
ANASTASIMATARION

RESURRECTIONAL HYMNS



Melodies composed by Gabriel Cremeens

PLAGAL 4TH MODE

PART I: VESPERS

LORD, I HAVE CRIED

PSALM 140:1

MODE $\pi \delta \text{ Ni } \varnothing$

Lord, ___ I have cried ___ un - to ___ Thee, Δ δ heark - en ___ un -
 to ___ me; δ π heark-en un - to me, ___ O ___ Lord. δ ν Lord, ___
 Δ I have cried ___ un - to ___ Thee, Δ δ π heark - en un - to ___
 me; Δ δ at - tend ___ to the voice ___ of ___ my sup - pli - - - ca -
 - - tion δ ν when I cry ___ un - to ___ Thee. δ ν Π Hearn-en un-to
 π me, ___ O ___ Lord. δ ν

Alternate thesis:

δ ν Δ when I cry ___ un - to ___ Thee. Δ δ Π π heark - en un-to me, ___
 π O ___ Lord. δ ν

LET MY PRAYER BE SET FORTH

PSALM 140:2

MODE $\pi \delta \text{ Ni } \epsilon$



et my prayer ___ be set ___ forth as ___ in - - cense be -
 - - fore ___ Thee, the lift - ing up ___ of
 my ___ hands as an eve - ning ___ sac - - ri - - fice;
 heark - en ___ un - - to me, ___ O ___ Lord.

RESURRECTIONAL STICHERA

BY SAINT JOHN OF DAMASCUS

MODE $\pi \rho \text{ Ni } \rho$

VERSE

Bring my soul out of prison ρ that I may con - fess ρ Thy ρ name.

ρ

1ST STICHERON



ρ n eve - ning ρ hymn ρ and ra - tion - al ad - o - -
 - ra - - - tion ρ do we of - fer un - to Thee, ρ O ρ Christ;
 ρ for Thou ρ wast well - pleased ρ to have mer - - - cy ρ
 on ρ us, ρ through the ρ Res - ur - - - - rec - - - -
 - tion.

ρ

I beseech you therefore, brethren, by the mercies of God,
 that ye present your bodies a living sacrifice, holy, acceptable unto God,
 which is your reasonable service [rational adoration].

-Romans 12:1

But what is rational adoration? It means spiritual ministry, conversation according to Christ.
As then he that ministers in the house of God, and officiates, of whatever sort he may be,
then collects himself, and becomes more dignified;
so we ought to be minded all our whole life as serving and ministering.
And this will be so, if every day you bring Him yourself as a sacrifice,
and become the priest of your own body, and of the virtue of your soul;
as, for example, when you offer soberness, almsgiving, goodness and forbearance.
For in doing this you offer rational adoration,
that is, one without anything that is bodily, gross, visible.

-Saint John Chrysostom, Homily 20 on Romans

MODE $\pi \delta \text{ Ni } \epsilon$

VERSE

The righteous shall wait patiently for me $\epsilon \gamma$ N un - - til ____ Thou shalt re -
 ward ____ me. $\nu \delta$

2ND STICHERON

Lord, O ____ Lord, ____ cast us ____ not a - way ____ from
 Thy ____ pres - - - ence, $\nu \delta$ but be well - pleased $\Delta \delta$ to have
 mer - - - cy ____ on ____ us, ____ through the ____ Res -
 - ur - - - rec - - - tion. $\nu \delta$

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

-Psalm 50:11

MODE $\lambda \rho \lambda$ NI ρ

VERSE

Out of the depths have I cried unto Thee, O Lord; O Lord _____ hear _____ my
 _____ voice.

3RD STICHERON

Le- jice, _____ O ho - - - ly Si - - on, thou _____
 Moth - er _____ of the Church- - es and dwell - ing _____ place _____
 _____ of _____ God; for thou wast _____ first _____ to re - ceive
 re - mis - - sion _____ of _____ sins, _____ through the _____
 Res - ur - - - rec - - - tion.

Great is the Lord, and greatly to be praised,
 in the city of our God, in His holy mountain,
 in the well-rooted joy of all the earth,
 the mountains of Sion on the sides of the north,
 the city of the great King.

-Psalm 47:1-2

VERSE

ANATOLIAN STICHERA

4TH STICHERON

And in one Lord Jesus Christ, the Son of God, the Only-Begotten,
Begotten of the Father before all ages...

-Nicene Creed

God, who at sundry times and in divers manners spake in time past unto the fathers by the prophets, hath in these latter times spoken unto us by his Son, whom he hath appointed heir

of all things, by whom also he made the ages; who being the brightness of his glory, and the express image of his person, and upholding all things by the word of his power, when he had by himself purged our sins, sat down on the right hand of the Majesty on high: being made so much better than the angels, as he hath by inheritance obtained a more excellent name than they.

-Hebrews 1:1-4

MODE  NI 2



he Word, Who was be - got - - ten of God the __ Fa - - -
 ther be - fore the __ ag - - - es, __ and in these __ lat - ter __
 times __ was in - car - nate of __ her __ who knew not __
 wed - - - lock,

MODE $\lambda \rho \text{ Ni } \rho$

VERSE

If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand? $\beta \gamma$ N for with___ Thee
 ___ there is for - - - give - - - ness. $\nu \rho$

5TH STICHERON

 N Δ e glo - ri - fy ___ Thy Res - ur - - rec
 - - - - tion ___ from the ___ dead, ___ O ___ Christ, $\Delta \rho$ where
 - by ___ Thou didst_ free the ___ race ___ of ___ Ad - - - am $\beta \gamma$
 from the ___ tyr - an - ny of ___ Ha - - - des; $\nu \rho$ and,
 as ___ God, ___ Thou hast be-stowed up - on the ___ world $\Delta \rho$ life ___
 ___ ev - er - - last - - - ing ___ and great ___ II N
 mer - - - cy. $\nu \rho$

MODE $\lambda \pi \delta \text{ Ni } \epsilon$

VERSE

For Thy name's sake have I patiently waited for Thee, O Lord; ⁶ my soul hath waited patiently
 for Thy word, ^N my soul hath hoped ^A in the ^v Lord.

