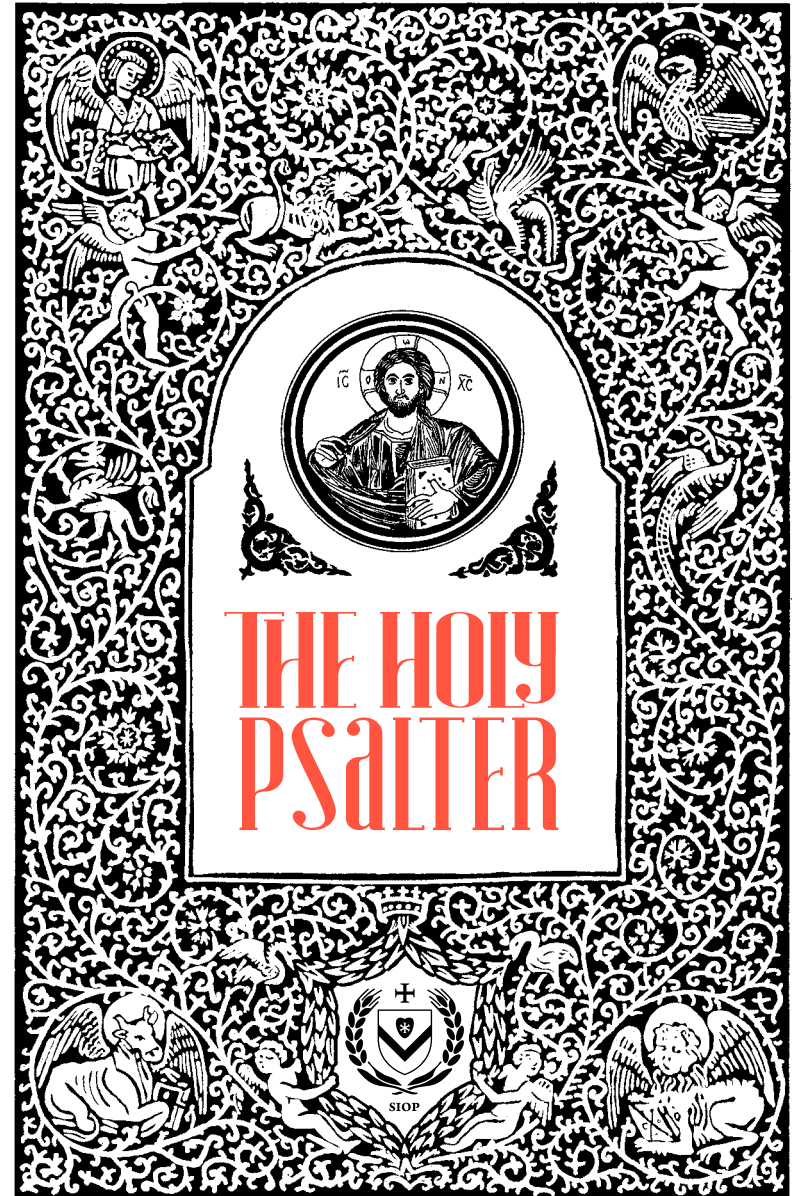


THE HOLY PSALTER

WITH THE TROPARIA & PRAYERS
OF THE CELL VIGIL, ACCORDING
TO THE ANCIENT USE OF THE
PANTOKRATOROS MONASTERY





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Translated by Archimandrite Ephrem Lash and Christopher M. Morgan
Editing and Layout by Reader John Dykstra
Project Oversight by David DeJonge

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PREFACE

THIS Psalter is the fourth book in our liturgical scriptures series, after *The Holy Gospel*, *The Holy Apostle*, and *The Prophe- tologion*. It includes the full text of the Book of Psalms, arranged according to Orthodox liturgical use. It also includes the Nine Biblical Odes, typically found in Psalters.

We were hesitant at first to offer our own Psalter, as there are numerous editions already available, and we did not wish to contribute to the fragmentation of the figurative landscape. But after receiving numerous requests over the years, especially after the publication of our *Anthologion*, we moved forward with the project.

A unique feature of this Psalter is the inclusion of troparia and prayers from the Athonite Cell Vigil according to *Codex 43* of the Holy Pantokratoros Monastery. To our knowledge, this is the first time this material has been published in English. These additions transform the Psalter into a structured prayer book, with hymns drawn from the *Octoechos* and prayers from the divine services and the rich library of the Saints' writings.

