

The Office of Orthros (Abridged)

for Sundays outside of Lent and Paschaltide

This abridged Reader's version of Orthros is meant to be prayed by the faithful while the priest is preparing the Oblations. To pray Orthros, this booklet must be accompanied by other Liturgical books, as referenced throughout the rubrics that follow. If it would enhance the overall prayer, the boxed portions may be omitted according to the particular circumstances of the day or the community which is praying with this version of the office.

INTRODUCTORY PRAYER

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

All: Amen.

TRISAGION PRAYERS

All: Holy ✠ God! Holy Mighty One! Holy Immortal One!
Have mercy on us! (*three times*)

~ Glory to the Father ✠ and to the Son and to the Holy Spirit,

~ now and always and to the ages of ages. Amen.

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

~ Lord, have mercy! (*three times*)

~ Glory to the Father ✠ and to the Son and to the Holy Spirit,

~ now and always 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.

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

All: Amen.

~ Lord, have mercy! (*twelve times*)

~ Glory to the Father ✠ and to the Son and to the Holy Spirit,

~ now and always and to the ages of ages. Amen.

The ecclesiarch or reader says the following verses reverently, each with a metany:

Glory to God in the highest, on earth, peace and good will to men. (*three times*)

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

On weeks of the 1st, 3rd, 5th, or 7th tone, the ecclesiarch or reader says the first stasis of the Hexapsalm. On weeks of the 2nd, 4th, 6th, or 8th tone, the second stasis (page 6) will be said.

HEXAPSALM – STASIS I

Psalm 3

Q LORD, why do so many taunt me?

Many are those who rise up against me;

-Many are those who say of my soul:

“There is no salvation for him in his God!”

-But You, O Lord, are a shield around me,
my glory: You raised my head.

-Loudly did I cry out to the Lord
and from His holy mountain He listened to me.

-As for me, I lay down and slept;
I rose again, for the Lord will be my help.

-I will not fear ten thousand people
arrayed against me all around:
arise, O Lord, save me, my God!

-You have stricken all who fought me without cause,
You have shattered the sinners' teeth.

-This deliverance is the Lord's.
Upon Your people be Your blessing!

-As for me, I lay down and slept;
I rose again, for the Lord will be my help.

Psalm 37

O LORD, in Your anger, rebuke me not;
Chastise me not in Your wrath!

-Your arrows have bored into me
and upon me You have firmly laid Your hand.

-There is no soundness in my flesh because of Your wrath,
there is no peace in my bones because of my sins.

-Because my iniquities have overwhelmed me,
they have weighed upon me like a weighty load.

-My sores have become stench and festering
because of my folly;

-A stooping and exhausted wreck,
I stumbled mourning all the day.

-My loins were burning with fever
and there was no soundness in my flesh.

-I was crushed and deeply afflicted,
I roared with the groaning of my heart.

-O Lord, all my longing stood before You,
and my groaning was not hushed away from You.

-My heart came to grief, my strength deserted me,
and even the light of my eyes failed me.

- My friends and companions came and fought me,
while my closest kinsmen stood afar from my presence;
- And those who sought my life used violence
while those who wished my loss spoke lies,
plotting deception all the day.
- But I remained as a deaf man and heard them not,
as a dumb man and opened not my mouth,
-as a man who has not heard a thing
and thus has no retort upon his lips.
- In You, O Lord, I have placed my trust:
You will give heed, O Lord my God!
- I said: "O, that my foes cease to gloat over me!
They boasted mightily when my feet stumbled."
- As for me, I am ready for scourgings
and my pain is before me always.
- Indeed, I myself confess my guilt
and I will live in anguish because of my sin.
- But my enemies survive and overpower me,
and those unduly hating me are multiplied:
- Those who, rendering evil for good,
opposed me when I sought but righteousness.
- O Lord my God, forsake me not!
Stay not afar from me!
- Come close to help me,
O Lord of my salvation!
- O Lord my God, forsake me not!
Stay not afar from me!
- Come close to help me,
O Lord of my salvation!

Psalm 62

O GOD, my God, at dawn I rise to You!

-My soul has thirsted for You,
and oh, how my flesh has hungered for You!

-Like a trackless, parched land that has no water,
so did I come before You in Your holy place
to see the power and the glory that are Yours.

-Since Your love is more delightful than life itself,
my mouth will declare Your praise.

-So shall I bless You as long as I live
and lift up my hands in Your Name.

-My soul shall be filled as with marrow and fat,
and with joyful lips my mouth shall sing praise.

-While lying on my couch, I remembered You,
I thought of You throughout the early watches.