6TH STICHERON

 lo - ry ^N be to ^A Thee, O ^A Christ Sav - - - iour,
^N On - ly - be - got - ten ^A Son ^v of God, ^v Who wast nailed ^{II}
 to the ^A Cross ^v and didst a - - - rise ^v from the ^v
 tomb ^N on the ^v third ^v day.

Alternate opening line:

 lo - ry ^A be to Thee, O ^A Christ Sav - -
 - iour, ^A

MODE $\lambda \pi \lambda$ NI ϵ

VERSE

From the morning watch until night, from the morning watch let Is - ra - el hope
 in the Lord.

7TH STICHERON

We glo - - ri - fy Thee, O Lord,
 Who didst will - ing - ly en - dure the Cross for us, and we wor -
 ship Thee, O Om - nip - - o - tent Sav - - - iour.
 Cast us not a - - - way from Thy pres - - - ence,
 but heark - en and save us by Thy Res - ur - rec -
 - - - tion, O Friend of man.

ANOTHER SETTING OF THE SAME

MODE $\pi \delta \text{ Ni } \epsilon$ 

^N
 e glo - - ri - fy __ Thee, O __ Lord, ⁶ Who didst will - ing
^{7x}
 -ly en-dure the Cross _____ for _____ us, ^v and we wor- ship __ Thee, ^δ
^v
 O Om - nip - - o - tent _____ Sav - - - iour. ^δ Cast us
^Δ
 not a - way from _____ Thy pres - - - ence, ^v but hear - en ^δ
^N
 and __ save _____ us ^Δ by Thy Res - ur - rec - - - tion, O Friend __
^v
 _____ of _____ man. ^δ

GLORY. BOTH NOW.

MODE $\pi \rho \lambda$ NI ρ 

^N lo - ry to the Fa - - ther, and to the ⁶ Son, ^{7x} and ⁶

to ⁶ the Ho - ly ⁶ Spir - - - it. ^v $\rho \lambda$



^N oth now and ⁶ ev - er and un - to the a - - ges ⁶ of

⁶ a - ges. ⁶ A - - - men. ^v $\rho \lambda$

1ST THEOTOKION OF THE MODE

A COMPOSITION OF SAINT JOHN OF DAMASCUS (†749)

MODE $\pi \rho \lambda$ NI ρ 

^Δ he King ⁶ of the Heav - ens, ^v ^N out of ⁶

love for ⁶ man, ⁶ hath ap - peared on ⁶ earth ⁶ and lived a - - -

mong ⁶ men. ^v For He ⁶ that hath tak - en ^Δ flesh ^Δ of the

pure ⁶ Vir - - - gin, ^Δ and come ^N forth from her with

what He hath re - ceived, ⁶ is one ^Δ Son, ^Δ two ⁶

fold __ of na - - - ture, but not in hy - pos - - - ta
 - - - sis. Where - fore, pro - - claim - ing __ Him __ as tru
 - ly per - - fect __ God and __ per - - - fect __
 man, we con - fess Christ __ our __ God. Do thou __
 __ be - sech __ Him, O Moth - er who knew - est __ not __
 wed - - lock, __ to have mer - cy on __ our __ souls. __
 __

He hath found out all the way of knowledge,
 and hath given it unto Jacob his servant, and to Israel his beloved.
 Afterward did he show himself upon earth, and conversed with men.

-Baruch 3:36-37

And the Word was made flesh, and dwelt among us,
 and we beheld his glory, the glory as of the only begotten of the Father, full of grace and truth.

-John 1:14

Alternate line:

do thou __ be - sech __ Him, O Moth - er who
 knew - est __ not __ wed - - lock, __

RESURRECTIONAL APOSTICHA

BY SAINT JOHN OF DAMASCUS (†749)

MODE $\pi\delta\text{Ni}\epsilon$

1ST APOSTICHON



^N Thou didst as - cend the Cross, O Je - sus, Who didst de - scend
from Heav - en. ^β ^γ Thou cam - est un - to death, O — Im - mor - tal Life. ^ν ^δ Thou cam -
- est un - to those in dark - ness, O Thou Who art the True Light. ^Δ ^δ Thou
cam - est un - to the fall - en, O Res - ur - rec - tion of all. ^Δ ^δ O our
Light — and our Sav - iour, — glo - ry be to Thee. ^ν ^δ

Now, when Jesus had heard that John was cast into prison, he departed into Galilee; and leaving Nazareth, he came and dwelt in Capernaum, which is upon the sea coast, in the borders of Zabulon and Nephthalim: that it might be fulfilled which was spoken by Esaias the prophet, saying,

"The land of Zabulon, and the land of Nephthalim, by the way of the sea, beyond Jordan, Galilee of the Gentiles; the people which sat in darkness saw great light; and to them which sat in the region and shadow of death light is sprung up."