We have also included the *Eclogarion*, which is a collection of selected Psalm verses that are sung at Vespers and Matins on certain feast days. These were compiled by Nicephorus Blem- mydes in the thirteenth century.

The *Appendix* includes additional texts from the *Septu- agint* which are traditionally included in the Psalter: Psalm 151, a genuine Psalm of David that lies outside the 150, and Biblical Odes 10–14 from the Book of Odes that are (or were previously) used in Orthodox liturgy and were subsequently included in the expanded Psalter as “the Church’s song book.”

Most of the Psalms were translated by Archimandrite Ephrem Lash of blessed memory, and are the same translations as used in our *Anthologion*. For the Psalms he did not translate, we used the *Brenton Septuagint* as a foundation, with reference to the scholarly *New English Translation of the Septuagint* and other approved Orthodox Psalter translations. The texts were edited for style and consistency with the assistance of a number of knowledgeable Orthodox clergy, professors and laymen. As with our other titles, we have used a formal register of Modern English, with the *Eastern/Greek Orthodox Bible* (EOB) translation as our general style guide.

As for the troparia and prayers, wherever possible, we used Fr. Ephrem's translations from the *Anthologion*. In cases where they were not already translated, we enlisted the help of Christopher Morgan, an Orthodox scholar of Biblical languages and professional translator. His help and attention to detail was most valuable. We thank Fr. Ephrem and Mr. Morgan for their invaluable efforts in bringing the depth of Orthodox liturgy and scripture to today's English speakers.

We pray that this Psalter will be a worthy addition and capstone to our liturgical scriptures series, and that it will be a blessing to many. Please forgive us for any errors it may contain, and please, of your charity, pray for us.

— *Saint Ignatius Orthodox Press*

16 June 7530, O. S.

Tikhon the Wonderworker, Bishop of Amathus

29 June 2022, N. S.

Chiefs of the Apostles Peter and Paul



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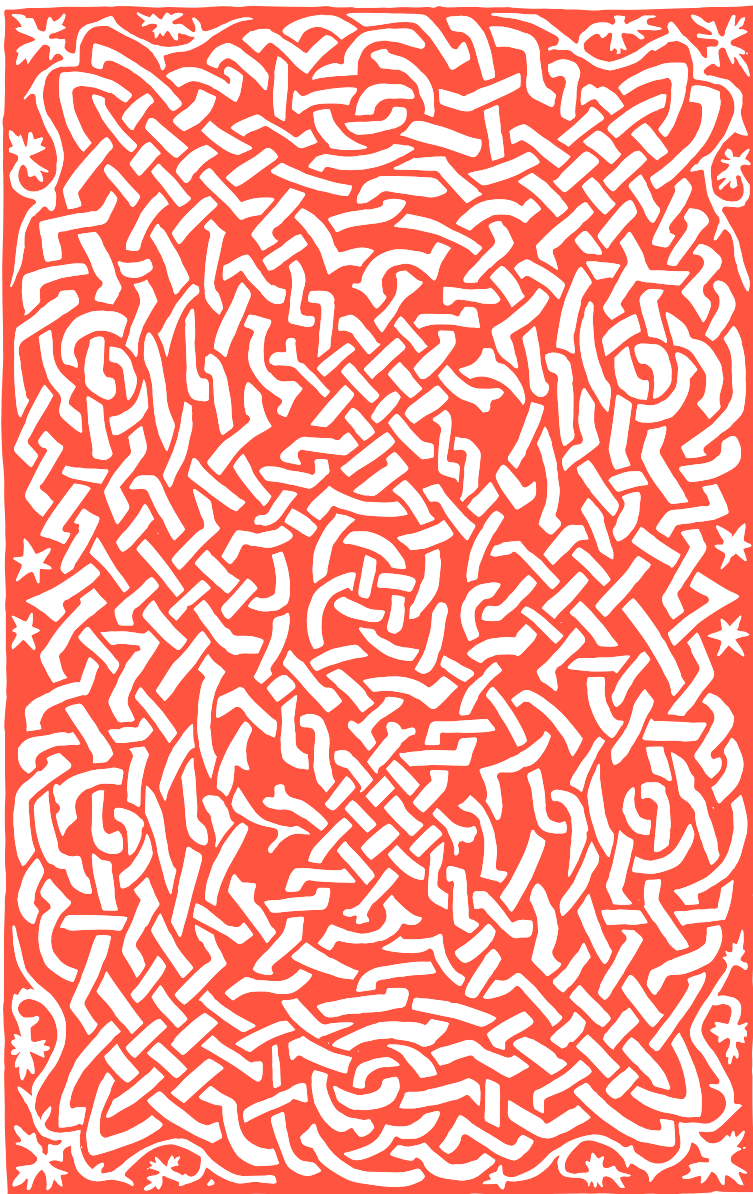
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❖ IN MEMORY ❖

