

## The Praises - Nativity of the Theotokos

*Tone 8*

O marvellous wonder!

The fount of life is born of a barren woman,

And grace begins gloriously to bear its fruit.

Rejoice, O Joachim, inspired by God,

Who have become the father of the Theotokos:

There is no other father in mankind like you.

For through you has been given to us the Maiden in whom God came to dwell, ///

The Tabernacle of God, the most holy Mountain.

O marvellous wonder!

At the command of the Almighty Maker of all,

A fruit has shone forth from a barren womb,

That has wholly ended the world's barrenness in good.

You mothers, dance with the mother of the Theotokos and cry:

"Hail, you who are full of grace, the Lord is with you, ///

Granting the world great mercy through you."

Living pillar of chastity and bright vessel shining with grace,

Anna the glorious has brought into the world an offspring

That is truly the divine flower of virginity,

And who bestows the beauty of virginity on all who are virgins

And desire this gift of grace, ///

Granting great mercy to the faithful.

Glory... Now and Ever...

*Tone 6*

This is the day of the Lord:

Rejoice O you people.

For the Bridal Chamber of the Light,

The Book of the Word of Life,

Has come forth from the womb,

And the East Gate, newly born,

Awaits the entrance of the Great Priest.

She alone brings into the world the one and only Christ, ///

For the salvation of our souls.

## The Praises - Exaltation of the Cross

*Tone 8*

O marvellous wonder!  
The most holy Cross, the life-giving Tree,  
Is lifted up on high today and shown to the world.  
All the ends of the earth give glory,  
All the devils are frightened.  
How great a gift is bestowed on mortal men!  
Through Your Cross save our souls, O Christ, ///  
You who alone are full of compassion.

O marvellous wonder!  
The Cross which carried the Most High  
As a cluster of grapes full of life  
Is seen today exalted high above the earth.  
Through the Cross we all are drawn to God,  
And death has been forever swallowed up.  
O undefiled Wood! ///  
Through you we enjoy the immortal fruit of Eden, as we glorify Christ.

O marvellous wonder!  
The length and breadth of the Cross is equal to the heavens,  
For by divine grace it sanctifies the whole world.  
By the Cross barbarian nations are conquered,  
By the Cross the sceptres of kings are confirmed.  
O divine ladder!  
By you we go up to heaven, ///  
Exalting Christ the Lord in song.

Glory... Now and Ever...

*Tone 6*

Today the Cross of the Lord goes forth,  
And the faithful welcome it with love,  
And they receive healing of soul and body and of every weakness.  
Let us kiss it with joy and fear:  
With fear for we are unworthy because of sin;  
With joy for upon it Christ the Lord was in His great mercy crucified, ///  
Who grants salvation to the world.

## The Praises - Entrance of the Theotokos

### *Tone 1*

The virgins bearing lamps,  
Who with their light accompany the ever-Virgin,  
Truly prophesy the future in Spirit.  
For the Temple of God, the Theotokos, ///  
With virginal glory enters as a little child into the temple.

The Theotokos, glorious fruit of a sacred promise,  
Is truly revealed unto the world as higher than all creation.  
Piously led into the house of God,  
She fulfills the vow of her parents ///  
And she is preserved by the Holy Spirit.

O Virgin, fed in faith by heavenly bread in the temple of the Lord,  
You have brought forth unto the world the Bread of life that is the Word,  
And as His chosen Temple without spot,  
You were betrothed mystically through the Spirit, ///  
To be the Bride of God the Father.

Let the gate of the temple where God dwells be opened,  
For Joachim brings within today in glory  
The Temple and Throne of the King of all,  
And he consecrates as an offering to God ///  
Her whom the Lord has chosen to be His Mother.

Glory... Now and Ever...

### *Tone 2*

Today the Virgin without blemish  
Is led to the temple,  
To become the habitation of God the King of all,  
Who sustains our life.  
Today as a three-year-old victim of sacrifice  
The most pure Sanctuary is led into the Holy of Holies.  
To her let us cry out with the angel: ///  
"Hail you who alone are blessed among women".