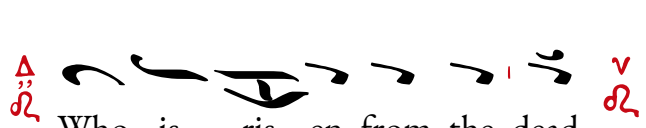
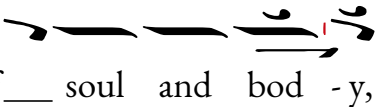
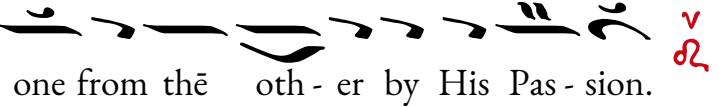
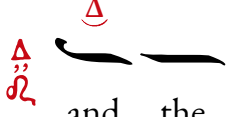
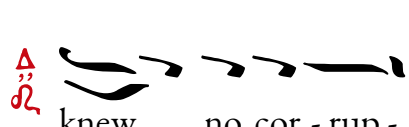
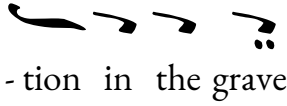
-Matthew 4:12-16

MODE NI 2

VERSE

The Lord is King, He is clothed with majesty; 
 and He  hath girt Him-self. 

2ND APOSTICHON

 et us glo - ri - fy Christ,  Who is ris - en from the dead. For,
 tak - ing up - on Him - self  soul and bod - y,  He sep - a - rat - ed
 one from the oth - er by His Pas - sion.  His im - mac - u - late soul de -
 -scend - ed in - to Ha - des, which al - so He de - spoiled;  and the
 ho - ly Bod - y of the Re - deem - er of our souls  knew  no cor - rup -
 - tion in the grave. 

Now, that He ascended,
 what is it but that He also descended first into the lower parts of the earth?
 He that descended is the same also that ascended up far above all heavens,
 that He might fill all things.

-Ephesians 4:9-10

MODE NI 2

VERSE

For He established the world  which shall not be shak-en. 

3RD APOSTICHON

 ith psalms and hymns we glo - ri - fy Thy Res - ur - rec - tion from__
 the dead, O Christ,  where - by __ Thou didst free __ us from the tyr
 - ra -- ny of Had - es;  and as God Thou didst be - stow life ev - er - last
 - ing and great mer - cy. 

And be not drunk with wine, wherein is excess; but be filled with the Spirit,
 speaking to yourselves in psalms and hymns and spiritual songs,
 singing and making melody in your heart to the Lord,
 giving thanks always for all things unto God the Father
 in the name of our Lord Jesus Christ,
 submitting yourselves one to another in the fear of God.

-Ephesians 5:18-21

MODE NI

VERSE

   
Holiness becometh Thy house, O Lord, ___ un- to length___ of ___ days.

4TH APOSTICHON



   
 Mas-ter of all, in - com- pre - hen - si - ble Mak-er of heav-en
     
 and earth, by Thy Pas-sion up - on the Cross Thou hast be - come a well-spring
     
 of dis - pas - sion for me; and by ac - cept - ing bur - i - al and a -
     
 - ris - ing in glo - ry, Thou didst raise up Ad - am al - so with Thine al -
     
 - might-y hand. Glo- ry to Thine a - ris - ing on the third day, where - by Thou
     
 hast grant - ed us life ev - er - last - ing and for - give - ness of sins, since Thou
     
 a - lone ___ art com - pas - sion - ate.

GLORY. BOTH NOW.

MODE $\pi \rho \lambda \text{ Ni } \varnothing$ 

^N lo - ry to the Fa - ther and to the Son and to the Ho - ly Spir -

- it.



^N oth now and ev - er ^A and un - to thē ag - es of ag -

- es. A-men.

THEOTOKION AT THE APOSTICHA

MODE $\pi \rho \lambda \text{ Ni } \varnothing$ 

^N Un - wed - ded Vir - gin, ^A who didst in - ex - press - i - bly

con - ceive ___ God in the flesh, ^v O Moth - er of the Most High God: ^v

Re - ceive ___ the pe - ti - tions of thy ser - vants, O all - blame - less one. ^v

O thou who grant - est un - to all pu - ri - fi - ca - tion from of - fenc - es,

^A do thou now re - ceive ___ our en - treat - ies, ^A and be - seech ___ that we