The Child of God
Lazarus Hope Dykstra

*I know that he will rise again in
the Resurrection at the last day.*



INTRODUCTION TO THE PSALMS

BY SAINT JOHN CHRYSOSTOM

INDEED, all the Holy Scriptures are from God, but the Psalms have something that is much more; of such a kind for immediate discretion, but more before all things, which are not understood among wicked people. This is immediately evident from the beginning of the book. Indeed, it is also for this reason that the blessed David says: *Blessed¹ is the man who has not walked in the council of the ungodly.*² But when he says, “blessed,” he is speaking of the height³ of all good things: concerning understanding among good people, concerning controlling the appetite, concerning restraining the hands, concerning lack of self-control, concerning not being greedy for gain, having no possessions, nor glory, and many things such as these. And, indeed, concerning having discretion you will hear him say: *My loins are filled with mockings;*⁴ and again: *You have destroyed everyone who whored away from you.*⁵

Now concerning how necessary it is to restrain the appetite, he says: *While the food was still in their mouth, God’s wrath rose up against them.*⁶ And that it is necessary to stay away from bribes: *If wealth should flow in, do not set your heart upon it.*⁷ And about not lusting for glory: *His glory will not go down with him.*⁸ About not being jealous of wicked people: *Do not fret because of the wicked, nor envy the law-transgressors.*⁹ About regarding the ruling powers as nothing: *I saw the ungodly highly exalted, and lifting himself up like the cedars of Lebanon. But I passed by, and behold, he was no more.*¹⁰ About considering the present things as nothing: *They bless the people to whom all this belongs, but blessed is the people whose God is the Lord.*¹¹ For we did not ignorantly sin, rather it was repentment, as he says: *For*

you will repay each one according to his works.¹² But why does God not repay each day? *God is a judge, righteous and strong and patient.*¹³ Because being humble-minded is superior,¹⁴ as he says: *O Lord, my heart has not been exalted.*¹⁵ And that pride is evil: *So pride has overtaken them;*¹⁶ and again: *The Lord resists the proud.*¹⁷ But indeed, that almsgiving is superior: *He has dispersed; he has given to the poor; his righteousness endures to the ages of ages.*¹⁸ Indeed, to show that mercy is praiseworthy: *Good is the one who is compassionate and lends.*¹⁹ Indeed, that it is not proper to speak in an evil way: *One who secretly slanders his neighbor have I driven away from me.*²⁰ And many of these things you will find within the wise doctrines.²¹

And truly, not only concerning things present, but he also expounds about future things, and concerning the things that can be seen, and concerning the invisible creation. And if you want to learn about heaven, and whether it remains such as it is, or that it is changing, he answers clearly for you, and he will say: *The heavens will all grow old as a garment; as a mantle you will roll them up, and they will be changed.*²² And concerning the celestial configuration, if you want to hear, you will hear again: *He stretches out the heavens like a curtain.*²³ If ever concerning his back you wish to know anything more, he will say to you again: *Roofing his upper chambers with waters.*²⁴ And he does not remain standing here, but he also dialogues with you concerning the width and height, showing how these things are of equal measure, saying: *As far as the east is from the west, so far has he taken our sins from us. For, like the height of heaven above the earth, the Lord has made his mercy prevail over those who fear him.*²⁵ And also, the foundations of the earth he encloses, nor will he hide these things from you, but you will hear about him who says: *He has established it upon the seas.*²⁶ And also concerning the earthquakes, if you want to learn from where they come, he will set you free from every anxiety in this way by saying: *He looks upon the earth, and makes it tremble.*²⁷ If you seek what is useful during the night, and you want to know these things, you can to learn from it: *All the beasts of the forest*