-You became for me the Helping One:
in the shelter of Your wings I will rejoice.

-My soul followed You close by
and Your right hand held me up.

-But as for those who sought my life in vain,
may they sink into the abyss of the earth

-And be delivered to the trenchant sword:
the portion of jackals they shall be!

-But the king shall rejoice in God,
and all who swear by Him shall glory,
for the liar's mouth is stopped.

-I thought of You throughout the early watches.

-You became for me the Helping One:
in the shelter of Your wings I will rejoice.

-My soul followed You close by
and Your right hand held me up.

If both stases of the Hexapsalm are being said, continue below. Otherwise, skip to page 11.

-Glory to the Father ☩ and to the Son and to the Holy Spirit, now and always and to the ages of ages. Amen.

Without metanies:

-Alleluia, alleluia, alleluia! Glory to You, O God! *(three times)*

-Lord, have mercy. *(three times)*

-Glory to the Father ☩ and to the Son and to the Holy Spirit,

The second in rank answers and then begins Psalm 87:

-now and always and to the ages of ages. Amen.

HEXAPSALM – STASIS II

Psalm 87

 LORD, God of my salvation,
day and night I cried out before You.

-Let my prayer reach up to You;
 lend Your ear to my request, O Lord,
-for my soul was flooded with troubles
 and my life came close to Hades.

-I was reckoned with those who sink in the abyss;
 I was like a man beyond help, left for dead,
-like the slain that lie in the tomb,
 those You remember no more:
 they are cut away from Your hand.

-They have cast me down to the bottom of the pit,
 into darkness and the shadow of death.

-Your anger was a burden upon me;
 You poured Your billows over me.

- You took my friends away from me;
 You made me distasteful to them.
- I was closed in and could not escape,
 my eyes were dim with distress.
- I cried out to You, O Lord, all the day,
 I stretched out my hands to You.
- But do You work wonders for the dead?
 Do the dead ever rise to sing Your praise?
- Does anyone sing Your love in the grave
 or Your faithfulness in the midst of perdition?
- Are Your marvels ever known in the darkness
 or Your justice in the land of oblivion?
- Yet I, O Lord, cried out to You,
 and to You my prayer rose at dawn.
- Why, O Lord, do You reject my soul?
 Why do You hide Your face from me?
- I am wretched and troubled since my youth,
 I was raised high, then humbled and distressed.
- Your plagues have swept over me
 and Your terrors left me shaken:
- They surrounded me like waters all the day,
 they close in upon me all together.
- You have taken from me friend and companion
 and my acquaintances, so wretched am I.
- O Lord, God of my salvation,
 day and night I cried out before You.
- Let my prayer reach up to You;
 lend Your ear to my request, O Lord.

Psalm 102

BLESS THE LORD, O my soul!

May all that is in me bless His holy Name!

-Bless the Lord, O my soul,

and forget not all the gifts from Him

-Who pardons all your sins

and heals all your diseases,

-Who ransoms your life from corruption

and crowns you with love and mercies,

-Who fills your longing with what is good —

and your youth is renewed like the eagle's!

-The Lord brings about deeds of kindness

and vindication for all the oppressed.

-He has made known His ways to Moses

and His will to Israel's children.

-The Lord is the One of compassion and pity,

long-sufferance and manifold love:

-His contention is not for ever

nor shall His anger always last.

-He deals not with us as our sins demand

nor does He repay our evil deeds;

-For as high as the heavens stand over the earth,

so high has the Lord extended His love

for those who fear Him.

-As far as the East stands away from the West,

so far has He put our sins from us.

-As kind as a father is toward his children,

so kind is the Lord for those who fear Him.

-For He Himself knows well how we were formed:

Remember, we are only dust!

- A man, his days resemble grass:
 As a flower of the field, so shall he bloom;
-But let a breath pass over him and he is gone,
 and never shall he know his place again.
- But the love of the Lord is from all eternity
 and to all eternity for those who fear Him,
-And His justice is upon the children of children
 of those who keep His covenant
 and remember His laws to obey them.
- The Lord has established His throne in heaven:
 over all things His kingship is supreme.
- Bless the Lord, all you His angels,
 you strong and mighty ones who obey His word
 on hearing the sound of His decrees!
- Bless the Lord, all you His powers,
 His attendants who obey His will!
- Bless the Lord, all you His works
 in every place of His dominion!
- Bless the Lord, O my soul!
-In every place of His dominion,
 bless the Lord, O my soul!

