow, nor

\( \text{Un.} \)

sighing, but life unending.

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www.stanthonyssmonastery.org/music/Tридон.htm
The Third Sunday of the Fast: The Worship of the Precious and Life-giving Cross

Apolytikion

Intonation: #1

First Mode

Σώσον Κύριε τὸν λαὸν σου

Save, O Lord, Thy people and bless Thine inheritance; grant Thou unto the faithful victory over adversaries. And by the power of Thy Cross do Thou preserve Thy commonwealth.
No longer doth the flaming sword guard the gate of Eden, for a marvelous quenching is come upon it, even the Tree of the Cross. The sting hath been taken from death, and the victory from
Hades. And Thou, my Saviour, hast appeared unto those in Hades, saying: Enter ye again into Paradise.
The Fourth Saturday of the Fast

Apolytikion

Intonation: #4

Second Mode

'Απόστολοι, μάρτυρες

O apostles, martyrs, prophets, hierarchs, righteous, and just ones, who have finished your course well and have kept the Faith: seeing ye have boldness with the Saviour, beseech Him for us, since He is good, that our
souls be saved, we pray.

Keep Thy servants in remembrance, O Lord, since Thou art good; and do Thou forgive their every sin in this life; for no man is without sin, except for Thee Who art able to grant even unto those that have departed hence.
Un. G
O ho - ly Moth - er of the In - ef - fa - ble Light,
with rever - ence we mag - ni - fy thee, hon - our - ing thee with an -
gel - ic hymns.
The Fourth Saturday of the Fast

Kontakion

Intonation: #25

Second Mode

Metâ tōn ágion

With the Saints grant rest, O Christ, to the souls of Thy

servants, where there is neither pain, nor sorrow, nor

sighing, but life unending.
The Fourth Sunday of the Fast:
Saint John of the Ladder

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro  \( \frac{1}{4} \) 150

With the streams of thy tears, thou didst cultivate the barrenness
of the desert; and by thy sighings
from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar-
y, shining with miracles upon the world,

O John our righteous Father. Intercede with Christ God that our souls be saved.
The Fourth Sunday of the Fast:
Saint John of the Ladder

Kontakion

Intonation: #25

First Mode
"The soldiers standing guard"

As ever-blooming fruits, thou dost offer the teachings of thy God-given book, O wise John,

 thou most blessed, while sweet'ning the hearts of all

them that heed it with vigilance; for it
Un.

is a ladder from the earth unto Heaven

G

that conferreth glory on the souls that ascend it and honour thee faithfully.

SAINT JOHN OF THE LADDER
Larghetto

Un. G

My soul, my soul, arise!

Un. E Un.

Wherefore dost thou slumber? The end is drawing nigh, and thou shalt be troubled. Arouse

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thy self, therefore, that Christ

God may spare thee; for He is everywhere present and fill eth all things.

Just as the angels stand with great fear and chant their hymns to the Creator, likewise should we stand in psalmody.

- St. Ephraim the Syrian
When the bodiless one learned the secret command, in haste he came and stood before Joseph's dwelling, and spake unto the Maid...
Saturday of the Akathist Hymn

Who hath bowed the Heavens by His descent is held and contained unchanging wholly in thee.

Seeing Him receiving the form of a servant in thy womb, I stand in awe and cry to thee: Rejoice, thou Bride unwedded.

Rejoice, thou Bride unwedded.
The Saturday of the Ἀκαθιστὴς Ὑμνος

Kontakion

Intonation: #24

Plagal Fourth Mode

To thee, the Champion Leader, we thy flock dedicate a feast of victory and of thanksgiving, as ones rescued out of sufferings, O Theotokos. But as thou art one with
might which is invincible, from all dangers

that can be do thou deliver us, that we may cry

to thee: Rejoice, thou Bride unwedded.
The Fifth Sunday of the Fast:
Saint Mary of Egypt

Apolytikion

Intonation: #25
Plagal Fourth Mode

F C

In thee the image was preserved with exactness,

Un. C

O Mother; for taking up thy cross, thou didst

Un. F C F

follow Christ, and by thy deeds thou didst teach us to o-

verlook the flesh, for it passeth away, but

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to attend to the soul since it is immortal. Wherefore, O righteous Mary, thy spirit rejoiceth with the Angels.
The Fifth Sunday of the Fast: Saint Mary of Egypt

Kontakion

Intonation: #10

Fourth Mode
"Thou Who wast raised up"

G G G G E E E E
Having escaped the gloom of sin, O blest

Un. Un. G G G G
Mary, and shining brightly with the light

G G G G E E E E
of repentance, thou didst present thy heart to Christ, O

Un. Un. G G G G
glorious one, bringing Him His holy and all-im-

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maculate Mother as a greatly merciful and most bold intercessor. Hence,

thou hast found the pardon of thy sins and with the Angels rejoicest for evermore.
In confirming the common Resurrection, O Christ,
God, Thou didst raise up Lazarus from the dead before Thy Passion. Wherefore, we also, like the children, bearing the symbols of victory,
cry to Thee, the Vanquisher of death: Hosanna

in the highest; blessed is He that cometh

in the Name of the Lord.
Lazarus Saturday

Kontakion

Second Mode

"Thou soughtest the heights"

To those on the earth, the Joy of all, Christ God,

Truth, the Light and the Life, the Resurrection of

world, in His goodness hath now appeared and is become the true

archetype of the Resurrection of all, be-
stowing divine forgiveness on all men.
Palm Sunday

Apolytikion

First Mode

In confirming the common Resurrection, O Christ,

God, Thou didst raise up Lazarus from the dead before Thy Passion. Wherefore, we also, like the children, bearing the symbols of victory,
Palm Sunday

When you stand in church,
be careful not to look here and there
or curiously examine how each one of the
brethren stands or sings. Rather, pay attention
only to yourself and to the chanting and to your sins.

- St. Symeon the New Theologian
Palm Sunday

Another Apolytikion

Intonation: #10

Fourth Mode

As by baptism we were buried with Thee, O Christ our God, so by Thy Resurrection we were deemed worthy of immortal life; and praising Thee, we cry: Hosanna in the highest; blessed is He that cometh...
in the Name of the Lord.
Palm Sunday

Kontakion

Plagal Second Mode

Intonation: #17

Allegro \( \frac{1}{1}\)50

Being borne upon a throne in Heaven, and upon a colt on the earth, O Christ God, Thou didst accept the praise of the Angels and the laudation of the children as they cried to Thee: Blessed art

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Palm Sunday

Thou Who com-est to re-call Adam.