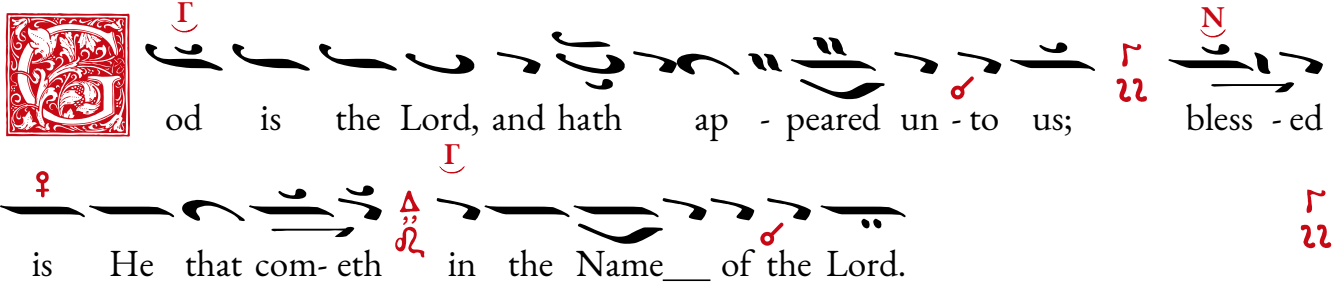
all ___ be ___ saved. ^N ^v

PART II: ORTHROS

GOD IS THE LORD

PSALM 117:27A, 26A

MODE $\pi \rho \zeta$ NI ϕ

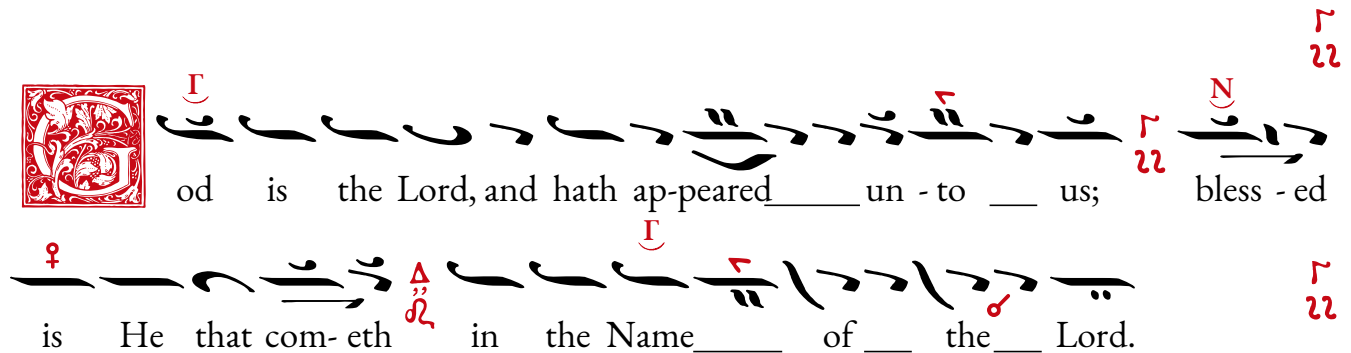


od is the Lord, and hath ap - peared un - to us; bless - ed
is He that com- eth in the Name__ of the Lord.

1st Verse: O give thanks unto the Lord, for He is good, for His mercy endureth forever. (*Psalm 117:1*) "God is the Lord..."

2nd Verse: All the nations compassed me round about, and by the Name of the Lord I warded them off. (*117:10*) "God is the Lord..."

3rd Verse: This is the Lord's doing, and it is marvellous in our eyes. (*117:22*) "God is the Lord..."



od is the Lord, and hath ap-peared__ un - to __ us; bless - ed
is He that com- eth in the Name__ of __ the__ Lord.

GOD IS THE LORD

PSALM 117:27A, 26A

MODE $\pi \rho \lambda$ NI ϕ



God is the Lord, and hath ap - peared un - to us; bless - ed
is He that com-eth in the Name of the Lord.

O give thanks unto the Lord, for He is good, for His mer-cy en - dur - eth for -
"God is the Lord..."
- ev - er.

All the nations compassed me round about, and by the Name of the Lord
"God is the Lord..."
I ward-ed them off.

This is the Lord's doing, and it is mar-vel - lous in our eyes.
"God is the Lord..."



God is the Lord, and hath ap-peared un - to us; bless - ed
is He that com-eth in the Name of the Lord.

RESURRECTIONAL DISMISSAL HYMN

MODE  NI 

The Original Melody

 rom on high didst Thou de- scend, O Com - pas-sion-ate One;
to bur - i - al of three days hast Thou sub - mit - ted that Thou might-
- est free us from our pas - sions. O our Life and Res - ur - rec - tion,
Lord, __ glo - ry __ be to __ Thee.

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

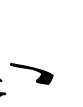
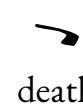
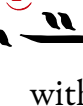
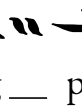
Repeat the above troparion, or the Dismissal Hymn of the Commemoration of the Day.

Both now and ever, and unto the ages of ages. Amen.

RESURRECTIONAL THEOTOKION

MODE  NI 



 Thou Who for our sakes wast born of a  Vir - gin,  and
 didst suf - fer cru - ci - fix - ion, O  Good One,  and didst de - spoil 
 death by death,  and as God, didst re - veal the Res - ur - rec - tion:  Dis -
 - dain them not which Thou hast fash - ioned  with Thy  hand;  show us
 Thy love for man - kind, O Mer - ci - ful One;  ac - cept the The - o -
 to - kos that gave thee birth, who in - ter - ced - eth for us;  *
 and do Thou, our Sav - iour, save a de - spair - ing  peo - ple. 

* *Final ending:*

 and do Thou, our Sav - iour, save a de - spair - ing peo - ple. 
 

SESSIONAL HYMNS

AFTER THE 1ST READING FROM THE PSALTER

MODE $\pi\alpha\alpha$ NI ϕ

The Original Melody (Automelon)



hou, as the Life of all, from the dead art a - ris - en.

An An - gel bright with light called out un - to the ___ wom - en: Cease ye from

tears and weep-ing; tell thē A - pos- tles the tid- ings ___ full of ___ joy.

Cry a - loud ___ sing - ing prais - es, that Christ the Lord is a - ris - en ___ from

the ___ dead, He that in truth hath been well-pleased, as God, to save

the race of ___ man - kind.

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

MODE $\pi\alpha\alpha$ NI ϵ

"By conceiving the Wisdom"

 hen in truth Thou hadst ris - en up ___ from the tomb, Thou
 didst charge the most right-eous wom - en to preach Thy Ris - ing
 un - to the choir of A - pos-tles, as Scrip-ture saith. So the swift-run-ning
 Pe - ter ar - rived at the sep - ul - chre, and be - hold - ing the
 light ___ in the grave, he was sore a-mazed. Though he then be - held there-in
 the lin - en clothes_ ly - ing a - lone ___ in a sep'-rate place,
 Thy di - vine Bod-y was not there. For this cause he ___ be - lieved and ___
 cried: Glo - ry be to Thee, O Christ God, O our Sav-iour, for Thou sav
 - est ___ all, since Thou art God the Fa - ther's Ef - ful - gence, ev - er
 shin-ing forth ___ from Him.

Both now and ever, and unto the ages of ages. Amen.