Psalm 142

- O LORD, listen to my prayer;
-In Your truth give heed to my request,
 and in Your justice hear me:
-And enter not into judgment with Your servant,
 since of all the living, none is just before You.
- The enemy has pursued my soul;
 he has crushed my life into the ground:
-He has forced me to dwell in darkness,
 like those long dead.

- My spirit is overwhelmed with grief,
and within me my heart was troubled.
- Remembering the days of old,
I meditated on all Your deeds;
I thought of the works of Your hands.
- I stretched out my hands to You:
Like a parched land my soul longed for You.
- Listen to me without delay, O Lord;
my spirit has failed me.
- Turn not Your face away from me,
nor let me sink in the pit like the others.
- Grant that I may hear Your love at dawn,
for I have placed my hope in You.
- O Lord, let me know which way I shall go,
for I have lifted up my soul to You.
- Deliver me, O Lord, from my enemies;
it is to You that I have fled.
- Teach me to do Your will, for You are my God;
may Your good Spirit lead me over level ground.
- For the sake of Your Name, O Lord,
You will keep me alive.
- In Your saving bounty,
You will deliver my soul from oppression:
- And in Your loving kindness,
You will destroy my enemies
- And bring to naught all those who grieve my soul;
for I am Your servant.
- O Lord, in Your justice hear me,
and enter not into judgment with Your servant. *(twice)*
- May Your good Spirit lead me over level ground.

-Glory to the Father ✠ and to the Son and to the Holy Spirit,
now and always and to the ages of ages. Amen.

-Alleluia, alleluia, alleluia! Glory ✠ to You, O God! *(metany)*

-Alleluia, alleluia, alleluia! Glory ✠ to You, O God! *(metany)*

-Alleluia, alleluia, alleluia! Glory ✠ to You, O God! *(metany)*

O our Hope, glory to You!

R: Lord have mercy. *(twelve times)*

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

All: Amen.

PSALM 117 AND TROPARIA

The Cantor intones the refrain in the tone of the week and the readers alternate intercalating the verses.

C: The Lord is God and has appeared to us. Blessed is He
who comes in the name of the Lord.

R: Give thanks to the Lord and call upon His Name.

C: The Lord is God...

R: All the nations encompassed me: in the Name of the Lord I
crushed them.

C: The Lord is God...

R: This was done by the Lord: it is wonderful in our eyes.

C: The Lord is God...

Three or four troparia are chanted as follows:

1. Troparion of the Resurrection *(tone of the week)*

2. *In case of 5th class saint within a fore- or after-feast:* None

In case of two 5th class saints: Troparion of the First Saint

In all other cases: Troparion of the Resurrection *(tone of the week)*

R: Glory to the Father ✠ and to the Son and to the Holy Spirit,

3. *In case of leave-taking or 2nd class feast:* Troparion of the Feast
In case of 5th class saint within a fore- or after-feast: Troparion of the Resurrection
In all other cases: Troparion of the [Second] Saint

R: now and always and to the ages of ages. Amen.

4. *In case of 3rd, 4th or 5th class saint, outside a fore- or after-feast:* Resurrectional Theotokion (*tone of the preceding troparion*)
In all other cases: Troparion of the Feast

R: Lord have mercy. (*twelve times*)
 Through the prayers of our holy Fathers, Lord Jesus Christ, our God, have mercy on us and save us.

All: Amen.

SESSIONAL HYMNS

As prescribed by the Menaion or Octoechos.

EVLOGITARIA OF THE RESURRECTION

All begin chanting the Evlogitaria of the Resurrection in the fifth tone, unless a 2nd or 3rd class feast is being celebrated. In such a case, the Evlogitaria of the Resurrection will be replaced by Psalm 44 or the Polyeleos, respectively.



Bles-sed are You, O Lord: teach me Your sta-tutes

The orders of angels were amazed as they beheld You, O Savior, among the dead, destroying the power of death, and raising up Adam with You, and releasing all from Hades!

All: Blessed are You, O Lord: teach me Your statues.

The radiant angel standing within the tomb cried out to the Myrrh-bearers: "Why, O women disciples, do you mingle myrrh with your tears of pity? Look upon the tomb and rejoice, for the Savior is risen from the dead!"

All: Blessed are You, O Lord: teach me Your statutes.

Very early in the morning, the myrrh-bearers ran lamenting to Your tomb. But the angel stood by them and said: "Do not weep, the time of lamenting has passed. Announce the Resurrection to the Apostles!"

All: Blessed are You, O Lord: teach me Your statutes.

The Myrrh-bearing women came with myrrh to Your tomb, O Savior, and heard the angel say to them: "Why do you think that the Living One is among the dead? For as God, He has risen from the dead!"