## The Praises - Forefeast of the Nativity of Christ

*Tone 6*

What mysteries beyond mind and speech!  
God in His compassion is born on earth,  
Putting on the form of a servant  
That He may snatch from servitude to the enemy  
Those who with fervent love cry out:  
Blessed are You, O Saviour who love mankind.

Come, Israel slow of heart,  
Cast from you the mist that lies upon your soul,  
Recognize the Maker who is born in a cave.  
He is the expectation of the nations,  
He shall destroy your feasts,  
For you will not consent to cry aloud: ///  
“Christ the King of Israel is come”.

“O Sun, my Son, how shall I wrap You in swaddling clothes?  
How shall I give You milk, You who give food to all creation?  
How shall I hold You in my arms, You who hold all things?  
How shall I look upon You without fear,  
You on whom the cherubim with many eyes dare not to lift their gaze?” ///  
So said the one who knew not wedlock, as she held Christ.

O shepherds, shout aloud in new songs.  
O Magi, cast away your magic spells.  
Let the mountains and the hills rejoice exceedingly.  
O daughters of kings, come unto the joy of the Theotokos.  
O people, let us say: ///  
Blessed are You our God Who now are born, Glory to You.

The star from Jacob has risen within the cave,  
Celebrating the forefeast.  
Let us hasten with the Magi and go with the shepherds.  
Let us see God in swaddling clothes,  
Let us see the Virgin feeding Him on milk.  
O fearful sight! ///  
Christ the King of Israel is come.

The choir of angels honours you with hymns,  
O radiant Mother, who have not known wedlock,  
And rejoicing makes glad at your birthgiving, O Most Pure.  
Hail, you hope of the Orthodox.  
Hail, You advocate of those who sing to you.  
Therefore let us cry: ///  
Blessed are You our God Who have come, Glory to You.

A light shall spring forth from the root of Jesse,  
As the prophet full of light foretold.  
For we see a Virgin giving birth in ways past nature,  
To a most precious rose in a cave:  
He who sits in the heights upon the same throne as the Father.  
O people, let us say: ///  
Blessed are You our God Who have come, Glory to You.

Today Adam has been recalled from error  
And from the dark deceiving of the adversary,  
For Christ is made flesh as man from a Virgin,  
And renewing Adam,  
He has removed the curse that came from the virgin Eve.  
O people, let us say: ///  
Blessed are You our God Who have come, Glory to You.

Glory...

Come, O Bethlehem, prepare for the birth.  
Come Joseph, and be enrolled with Mary.  
O most sacred manger! O swaddling clothes that carry God!  
There the Life was wrapped, even Christ our God,  
Who shall tear to pieces the bands of death, ///  
And bind fast mortal men to incorruption.

Now and Ever...

O most blessed womb of the Maid of God,  
You have been shown forth as spiritually wider than the heavens.  
For Him whom heaven cannot contain,  
You carry and hold within you.  
O most blessed breasts of the Virgin,  
Upon which Christ Who feeds all that has breath has sucked! ///  
He has built flesh for Himself in the womb of the Maiden who knew not a man.

## The Praises - Nativity of Christ

*Tone 4*

Make glad, O you righteous;  
Greatly rejoice, O heavens;  
O mountains, dance for joy. Christ is born,  
And like the cherubim the Virgin makes a throne,  
Carrying at her bosom God the Word made flesh.  
Shepherds glorify the new-born Child,  
Magi offer the Master gifts.  
Angels sing praises, saying: ///  
O Lord, past understanding, Glory to You!

It was the good pleasure of the Father:  
The Word became flesh, and the Virgin bore God made man.  
A star spreads abroad the tidings:  
The Magi worship, the shepherds stand amazed, ///  
And all creation is filled with mighty joy.