THEOTOKION

MODE $\pi \rho \lambda$ NI 2

"By conceiving the Wisdom"

Let us all ____ praise the heav - en - ly gate and ark, yea,
 the all ____ ho - ly moun - tain, the ra - dant cloud, the lad - der
 to Heav-en's heights, that true spir - it - ual par - a - dise, the re - demp - tion
 of Eve, ____ the great treas - ure of all the world; for through her was sal -
 - va - tion en - act - ed for all man - kind, and com - plete for - give -
 - ness ____ of our an - cient of - fenc - es and par - don of tres -
 pass - es. For this rea - son, we all cry out with great fer - vour ____ and ____ say
 to ____ her: En - treat thy Son and God ____ that He grant the for - give -
 ness of trans - gres - sions ____ wrought in ____ life to them that pi - ous - ly
 wor - ship thine all - ho - ly Child, ____ O ____ Maid.

* *Final ending:*  

thine all - ho - ly Child, O Maid.

SESSIONAL HYMNS

AFTER THE 2ND READING FROM THE PSALTER

MODE $\pi \rho \text{ NI}$  ϕ

 en sealed Thy tomb, O Sav - iour, an an - gel rolled a - way the
stone from the door. The wom - en be - held Thee a - ris - en from
the dead, and they pro - claimed the glad tid - ings un - to Thy dis - ci - ples
in Si - on: that Thou art ris - en, O Life of all, and the
bonds of death are loosed. Lord, glo - ry be to Thee.

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

MODE  NI  

"Thou, as the Life of all"

 he wom-en brought their myrrh for Thy bu - ri - al __ oint- ment
 and heard an an - gel's voice from the sep - ul - chre __ say - ing: Cease ye from
 tears and weep-ing; in- stead of sor- row, re - ceive ex - ceed - ing __ joy; Cry
 a - loud __ sing - ing prais - es, that Christ the Lord is a - ris - en __ from the __
 dead, He that in truth hath been well-pleased, as God, to save the race
 of __ man - kind.

Both now and ever, and unto the ages of ages. Amen.

THEOTOKION

MODE  NI  φ

 n thee, O Full of Grace, all cre - a - tion - both the com -
- pa - ny of an - gels and the race of men - doth re - joice. O
hal - lowed tem - ple and spir - it - ual par - a - dise, boast of vir - gins:
from thee God was in - car - nate, and be - came a child, He, our
God Who ex - ist - ed be - fore the ag - es; for He made thy womb
a throne, and He made thee more spa - cious than the heav - ens. In
thee, O Full of Grace, all cre - a - tion doth re - joice. Glo - ry be
to thee.

* Final ending:

glo - ry be to thee. _____

After the reading of Psalm 118, we chant the Evlogitaria. Then, after the Small Litany:

HYPAKOË

MODE  NI 



tand-ing at the tomb of the Life-giv-er, the myrrh-

 -bear-ers sought the im-mor-tal Mas-ter a-mong the dead; and re-

 -ceiving the good tid-ings of joy from the An-gel, they an-nounced to

 the A-pos-tles that the Lord is ris-en, grant-ing great mer-cy un-to

 the world.

THE HYMNS OF ASCENT

BY SAINT THEODORE THE STUDITE

1ST ANTIPHON

MODE $\pi \rho \lambda \text{ Ni } \epsilon$

From my youth, thē en - e - my doth tempt me, and with pleas-
-ures doth in - flame me; but trust - ing in Thee, O Lord, I tri - umph o - ver
him.

Let them__ that hate Si - on be - come as grass be - fore__ it
is plucked up; for Christ shall cut a - sun - der their necks with the
stroke of tor - ments.

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 thē ag - es of ag - es. A -
-men.

In the Ho - ly Spir - it all things are quick-ened; He is
 Light of Light, a great God. We praise Him with the Fa - ther and the
 Word.

2ND ANTIPHON

Let my heart be shel-tered with the fear of Thee, in hum - ble-mind-
 -ed-ness, lest, by be - ing ex - alt - ed, it fall a - way from Thee,
 O All - com - pas - sion - ate One.

He that hath hope in the Lord shall not then be a - fraid,
 when with fire and tor - ment He shall judge all things.

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 thē ag - es of ag - es. A -
 -men.

B y the Ho - ly Spir - it doth ev - 'ry di - vine __ see and
 fore - tell; he per - form - eth most ex - alt - ed won - ders, sing - ing of
 God, Who is One in Three. For though He shin - eth in Three, the
 God - head doth rule __ as __ One.

3RD ANTIPHON

I have cried un - to Thee, O Lord; heark - en, in - cline Thine
 ear un - to me who cry, and cleanse me be - fore Thou tak - est me hence.

R e - turn - ing un - to his moth - er, thē earth, ev - 'ry man is
 straight - way clothed with dis - so - lu - tion, to re - ceive tor - ments or re -
 - wards for things com - mit - ted in life - time.

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

^N
Both now and ev - er ^Δ ^χ and un - to thē ag - es of ag - es. A-

-men.

^N
In the Ho - ly Spir - it we speak of God, ^Δ the thrice - ho - ly
U - ni - ty. ^Δ For the Fa - ther is be - gin - ning - less, ^N from Whom the
Son was born time-less-ly. ^Δ And the Spir - it, Who is one with Them in
form and__rank, ^Δ al - so shin - eth forth__from the Fa - ther.

4TH ANTIPHON

^N
Be - hold __now, what is so good__ or so joy - ous, ^Δ as for
breth - ren to dwell to - geth - er in u - ni - ty; ^Δ for in this, the Lord hath
prom - ised life __ ev - er - last - ing.