*will prowl.*²⁸ And what is the usefulness of the mountains? He will say to you: *The rocks, a refuge for hares.*²⁹ Learn the purpose of unfruitful trees: *There the sparrows will build their nests.*³⁰ What about the springs in the deserts? *Beside them the birds of the air will make their dwelling;*³¹ and: *They will give drink to all the beasts of the field.*³² What about wine—not so that you might only drink, since even the nature of water has been, but so that you might celebrate and enjoy? *Wine makes glad the human heart.*³³ And by learning this, you might know and how it is proper to use wine. From where the birds are nourished and the wild and ferocious animals, you will hear him saying: *All things look to you, to give them their food in due season.*³⁴ And you ask: “What about the cattle?” He is answering you, that also these things are because of you, for he says: *He makes grass spring up for the cattle, and green herb for the service of mankind.*³⁵ What about the use of the moon? Hear what he says: *He made the moon to mark the seasons.*³⁶ Indeed, all things seen that originated and the things not seen, and he teaches this clearly, saying: *He spoke and they came into being; he commanded and they were created.*³⁷ And that the loosing of death will occur, he teaches by saying: *God will redeem my soul from the power of Hades, when he receives me.*³⁸ From where our body has come, and where again it is going away, he says: *He has remembered that we are but dust;*³⁹ and: *They will perish and return to their dust.*⁴⁰ Why all these things? Because of you: *You have crowned him with glory and honor;*⁴¹ and: *You have set him over the works of your hands.*⁴² We humans have something in common with the angels, for he says: *You have made him a little lower than the angels.*⁴³ And concerning the love of God, he says: *As a father has compassion on his children, so the Lord has had compassion on those who fear him.*⁴⁴ Concerning those who succeed us after these things, and that unshakable end: *Return to your rest, O my soul.*⁴⁵ So why is heaven great? He will say: *The heavens declare the glory of God.*⁴⁶ What about the night and day? Not so that they might only shine and rest, but also so that they might instruct: *There are no words nor tongues*

If present, the Priest says: For yours is the Kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, both now and forever, and to the ages of ages. **R** Amen.

But if there is no Priest, the Reader says instead: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us. Amen.

Then: Lord, have mercy. (12)

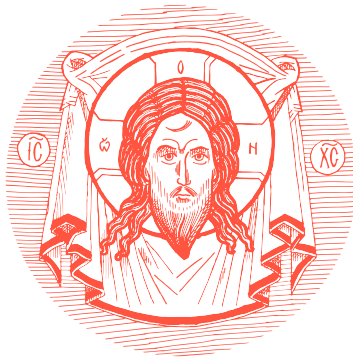
Glory to the Father and to the Son and to the Holy Spirit, both now and forever, and to the ages of ages. Amen.

Come, let us worship and fall down before the King, our God.

Come, let us worship and fall down before Christ, the King, our God.

Come, let us worship and fall down before him, Christ the King and our God.

And immediately continue with the First Kathisma.



THE FIRST KATHISMA

PSALM I. 1

OF DAVID. UNTITLED IN THE HEBREW

BLESSED is the man who has not walked in the council of the ungodly, nor stood in the way of sinners, nor sat on the seat[†] of the pestilent.

But his will is in the law of the Lord, and on his law he will meditate day and night.

He will be like a tree that has been planted beside streams of water, which will give its fruit in its season, and its leaf will not fall; and whatever he does will prosper.

Not so the ungodly, not so; but they are like the chaff that the wind blows away from the face of the earth.

Therefore the ungodly will not rise in judgment, nor sinners in the council of the righteous.

For the Lord knows the way of the righteous, but the way of the ungodly will perish.

PSALM II. 2

A PSALM OF DAVID

WHY do the nations rage, and the peoples plot a vain thing? The kings of the earth stood up, and the rulers took counsel together against the Lord and against his Christ.

Let us break through their bonds, and cast away their yoke from us.

He who dwells in heaven will laugh them to scorn, and the Lord will mock them.

[†]Or company.

Then he will speak to them in his anger, and panic them in his fury.

But I was established as King by him, on Zion, his holy mountain, announcing the Lord's decree.

The Lord said to me: You are my Son. Today I have begotten you.

Ask me, and I will give you nations as your inheritance, and the ends of the earth as your possession.

You shall shepherd them with an iron rod; like a potter's vessels, you will smash them.

And now, O kings, understand; be corrected, all you who judge the earth.

Serve the Lord in fear and rejoice in him with trembling.

Accept correction, that the Lord may not become angry, and you perish from the right way whenever his fury is suddenly kindled.

Blessed are all who have put their trust in him.

☞ PSALM III. 3 ☞

A PSALM OF DAVID, WHEN HE FLED FROM THE
FACE OF HIS SON ABSALOM IN THE WILDERNESS

O LORD, why have those who afflict me been multiplied?
Many rise against me.

Many say to my soul: There is no salvation for him in his God.

But you, O Lord, are my helper, my glory, and the One who lifts up my head.