O Theotokos, Virgin who have borne the Saviour,  
You have overthrown the ancient curse of Eve.  
For you have become the Mother of Him  
In whom the Father was well pleased,  
And have carried at your bosom God the incarnate Word.  
We cannot fathom this mystery:  
But by faith alone we all glorify it,  
Crying with you and saying: ///  
O Lord past all interpretation, Glory to You!

O come, let us sing the praises of the Mother of the Saviour,  
Who after bearing a child still remained a virgin.  
Rejoice, Living City of God the King, in which Christ has dwelt,  
Bringing to pass our salvation.  
With Gabriel we sing your praises;  
With the shepherds we glorify you, crying: ///  
O Theotokos, intercede for our salvation with Him who took flesh from you.

Glory...

*Tone 6*

When it was time for Your coming upon the earth,  
The first taxation of the world was held,  
And then You made ready to enrol the names of all who believed in Your birth.  
For this cause Caesar published a decree,  
Since Your timeless and eternal Kingdom was newly made manifest.  
Therefore as we pay our earthly tribute money,  
At the same time we offer You the wealth of our Orthodox faith, ///  
O God and Saviour of our souls.

Now and Ever...

*Tone 2*

Today Christ is born of the Virgin in Bethlehem.  
Today He who knows no beginning now begins to be,  
And the Word is made flesh.  
The powers of heaven greatly rejoice,  
And the earth with mankind makes glad.  
The Magi offer gifts, the shepherds proclaim the marvel,  
And we cry aloud without ceasing: ///  
Glory to God in the highest, and on earth peace, good will among men!

## The Praises - Theophany

*Tone 1*

Light from Light, Christ our God has shone upon the world,  
God made manifest: ///  
O peoples, let us worship Him.

O Christ our Master,  
How shall we Your servants give You worthy honour? ///  
For You have renewed us all in the waters.

You, O our Saviour,  
Were baptized in the Jordan and have sanctified the waters:  
Accepting a servant's hand upon Your head,  
You heal the passions of the world.  
Great is the mystery of Your dispensation; ///  
O Lord who loves mankind, Glory to You.

The true Light has appeared and bestows enlightenment on all.  
Christ who is above all purity is baptized with us;  
He brings sanctification to the water and it becomes a cleansing for our souls.  
That which is outward and visible is earthly,  
That which is inwardly understood is higher than heaven.  
Salvation comes through washing, and through water the Spirit:  
By descending into the water we ascend to God. ///  
Wonderful are Your works, O Lord, Glory to You.

He who covers the heaven with clouds  
Is Himself covered today by the streams of Jordan;  
And He who takes away the sin of the world is cleansed,  
That I may be made clean.  
The Only-begotten Son of the Most High Father receives from above  
The testimony of the consubstantial Spirit.  
To Him let us cry aloud: ///  
O Christ our God who has made Yourself manifest and saved us, Glory to You.

Glory...



*Tone 6*

O Saviour, who clothe Yourself with light as with a garment,  
You have clothed Yourself in the waters of the Jordan;  
And You who measured heaven with a span,  
Have bowed Your head before the Forerunner,  
So that You might turn the world back from error ///  
And save our souls.

Now and Ever...

*Tone 2*

Today Christ has come to be baptized in the Jordan;  
Today John touches the head of the Master.  
The powers of heaven are amazed as they behold the marvellous mystery.  
The sea saw it and fled:  
Jordan at the sight was driven back.  
And we who have been enlightened cry aloud: ///  
Glory to God made manifest, who has appeared on earth and brought light to the world.

## The Praises - The Meeting of the Lord in the Temple

*Tone 4*

Fulfilling the written Law,  
He who loves mankind is now brought into the temple;  
And Simeon received Him in his aged arms, crying aloud:  
'Now let me depart to the blessedness of the world to come,  
For I have seen today wrapped in mortal flesh ///  
Him who is Lord of life and Master of death'.