^N
He that a - dorn - eth the lil - ies of the field, ^Δ com - mand - eth
that one should not take thought__ for his rai - ment.



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



 -ly Spir - it.



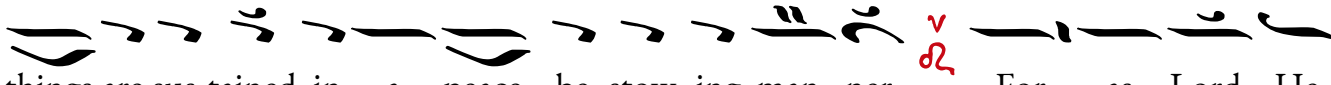
 Both now and ev - er and un - to thē ag - es of ag - es. A -



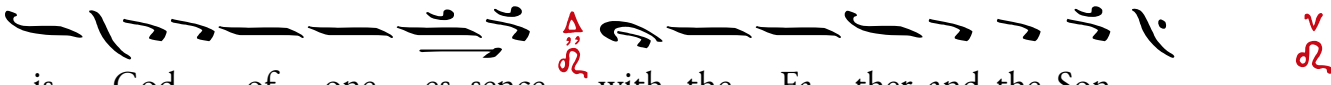
 -men.



 y the Ho - ly Spir - it, as by one sim - ple Cause, all



 things are sus - tained in a peace - be - stow - ing man - ner. For as Lord, He



 is God of one es - sence with the Fa - ther and the Son.

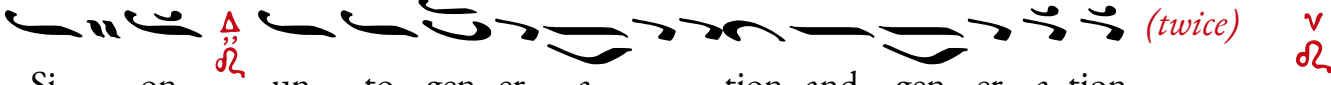
PROKEIMENON

PSALM 145:10

MODE  NI Z



 he Lord shall be king un - to e - ter - ni - ty; thy God, O



 Si - on, un - to gen - er - a - tion and gen - er - a - tion. (twice)

Verse: Praise the Lord, O my soul. I will praise the Lord in my life, I will chant unto my God for as long as I have my being. (*Psalms 145:1-2*)

The Lord shall be king un - to e - ter - ni - ty; Δ
Ω

Thy God, O Si-on, Δ
Ω un- to gen - er - a - tion and gen - er -
 - a - tion. Δ
Ω

KONTAKION

OF THE RESURRECTION

MODE $\pi \rho \zeta$ NI $\text{—} \phi$ *"As first-fruits of our nature"*

^I ^N ^I ^N
 - ris - ing from the tomb, O might - y Sav - iour, Thou didst__ rouse
^N
 the__ dead; ^I ^N Thou didst raise Ad - am; while Eve danc - eth in her joy
^I ^N
 at Thy blest Res - ur - rec - tion, O Lord. ^I ^N And the world's far - thest re -
^I ^N
 - gions keep fes - ti - val on Thine a - ris - ing from the dead ^I ^N with glad - ness
^I ^N
 and thanks - giv - ing, O Thou Who art great - ly __ mer - ci - ful. ^I ^N

MORE HONORABLE

BY SAINT COSMAS THE POET, BISHOP OF MAIUMA

ADAPTED FROM NICHOLAS ROUMAS

MODE  NI 2

 ore 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 gave birth to God the Word; the ver - y The - o - to - kos, thee do
 we mag - ni - fy.

The Ode of the Theotokos (Luke 1:46-55)

1st Verse: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.

2nd Verse: For He hath looked upon the lowliness of His handmaiden: for, behold, from henceforth all generations shall call me blessed.

3rd Verse: For the Mighty One hath done great things to me, and holy is His Name; and His mercy is on them that fear Him unto generation and generation.

4th Verse: He hath showed strength with His arm, He hath scattered the proud in the imagination of their heart.

5th Verse: He hath put down the mighty from their seat, and exalted them of low degree; He hath filled the hungry with good things, and the rich He hath sent empty away.

6th Verse: He hath holpen His servant Israel in remembrance of His mercy, as He spoke to our fathers, to Abraham and his seed forever.

MORE HONORABLE

BY SAINT COSMAS THE POET, BISHOP OF MAIUMA

ADAPTED FROM NICHOLAS ROUMAS

MODE  NI  ϕ

 ore 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 gave birth to God the Word; the ver - y The - o - to - kos,
thee do we mag - ni - fy.

The Ode of the Theotokos (Luke 1:46-55)

1st Verse: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.

2nd Verse: For He hath looked upon the lowliness of His handmaiden: for, behold, from henceforth all generations shall call me blessed.

3rd Verse: For the Mighty One hath done great things to me, and holy is His Name; and His mercy is on them that fear Him unto generation and generation.

4th Verse: He hath showed strength with His arm, He hath scattered the proud in the imagination of their heart.

5th Verse: He hath put down the mighty from their seat, and exalted them of low degree; He hath filled the hungry with good things, and the rich He hath sent empty away.

6th Verse: He hath holpen His servant Israel in remembrance of His mercy, as He spoke to our fathers, to Abraham and his seed forever.

LET EVERY BREATH

PSALM 148:1

ADAPTED FROM NICHOLAS ROUMAS

MODE $\pi\alpha\delta\epsilon$ NI 2

Let ev' - ry breath _____ praise _____ the _____ Lord. Praise the
 Lord from the _____ Heav - - ens, _____ praise _____ Him _____ in the
 _____ high - - - est. To _____ Thee _____ is _____ due praise, _____
 O _____ God.