All: Glory to the Father ✠ and to the Son and to the Holy Spirit,

We worship the Father, the Son and the Holy Spirit, the Holy Trinity. One in essence. And with the Seraphim we cry out: "Holy, holy, holy are You, O Lord!"

All: now and always and to the ages of ages. Amen.

Since you gave birth to the Giver of Life, O Virgin, you delivered Adam from sin; and you granted joy to Eve instead of sadness, for He who took flesh from you, God and Man, restored to life him who had gone astray!

All: Alleluia, alleluia, alleluia! Glory to You, O God! *(three times)*

R: Lord have mercy *(twelve times)*

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

All: Amen.

HYPACOI AND ANAVATHMI

As prescribed by the Menaion or Octoechos.

RESURRECTION HYMN OF ST. JOHN OF DAMASCUS

The ecclesiarch or reader says:

Now that we have seen the Resurrection of Christ, let us adore the all-holy Lord Jesus, the only sinless One. We bow in worship before Your Cross O Christ, and we praise and glorify Your Resurrection, for You are our God, and we have no other, we magnify Your name. All you faithful come: let us adore the holy Resurrection of Christ, for behold through the Cross joy has come to the World! Let us always bless the Lord, let us sing His Resurrection, for by enduring for us the pain of the Cross, He has crushed death by His death.

PSALM 50

The faithful together all say:

God, have mercy on me
in the greatness of Your love;
-In the abundance of Your tender mercies,
wipe out my offense.

-Wash me thoroughly from malice
and cleanse me from sin,
-For I am well aware of my malice
and my sin is before me always.

-It is You alone I have offended;
I have done what is evil in Your sight.
-Wherefore You are just in Your deeds
and triumphant in Your judgment.

- Behold, I was born in iniquities,
and in sins my mother conceived me.
- But You are the lover of truth:
You have shown me the depths and secrets of Your wisdom.
- Wash me with hyssop and I shall be pure;
cleans me and I shall be whiter than snow.
- Let me hear sounds of joy and feasting;
the bones that were afflicted shall rejoice.
- Turn Your face away from my offenses
and wipe off all my sins.
- A spotless heart create in me, O God;
renew a steadfast spirit in my breast.
- Cast me not afar from Your face;
take not Your blessed Spirit out of me.
- Restore to me the joy of Your salvation,
and let Your guiding Spirit dwell in me.
- I will teach Your ways to the sinners
and the wicked shall return to You.
- Deliver me from blood-guilt, O God, my saving God,
and my tongue will joyfully sing Your justice.
- O Lord, You shall open my lips,
and my mouth will declare Your praise.
- Had You desired sacrifice, I would have offered it,
but You will not be satisfied with whole-burnt offerings.
- Sacrifice to God is a contrite spirit;
a crushed and humbled heart God will not spurn.
- In Your kindness, O Lord, be bountiful to Sion;
may the walls of Jerusalem be restored.
- Then will You delight in just oblation,
in sacrifice and whole-burnt offerings.
- Then shall they offer calves upon Your altar.

ORTHROS ON ORDINARY SUNDAYS

-Glory to the Father ✠ and to the Son and to the Holy Spirit,



Through the in-ter - ces - sion of the a-pos-tles, O mer-ci-



- ful One, wipe out the mul-ti-tude of our sins.

-now and always and to the ages of ages. Amen.



Through the in-ter - ces - sion of the The-o-to-kos, O mer-ci-



- ful One, wipe out the mul-ti-tude of our sins.

All: O God, have mercy on me in the greatness of Your love; in the abundance of Your tender mercies, wipe out my offense.



Ha-ving ri-sen from the grave as He fore-told, Je-sus has



gran-ted us e-ter-nal life and great mer - cy.

R: Lord have mercy. (*twelve times*)

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

All: Amen.

CANON

Katavasiae or Kondakion, Ikos and Synaxarion from the Menaion or Octoechos.

NINTH ODE

The Cantor begins the hymn of the Theotokos and the faithful chant the Megalyntarion in the tone of the week after each verse.

C: My soul magnifies the Lord, and my spirit rejoices in God my Savior.

All: More honorable than the cherubim and more glorious beyond compare than the seraphim, who without stain bore God the Word: you are truly Theotokos: we magnify you!

C: Because He has regarded the humility of His handmaid: for behold, henceforth, all generations shall call me blessed.

All: More honorable than the Cherubim...

C: Because He who is mighty has done great things to me; and holy is His name; and His love is from generation to generation to those who fear Him.

All: More honorable than the Cherubim...