With my voice I cried to the Lord, and he hearkened to me from his holy mountain.

I lay down and slept; I awoke, for the Lord will help me.

I shall not be afraid of tens of thousands of people who set themselves against me all around.

Rise, O Lord; save me, O my God; for you have struck all who are vainly my enemies. You have smashed the teeth of sinners.

Salvation is the Lord's, and your blessing is upon your people.

Glory. Both now. Alleluia.[†]

☞ PSALM IV. 4 ☞

FOR THE END. A SONG OF DAVID AMONG THE PSALMS

WHEN I called on you, O God of my righteousness, you heard me; when I was in trouble, you set me at large;

Have mercy on me and hear my prayer.

O sons of men, how long will your hearts be weighed down?
Why do you love vanity and seek falsehood?

Know, too, that the Lord has made his holy one wonderful.
The Lord will hear me when I cry to him.

Be angry, and do not sin; for what you say in your hearts, be pricked at heart on your beds.

Sacrifice a sacrifice of righteousness and hope in the Lord.
Many say: Who will show us good things?

The light of your countenance has been marked upon us, O Lord; you have given joy to my heart.

From the fruit of their wheat, wine and oil they have been multiplied.

I will lie down in peace and sleep at once.

For you, O Lord, alone have made me dwell in hope.

☞ PSALM V. 5 ☞

FOR THE END. A PSALM OF DAVID
CONCERNING HER WHO INHERITS

GIVE ear to my words, O Lord; understand my cry. Attend to the voice of my supplication, O my King and my God; for to you will I pray, O Lord.

In the morning you will hear my voice. In the morning will I stand before you, and you will watch over me; for you are not a God who wants iniquity.

The evildoer will not dwell with you, nor will the lawless remain before your eyes.

You have hated all those who work iniquity; you will destroy all those who speak a lie.

The Lord abhors a man of bloodshed and deceit.

But I, in the abundance of your mercy, will enter your house;

I will worship[†] towards your holy temple in fear of you.

Guide me, O Lord, in your righteousness because of my enemies, direct my way before you.

For there is no truth in their mouths; their heart is vain.

Their throat is an open tomb, they deceive with their tongues; judge them, O God.

Let them fall through their counsels; according to the multitude of their impieties cast them out, for they have embittered you, O Lord.

And may all those who hope in you be glad; they will rejoice forever, and you will dwell in them,

And all those who love your Name will boast in you, for you will bless the righteous.

You have crowned us, O Lord, with a shield of your good pleasure.

✠ PSALM VI. 6 ✠

FOR THE END. A PSALM OF DAVID
AMONG THE HYMNS FOR THE EIGHTH

O LORD, do not rebuke me in your anger, nor chastise me in your wrath.

Have mercy on me, O Lord, for I am weak; heal me, for my bones have been troubled, and my soul exceedingly troubled; but you, O Lord, how long?

Turn back, O Lord, deliver my soul; save me, for your mercy's sake.

For in death no one remembers you; and in Hades who will confess you?

I have toiled in my groaning; every night I will wash my bed and drench my couch with my tears.

My eye has been troubled through anger; I have grown old among all my enemies.

Depart from me, all you workers of iniquity, for the Lord has heard the voice of my weeping.

The Lord has heard my supplication, the Lord has received my prayer.

Let all my enemies be ashamed and greatly troubled, let them be turned back and speedily be greatly put to shame.

Glory. Both now. Alleluia.

✠ PSALM VII. 7 ✠

A PSALM OF DAVID, WHICH HE SANG TO THE LORD
CONCERNING THE WORDS OF CHUSI THE SON OF JEMENI[†]

O LORD my God, I have hoped in you; save me from all those who persecute me, and deliver me.

That he may not seize my soul like a lion, when there is none to redeem me, nor to save.

O Lord my God, if I have done this, if there is injustice in my hands;

If I have repaid with evils those who repaid me, let me fall empty before my enemies.

Let the enemy pursue my soul and seize it, trample my life to the ground and make my glory dwell in the dust.

Arise, O Lord, in your anger, be exalted in the furthest boundaries of your enemies.

Rise up, O Lord my God, in the ordinance which you commanded, and an assembly of peoples will surround you; and for this, return on high.

The Lord will judge peoples. Judge me, O Lord, according to my righteousness and according to the innocence that is within me.

Let the evil of sinners be brought to an end and you shall keep the righteous straight, O God, the searcher of hearts and minds.[‡]

Just is my help from God, who saves the upright of heart.