As a light to lighten the Gentiles,  
You have made Yourself manifest, O Lord:  
The Sun of Righteousness seated upon a swift cloud,  
You have fulfilled the shadow of the Law  
And shown forth the beginning of the new Grace.  
Therefore, beholding You, Simeon raised this cry: ///  
'Let me depart from corruption, for I have seen You today'.

Not parted in Your divinity from the bosom of the Father,  
You were made flesh according to Your good pleasure;  
And upheld in the arms of the ever-Virgin  
You have been committed to the hands of Simeon, the receiver of God,  
O You who uphold the whole world with Your hand.  
Therefore he cried with joy: ///  
'Now let Your servant depart in peace, for I have seen You, O Lord'.

Glory... Now and Ever...

*Tone 6*

O Christ our God,  
Who have been pleased to rest this day  
In the arms of the elder  
As upon the chariot of the cherubim,  
Deliver us who sing Your praises from the tyranny of the passions ///  
And save our souls.

## The Praises - Annunciation

### *Tone 1*

Gabriel flew down from the vault of heaven and came to Nazareth;  
And standing before the Virgin Mary, he cried to her:  
'Hail! You shall conceive a Son, more ancient than Adam,  
The Maker of all things and the Deliverer of those who cry to you: ///  
Hail O pure Virgin'.

Gabriel brought from heaven good tidings to the Virgin,  
And he cried out to her:  
'Hail! You shall conceive in your womb Him whom the world cannot contain,  
Who yet shall be contained in you;  
And you shall be the bearer of Him ///  
Who shone forth from the Father before the morning star'.

The co-eternal Word of the Father without beginning,  
Not being parted from the things on high,  
Has now descended here below,  
In His infinite compassion taking pity upon fallen men;  
And assuming the poverty of Adam, ///  
He has put on a form that is alien to Him.

Glory... Now and Ever...

### *Tone 2*

Today is revealed the mystery that is from all eternity.  
The Son of God becomes the Son of man,  
So that, sharing in what is worse,  
He may make me share in what is better.  
In times of old, Adam was once deceived:  
He sought to become God, but did not receive his desire.  
Now God becomes man, so that He may make Adam God.  
Let creation rejoice, let nature exult:  
For the Archangel stands in fear before the Virgin  
And saying to her 'Hail',  
He brings the joyful greeting whereby our sorrow is relieved. ///  
O You who in Your merciful compassion were made man, our God, Glory to You.

## The Praises - Palm Sunday

### *Tone 4*

A very great multitude spread their garments in the way, O Lord;  
Others cut down branches from the trees and carried them.

Walking before and after You, they cried:

'Hosanna to the Son of David: ///

Blessed are You Who have come and shall come again in the name of the Lord'.

When You were about to enter the Holy City, O Lord,

The multitude carried branches from the trees

And sang to You, the Master of all.

They saw You riding on a foal as though upon the cherubim,

And they cried: 'Hosanna in the highest! ///

Blessed are You Who have come and shall come again in the name of the Lord'.

Come forth, you nations, and come forth you peoples,

Look today upon the King of heaven,

Who enters Jerusalem seated upon a humble colt as though upon a lofty throne.

O unbelieving and adulterous generation of the Jews,

Draw near and look on Him Whom once Isaiah saw,

He is come for our sakes in the flesh.

See how He weds the new Zion, for she is chaste,

And rejects the synagogue that is condemned.

As at a marriage pure and undefiled,

The pure and innocent children gather and sing praises.

Let us also sing with them the hymn of the angels: ///

Hosanna in the highest to Him Who has great mercy.

Before Your voluntary Passion, Christ our God,

You gave to all men an assurance of the general resurrection;

For at Bethany You raised by Your almighty power

Lazarus who was four days dead,

And as Giver of Light, O Saviour,

You have made the blind to see.

With Your disciples You entered the Holy City,

Seated upon the foal of an ass as though upon the cherubim,

And so You fulfilled the preaching of the prophets.