PRAISE HIM

PSALM 148:2

MODE $\pi\alpha\delta\epsilon$ NI 2

Praise _____ Him, _____ all ye His _____ an - - - gels;
 praise _____ Him, all _____ ye His _____ hosts. To _____ Thee _____ is _____ due
 praise, _____ O _____ God.

VERSES

PSALMS 148, 149, & 150

MODE $\pi \overset{\wedge}{\rho} \text{ NI } \varphi$



דִּרְדִּיּוֹרֵי שָׁמַיִם וְעַד הַיָּם

ν
 ρ



דִּרְדִּיּוֹרֵי שָׁמַיִם וְעַד הַיָּם וְעַד הַיָּם

Δ
 ρ

וְעַד הַיָּם וְעַד הַיָּם וְעַד הַיָּם

θ
 γ

ν
 ρ

RESURRECTIONAL STICHERA OF THE PRAISES

BY SAINT JOHN OF DAMASCUS

MODE $\overset{\lambda}{\pi}\overset{\gamma}{\rho}\overset{\gamma}{\rho}$ NI ρ

VERSE

$\overset{\gamma}{\rho}\overset{\gamma}{\rho}$ $\overset{\lambda}{\chi}$ To do among them the judgment that is written. $\overset{\Delta}{\rho}\overset{\gamma}{\rho}$ $\overset{\lambda}{\chi}$ This glo - ry shall be —

$\overset{\gamma}{\rho}\overset{\gamma}{\rho}$ $\overset{\lambda}{\chi}$ (Psalm 149:9) $\overset{\gamma}{\rho}$ to all His saints. $\overset{\gamma}{\rho}$

1ST STICHERON
The Original Melody



$\overset{\lambda}{\chi}$ Lord, — though Thou didst stand be - fore — the tri - bu - nal, $\overset{\Delta}{\rho}\overset{\gamma}{\rho}$
en - dur - ing judg - ment — at Pi - late's hands, $\overset{\gamma}{\rho}$ Thou didst not de - part
from Thy Fa - - ther, $\overset{\gamma}{\rho}$ $\overset{\gamma}{\rho}$ seat - ed with Him — on — Thy throne a -
bove. $\overset{\gamma}{\rho}$ And Thou didst rise from the dead, $\overset{\Delta}{\rho}\overset{\gamma}{\rho}$ O Friend of man most mer -
ci-ful, $\overset{\gamma}{\rho}$ $\overset{\gamma}{\rho}$ free - ing the world from the bit - ter bond - age $\overset{\Delta}{\rho}\overset{\gamma}{\rho}$ of thē al - i - en
and en - e - my. $\overset{\gamma}{\rho}$

MODE $\lambda \pi \delta \text{ Ni } \epsilon$

VERSE

N

$\delta \lambda \chi$ Praise ye God in His saints, $\delta \lambda \chi$ praise Him in the fir - ma - ment of His pow -

$\delta \lambda$ (Psalm 150:1)
- er.

 $\delta \lambda$

2ND STICHERON

"Lord, though Thou didst stand"

 $\delta \lambda$ ord, __ though the Jews had Thee brought down __ as a mor - tal $\delta \lambda$
to be in-terred __ in __ a sep-ul-chre, $\delta \lambda$ yet the sol - diers kept guard
a - bout ____ Thee $\delta \lambda$ as though pro - tect - ing __ a sleep-ing king;
 $\delta \lambda$ and as the Treas - ure of Life $\delta \lambda$ they sealed Thee with a seal se -
-cure; $\delta \lambda$ but Thou art ris - en, and Thou hast grant - ed $\delta \lambda$ in - cor - rup-tion to
our souls, __ O __ Christ. $\delta \lambda$

MODE $\lambda \rho \lambda$ NI ρ

VERSE

$\lambda \rho \lambda$ Praise Him for His mighty acts, praise Him according $\lambda \rho \lambda$ to the mul - ti - tude
 of His great- ness. $\lambda \rho \lambda$ (Psalm 150:2)

3RD STICHERON

"Lord, though Thou didst stand"

Lord, __ Thou hast giv - en us the Cross__ as a weap - on
 a - gainst the dev - il __ and e - ne - my; for he sore - ly quail - eth
 and trem - - bleth and can - not look on __ the might there - of.
 For it doth raise up the dead and hath a - bol - ished death it - self.
 Where - fore in glad - ness and joy we wor - ship both Thy Bur - i - al and
 Ris - ing a - gain.

MODE $\lambda \pi \delta \text{Ni} \varrho$

VERSE

$\delta \lambda \chi$ Praise Him with the sound of trumpet, $\delta \lambda \chi$ N praise Him with the psal - ter - y and
 $\delta \lambda \chi$ N *(Psalm 150:3)* $\delta \lambda \chi$
 harp.

4TH STICHERON

N  hine An - gel who pro - claimed the Res - ur - rec - tion, O Lord, $\Delta \delta \lambda \chi$
 while fright - en - ing the guards, $\delta \lambda \chi$ ad - dressed the wom-en, say - ing: $\delta \lambda \chi$ "Why seek ____
 ye the Liv - ing a-mong the dead? $\Delta \delta \lambda \chi$ N He is ris - en as God $\Delta \delta \lambda \chi$ and hath grant
 - ed life un - to the whole world. $\delta \lambda \chi$

MODE $\lambda \pi \delta \text{Ni} \varrho$

VERSE

 $\delta \lambda \chi$

Praise Him with timbrel and dance,

 $\Delta \delta \lambda \chi$

praise Him with strings and flute.