God is a judge, righteous and strong and patient, not producing anger every day.

If you do not return he will burnish his sword, he has drawn and prepared his bow.

And on it he has prepared the instruments of death, he has made ready his arrows for those who are burning.

Behold, he has been in labor with unrighteousness, he has conceived toil and given birth to iniquity.

He has dug a pit and scooped it out, and he shall fall into the hole which he has made.

His toil shall return upon his own head and his unrighteousness shall come down upon his crown.

I will confess the Lord according to his righteousness, and I will sing to the Name of the Lord Most High.

✠ PSALM VIII. 8 ✠

FOR THE END. CONCERNING THE
WINE PRESSES. A PSALM OF DAVID

O LORD, our Lord, how wonderful is your Name in all the earth! For your majesty is raised up above the heavens.

From the mouth of babes and sucklings you have perfected praise, because of your enemies, to destroy the enemy and the avenger.

For I will look at the heavens, the works of your fingers, the moon and the stars which you fixed.

What is man that you remember him? Or the son of man that you care for him?

You have made him a little lower than the angels;[†] you have crowned him with glory and honor; you have set him over the works of your hands.

You have subjected all things under his feet, sheep and all cattle and even all the beasts of the field;

The birds of the air and the fish of the sea, all that pass through the paths of the sea.

O Lord, our Lord, how wonderful is your Name in all the earth!

Glory. Both now. Alleluia.



✠ PRAYERS AFTER THE KATHISMA ✠

Holy God. All-holy Trinity. Our Father.[†]

TROPARIA IN TONE 1

BECAUSE I have sunk in the deep ocean of my transgressions, O Savior, and have been dreadfully overwhelmed by my offenses, give me your hand, O God, as to Peter, and save me.

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

BECAUSE I have been condemned, O Savior, by my evil thoughts and deeds, grant me the idea of turning back, O God, that I may cry: Save me, O good Benefactor, and have mercy on me.

Both now and forever, and to the ages of ages. Amen.

AT the intercession, O Lord, of all the saints and of the Mother of God, give us your peace and have mercy on us, as you alone are compassionate.

Lord, have mercy. (40)

PRAYER BY SAINT BASIL THE GREAT

I BLESS you, O Lord, the only patient and long-suffering One, for each day and hour you show patience towards me, the sinner, granting strength through repentance. For this, you keep silent and endure us, O Lord, that we might glorify you, the One who looks after the salvation of our race: at one time through fear, at another time through encouragement; of old through the Prophets, and later through the coming of your Son who visited us. For you yourself made us, and not we ourselves; you are our

God. O Lord, I am not worthy to utter a sound about you, for my sinfulness is very great. I give thanks to you, O Lord, for you are patient with my lawlessness, and even now you allow me to go unpunished. I am worthy to suffer many things, and to be torn away from your presence, but your persistent love for mankind is patient towards me. I give you thanks, whether I am justified or not, to the glory of your loving-kindness. Have mercy on me, O Lord. Take hold of my soul, what remains of my life, according to your will, and be my Guide, as your deep compassion knows my humiliation. And do not entrust your mercy to me, but as your compassionate love for mankind knows, only give me a drop of the mercy of your compassions, thereby releasing me from this body. Through the prayers and intercessions of our glorious, all-holy Lady, the Mother of God; of the precious and life-giving Cross, and of all the saints who have been well-pleasing to you from the ages.

For you are blessed to
the ages of ages.
Amen.



Lord, have mercy. (3)
Glory. Both now.



THE SECOND KATHISMA

✠ PSALM IX. 9 ✠

FOR THE END. A PSALM OF DAVID.
CONCERNING THE SECRETS OF THE SON

I WILL confess you, O Lord, with my whole heart; I will tell of all your marvelous works.

I will be glad and rejoice in you; I will sing to your Name, O Most High.

When my enemies are turned back, they shall grow weak and shall perish before your face.

For you have maintained my cause and my right; you sat on the throne, for you judge righteousness.

You have rebuked the nations, and the ungodly one has perished; you have blotted out his name forever, and to the ages of ages.

The swords of the enemy have utterly failed, and you have destroyed his cities.

His remembrance has perished with a great noise, but the Lord endures forever.

He has prepared his throne for judgment, and he will judge the world in righteousness; he will judge the nations in uprightness.

The Lord has become a refuge for the poor, a helper in times of affliction.

And let those who know your Name hope in you, for you have not failed those who seek you, O Lord.