The children of the Hebrews with palms and branches came to meet You.

Therefore we also, bearing palms and olive branches,

Cry aloud to You in thanksgiving:

Hosanna in the highest! ///

Blessed is He Who comes in the name of the Lord.

Glory... Now and Ever...

*Tone 6*

Six days before the Passover, Jesus entered Bethany,

And His disciples came to Him, saying:

'Lord, where do You wish that we prepare for You to eat the Passover?'

Then He sent them, saying:

'Go into the village opposite,

And you will find a man bearing a pitcher of water;

Follow him and tell the master of the house:

The Teacher says, ///

In your house I will eat the Passover with My disciples.'

## **The Praises - Ascension (Pentecostarion)**

## **The Praises - Pentecost (Pentecostarion)**

## The Praises - Transfiguration

*Tone 4*

Before Your precious Cross and Your passion,  
Taking with You those among Your holy disciples that You had specially chosen,  
You have gone up, O Master, into Mount Tabor,  
Wishing to show them Your glory.  
And when they saw You transfigured and shining more brightly than the sun,  
Falling upon their faces,  
They were smitten with wonder at Your power, and cried aloud:  
'O Christ, You are the timeless Light and Brightness of the Father, ///  
Yet of Your own will without changing You are made manifest in the flesh'.

O You who from all eternity are God the Word,  
Who cover Yourself with light as with a garment,  
You were transfigured before Your disciples,  
Shining more brightly than the sun.  
Moses and Elijah stood by Your side,  
Making it plain that You are Lord both of the dead and the living:  
They glorified Your ineffable dispensation,  
Your compassion and Your great condescension, ///  
Whereby You have saved the world lost utterly in sin.

O Lord who were born of a virgin cloud and made flesh,  
You were transfigured on Mount Tabor,  
Encompassing Yourself with a bright cloud;  
And the voice of the Father in the presence of the disciples  
Plainly declared You to be the beloved Son,  
One in essence and sharing the same throne.  
Thereupon Peter spoke with wonder, not knowing what he said: ///  
'It is good for us to be here, O Benefactor rich in mercy'.

Glory... Now and Ever...

*Tone 8*

Christ took Peter, James, and John  
Up into a high mountain apart,  
And was transfigured before them.  
His face shone as the sun and His raiment became white as the light.  
There appeared Moses and Elijah talking with Him;  
A bright cloud over-shadowed them,  
And behold, a voice out of the cloud, saying: ///  
'This is My beloved Son in whom I am well pleased; listen to Him'.



## The Praises - Dormition

### *Tone 4*

At your glorious Dormition  
The heavens rejoice and the armies of angels exult;  
The whole earth makes glad, singing a hymn of departure to you,  
O Mother of Him who is Lord of all,  
All-holy Virgin who did not know wedlock, ///  
You who have delivered mankind from the ancestral condemnation.

At a divine command  
The chief apostles hastened from the ends of the earth to bury you,  
And when they beheld you taken up from earth to heaven  
They shouted with joy the words of Gabriel, and cried to you:  
'Hail, you bearer of the whole divinity:  
Hail, you who alone by your childbirth ///  
Have brought together earthly things and things on high.'

By your holy Dormition,  
O Virgin Mother and Bride of God,  
You who gave birth to the Life have been transported into immortal life,  
Attended by angels, principalities, and powers,  
By apostles, prophets, and the whole creation: ///  
And your Son received into His immaculate hands your spotless soul.

Glory... Now and Ever...

### *Tone 6*

At your deathless Dormition,  
O Theotokos, Mother of the Life,  
Clouds caught the apostles up into the air,  
Though dispersed throughout the world,  
They were brought together to form a single choir  
Before your most pure body.  
And burying you with reverence,  
They sang aloud the words of Gabriel:  
'Hail, you who are full of grace,  
O Virgin Mother who did not know wedlock, the Lord is with you. ///  
Entreat Him who is your Son and our God to save our souls.