(Psalm 150:4) $\delta \lambda \chi$

ANATOLIAN STICHERA

5TH STICHERON



N

hou didst suf-fer on the Cross, $\Delta \delta \lambda \chi$ Thou Who art im-pas-si-ble $\delta \lambda \chi$ in Thy God-head. $\delta \lambda \chi$ Thou didst sub-mit to bur-i-al of three ___ days $\delta \lambda \chi$ that Thou might - est free ___ us from bond-age to ___ thē en - e - my. $\delta \lambda \chi$ AndThou hast made ___ us im- mor - tal, O Christ God, $\Delta \delta \lambda \chi$ that Thou might - estgrant us life, $\Delta \delta \lambda \chi$ through Thy Res - ur - rec - tion, O Friend ___ of ___ Man. $\delta \lambda \chi$

MODE $\lambda \pi \delta \text{ Ni } \epsilon$

VERSE

$\nu \delta \chi$ $\epsilon \gamma$ N
 Praise Him with tuneful cymbals, praise Him with cym - bals of ju - bi - la -
 $\Delta \delta \chi$ $\nu \delta$ (Psalm 150:5) $\nu \delta$
 -tion. Let ev - 'ry breath praise the Lord.

6TH STICHERON

N
 wor - ship and glo - ri - fy and praise, $\Delta \delta$ O Christ, Thy Res -
 $\nu \delta$
 ur - rec - tion from the grave, where - by Thou hast freed __ us from thē in - dis -
 $\Delta \delta$
 - sol - u - ble bonds of Ha - des and, as God hast grant - ed to the
 $\Delta \delta$ $\nu \delta$
 world life __ ev - er - last - ing and great mer - cy.

MODE NI 2

VERSE

 Arise, O Lord my God,  let Thy hand ___ be lift - ed high;  for -

 get ___ not Thy pau - pers to thē end.  *(Psalm 9:32)* 

7TH STICHERON



N

hile the law- less guard - ed Thy life- re- ceiv- ing tomb, 

to- geth- er with the guards they sealed ___ it;  but Thou ___ as im- mor-

- tal God and om - ni - po- tent  didst a - rise ___ on the third day. 

MODE $\lambda \pi \delta \text{Ni} \varrho$

VERSE

$\delta \lambda \chi$ I will confess Thee, O Lord, with my whole heart, $\delta \lambda \chi$ I will tell of all
 $\delta \lambda \chi$ (Psalm 9:1) Thy won-ders. $\delta \lambda \chi$

8TH STICHERON

 $\delta \lambda \chi$ hen Thou didst pass through the gates of Ha - des, O Lord $\delta \lambda \chi$
 and brak - est them in piec - - es, $\delta \lambda \chi$ the cap - tive cried out thus: $\delta \lambda \chi$ Who is
 this that is not con-demned $\delta \lambda \chi$ in the neth-er-most parts of thē earth? $\delta \lambda \chi$
 But as though it were a tent, $\delta \lambda \chi$ He hath un - done the pris - on of
 death? $\delta \lambda \chi$ I re - ceived Him as one mor - tal, $\delta \lambda \chi$ and I trem-ble be - fore —
 Him as God. $\delta \lambda \chi$ O om - ni - po - tent Sav - iour, have mer - cy on us. $\delta \lambda \chi$

RESURRECTIONAL STICHERA OF THE PRAISES

BY SAINT JOHN OF DAMASCUS

MODE $\pi \rho \lambda$ NI 2

VERSE

$\rho \lambda$ χ To do among them the judgment that is written. $\rho \lambda$ χ this glo - ry shall be

$\rho \lambda$ to all His saints. $\rho \lambda$ (Psalm 149:9)

1ST STICHERON

The Original Melody



$\rho \lambda$ Lord, though Thou didst stand be-fore the tri - bu -
-nal, $\rho \lambda$ en- dur- ing judg - ment at Pi - late's hands, Thou didst
not de - part from Thy Fa - ther, $\rho \lambda$ seat - ed with Him on
Thy throne a - bove. And Thou didst rise from the
dead, $\rho \lambda$ O Friend of man most mer - ci - ful, free - ing the
world from the bit - ter bond - age of the al - i -



ν
δ

MODE $\pi\pi''$ NI 2

VERSE


 Praise ye God in His saints, praise Him in the fir - - ma - - ment of


 His pow - - - er. (Psalm 150:1)

2ND STICHERON

"Lord, though Thou didst stand"

Lord, though the Jews had Thee brought down__ as a mor - - -
- tal to be in-terred____ in __ a sep - ul - chre, __ yet the
__ sol-diers__ kept guard a - - - bout ____ Thee as though pro - tect -
- -ing__ a sleep - ing king; __ and as the Treas - - - - ure
of __ Life they sealed Thee__ with__ a seal __ se - cure; __ but
Thou art ris - en, and Thou__ hast __ grant - - - ed __ in - cor -
- rup - tion to our souls, O Christ.

VERSE

3RD STICHERON
"Lord, though Thou didst stand"

Text copyright © Holy Transfiguration Monastery, Brookline, MA, used by permission. All rights reserved. Musical score by Gabriel Cremeens

MODE $\lambda \chi \text{ Ni } \varrho$

VERSE

$\lambda \chi$ Praise Him with the sound of trumpet, $\lambda \chi$ praise Him ___ with ___ the psal -
 - ter - y ___ and ___ harp. *(Psalm 150:3)*

4TH STICHERON

L hine An - gel ___ who pro - - claimed ___ the Res - ur - rec
 - - tion, ___ O ___ Lord, ___ while fright-en-ing the guards, ad - -
 -dressed ___ the wom - en, ___ say - - - ing: "Why seek ___ ye
 the ___ Liv - - - ing a - mong the ___ dead? He is ris - - -
 en as ___ God and hath grant-ed ___ life un - to the ___ whole
 ___ world.