C: He has shown might in His arm: He has scattered the proud in the conceit of their heart.

All: More honorable than the Cherubim...

C: He has put down the mighty from their seat and has exalted the humble. He has filled the hungry with good things, and the rich He has sent empty away.

All: More honorable than the Cherubim...

C: He has received Israel His servant, being mindful of His love. As He spoke to our Fathers: to Abraham and his seed for ever.

All: More honorable than the Cherubim

R: Lord have mercy. (*twelve times*)

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

All: Amen.

EXAPOSTILARIA

C: 
 Ho - ly is the Lord our God.

All: Holy is the Lord our God!

C: Exalt the Lord our God and adore His footsteps, for He is holy.

All: Holy is the Lord our God!

C: 
 Ho - ly is the Lord

All: 
 our God.

Then the exapostilaria of the day, from the Menaion and/or Octoechos.

AINOS

The opening verses of the Psalms of Praise are chanted in the tone of the week.

Psalm 148

Pret everything that has breath praise the Lord.
 Praise the Lord from the heavens,
 praise Him in the heights:
 to You belongs praise, O God.
 Praise Him, all you His angels,
 praise Him, all you His powers;
 to You belongs praise, O God.

If the medial verses are to be said, the choirs continue chanting the remainder of Psalm 148 below. Otherwise, skip to Psalm 150 (page 20).

- Give praise to Him, sun and moon;
 give praise to Him, all you stars and light!
- Give praise to Him, you heavens of heavens;
 and you water that is above the heavens.

- May they praise the Name of the Lord,
 for He said the word, and they came to be.
- He commanded, and they were created.
 He established them for all eternity and for ever and ever;
 He fixed their boundaries which cannot be passed.

- Give praise to the Lord from out of the earth,
 you monsters, and all you depths!
- Fire and hail, snow and ice,
 tempestuous wind, who obey His word;

- You mountains and all you hills,
 fruit-bearing trees and all you cedars,
- Savage beasts and all you cattle,
 crawling things and all you winged birds,

- Kings of the earth and all you nations,
 leaders and all you judges of the earth,
- Young men and maidens, elders and children;
 give praise to the name of the Lord,
 for His Name alone is exalted.

- His exaltation is above earth and heaven:
 He will raise a horn for His people.
- A praise for all His saints,
 for the people of Israel who are close to Him.

Psalm 149

- Sing to the Lord a new song;
His praise in the assembly of the saints!
-Let Israel rejoice in his Maker
and the sons of Sion exult in their King!
- Let them praise His name in the dance,
making melody to Him on the drum and the harp:
-For the Lord is well-pleased in His people:
with salvation, He will exalt the meek.
- Let the Saints triumph in glory
and sing for joy on their couches.
-Let the high praise of God be upon their lips,
and double-edged swords in their hands:
- To bring revenge upon the nations,
and reproach upon the peoples,
-To fetter their kings with chains
and their nobles with iron shackles,
-To execute on them the written sentence;
this is glory for all His Saints!

Psalm 150

- Praise the Lord in His holy ones,
praise Him in the firmament of His might!

The 8th Sticheron is inserted at this point.

- Praise Him in His mighty deeds,
praise Him for the fullness of His majesty!

The 7th Sticheron is inserted at this point.

- Praise Him with the blast of the horn,
praise Him with the harp and the zither!

The 6th Sticheron is inserted at this point.

-Praise Him with timbrel and chorus,
praise Him with strings and pipes!

The 5th Sticheron is inserted at this point.

-Praise Him with resounding cymbals,
praise Him with cymbals of glory.

The 4th Sticheron is inserted at this point.

-May everything that breathes
praise the Lord.

The 3rd Sticheron is inserted at this point.

-Arise, O Lord my God, lift Your mighty hand
and never forget Your poor.

The 2nd Sticheron is inserted at this point.

-I shall praise You, O Lord, with my whole heart
and shall proclaim all Your mighty deeds.

The 1st Sticheron is inserted at this point.

-Glory to the Father and to the Son and to the Holy Spirit,

The Sunday Eothinon or Festal Doxastikon is inserted at this point.

-now and always and to the ages of ages. Amen.

If there is not a Theotokion from the other Liturgical books:

You are truly most blessed, O Virgin Mother of God: through the One Who was incarnate of you, Hades was chained, Adam revived, the curse wiped out, Eve set free, death put to death, and we ourselves were brought back to life. That is why we cry out in praise: "Blessed are You, O Christ our God, Who find in this Your good pleasure: glory to You!"

The Great Doxology is chanted, followed by the beginning of the Divine Liturgy.