Sing praises to the Lord who dwells in Zion, declare his ways among the nations.

For he remembered them; in seeking for blood, he has not forgotten the cries of the poor.

Have mercy on me, O Lord; see my affliction which I suffer from my enemies, for you lift me up from the gates of death,

That I may declare all your praises in the gates of the daughter of Zion. I will rejoice in your salvation.

The nations are caught in the destruction which they planned; in the very trap which they hid, their foot has been caught.

The Lord is known as executing judgments; the sinner is caught in the works of his hands.

Let sinners be driven away into Hades, even all the nations that forget God.

For the poor shall not be forgotten to the end; the patience of the needy shall not perish forever.

Arise, O Lord, do not let man prevail; let the nations be judged before you.

O Lord, set a lawgiver over them; let the nations know that they are but men.

Why do you stand far off, O Lord? Why do you overlook us in times of need and in afflictions?

While the ungodly one is arrogant, the poor is burning within; they are caught in the plots they have imagined.

For the sinner praises himself for the lusts of his heart, and the unrighteous one blesses himself.

The sinner has provoked the Lord; according to the abundance of his anger he will not seek after him; God is not before him.

His ways are profane at all times; your judgments are removed from before his face, he will dominate all his enemies.

For he said in his heart: I shall not be shaken; from generation to generation I shall not be harmed.

His mouth is full of cursing and bitterness and deceit; under his tongue are trouble and pain.

He lies in wait with the rich in secret places, in order to slay the innocent; his eyes are set against the poor.

He lies in wait in secret like a lion in his den; he lies in wait to seize the poor, to seize the poor when he draws him in.

He will bring him down in his trap; he shall bow down and fall while gaining mastery over the poor.

For he has said in his heart: God has forgotten; he has turned away his face so as never to look.

Arise, O Lord my God, lift up your hand; do not forget your poor forever.

Why has the wicked one provoked God? For he has said in his heart: he will not inquire.

You see it, for you behold trouble and wrath, in order to deliver him into your hands. The poor has been abandoned to you; you were a helper to the orphan.

Break the arm of the sinner and wicked man; his sin shall be sought out and he shall not be found because of it.

The Lord will reign forever, and to the ages of ages. You nations shall perish out of his land.

The Lord has heard the desire of the poor; your ear has turned to the preparation of their heart;

To judge for the orphan and the afflicted, that man may boast upon the earth no more.

❖ PSALM X. 10 ❖

FOR THE END. A PSALM OF DAVID

I HAVE trusted in the Lord; how will you say to my soul: Flee to the mountains like a sparrow?

For behold, the sinners have drawn their bow, they have prepared their arrows for the quiver, to shoot down in a moonless night the upright of heart.

For they have destroyed what you have made; but what has the righteous done?

The Lord is in his holy temple; the Lord, his throne is in heaven; his eyes look upon the poor, his eyelids examine the sons of men.

The Lord examines the righteous and the ungodly; and he who loves unrighteousness hates his own soul.

He will rain down traps upon sinners; fire and brimstone and a stormy blast will be the portion of their cup.

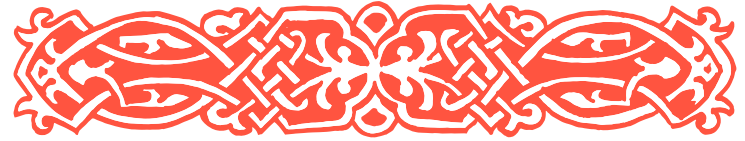
PRAYER†

O GREAT and Most High God, who alone possess immortality, who dwell in unapproachable light, who fashioned all creation with wisdom, who made the separation between the light and the darkness and who placed the sun to have authority over the day and the moon and the stars to have authority over the night, who have counted us sinners worthy even at this present hour to come into your presence with confession and thanksgiving and to offer you our evening hymn of glory; O Lord, in your love for mankind, direct our prayer like incense before you and accept it as a savor of sweet fragrance. Grant us that the present evening and the coming night may be peaceful, clothe us with weapons of light, deliver us from every night-time fear and from every deed that walks in darkness. And give us sleep, which you have bestowed on us for our rest in our weakness, freed from every fantasy of the devil. O Master of all things, Giver of blessings, may we also be filled with compunction on our beds and call to mind your Name in the night, and enlightened by meditation on your commandments may we rise with gladness of soul to give glory to your loving-kindness, as we bring to your compassion supplications and entreaties on behalf of our own sins and those of all your people. At the prayers of the holy Mother of God visit them with mercy. For you, O God, are good and love mankind, and to you we give glory, to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

ANOTHER PRAYER

O LORD Jesus my God, I have hoped in you; save me from all those who persecute me and deliver me, that he may never seize my soul like a lion, when there is none to deliver me or save me. O Lord Jesus my God, I place my hope in you; save me. And grant rest to my mind in remembrance of your most desired Name, as an invocation for those who pray, and endurance for those who draw near. Grant me to pass this day in peace and without sin, in the peace that surpasses all understanding. For you are blessed to the ages of ages. Amen. ✠

Lord, have mercy. (3) Glory. Both now.



THE ODES

✠ THE FIRST ODE ✠

THE SONG OF MOSES IN EXODUS (15:1-19)

HAVING UTTERLY DROWNED PHARAOH IN THE DEEP, MOSES SAYS:
LET US SING TO THE LORD, FOR HE IS GREATLY GLORIFIED.

LET us sing to the Lord, for he is greatly glorified; horse and rider he has cast into the sea.

Helper and protector he has become for my salvation: he is my God, and I will glorify him; my father's God, and I will exalt him.

The Lord shatters wars, the Lord is his Name.

Pharaoh's chariots and army he has cast into the sea; his chosen mounted captains he has drowned in the Red Sea.

With the deep he covered them: they sank to the bottom like a stone.

Your right hand, O Lord, has been glorified with strength; your right hand, O Lord, has crushed enemies; and by the multitude of your glory, you have smashed the opponents.

You sent forth your anger, it consumed them like a reed.

And through the spirit of your wrath, the waters parted; the waters became fixed like a wall, and the waves became fixed in the midst of the sea.

The enemy said: I will pursue, I will overtake, I will divide the spoil, I will fill my soul, I will destroy with my sword, my right hand will lord it.

You sent forth your Spirit, the sea covered them, they sank like lead in a mass of water.

Who is like you among the gods, O Lord? Who is like you? Glorified in holiness, wondrous in glories, performing marvels.

You stretched out your right hand, the earth swallowed them down.

You guided this people of yours, which you have redeemed; by your strength, you have called them into your holy resting-place.

Nations heard and were enraged; pangs have seized the inhabitants of Philistia.

Then the leaders of Edom and the rulers of the Moabites hastened; trembling took hold of them; all the inhabitants of Canaan melted away.

Let fear and trembling fall upon them; by the greatness of your arm, let them be turned to stone,

Till your people pass over, O Lord; till your people, whom you have purchased, pass over;

The sanctuary which you have made, O Lord, which your hands have prepared.

The Lord reigns over the ages and forever and ever, for Pharaoh's horse went with the chariots and horsemen into the sea.

But the children of Israel walked on dry land in the midst of the sea.[†]

☪ THE SECOND ODE[‡] ☪

THE SONG OF MOSES IN DEUTERONOMY (32:1-43)

AFTER THE LAW WAS WRITTEN, ONCE MORE A SONG OF MOSES

ATTEND, O heaven, and I will speak; and let earth hear the words from my mouth.

Let my utterance be sought like rain, and let my words come down like dew, like a shower upon herbage, and like snow on grass.

For I have called on the Name of the Lord; ascribe majesty to our God.

God, his works are true, and all his ways judgments.

God is faithful, and there is no injustice in him; just and holy is the Lord.

[†]At Matins, add the verses *Glory* and *Both* now. And likewise at all the Odes, unless otherwise noted. Do not say the Cell Vigil refrains *Glory*, *Both* now, *Alleluia* at Matins.

[‡]The Second Ode is only chanted at Matins on Tuesdays of Great Lent; to the end.

O blameworthy children, have they not sinned against him; O perverse and crooked generation, do you thus repay the Lord?

Foolish this people, and not wise; is he not your Father who created you, and made you, and fashioned you?

Remember days of old, understand years, generations of generations.

Question your father, and he will tell you; your elders, and they will speak to you.

When the Most High divided the nations, when he scattered the children of Adam, he set boundaries for the nations according to the number of the angels of God.

And his people, Jacob, became the Lord's portion; Israel, the line of his inheritance.

He sustained them in the desert, in thirst from heat in a waterless land; he encircled him and instructed him and guarded him as the apple of his eye.

As an eagle longed to protect its brood, and its nestlings, spreading its wings, he received them and bore them up on his pinions.

The Lord alone led them, and there was no foreign god with them.

He made them mount on the strength of the land; he fed them with the produce of the fields.

They sucked honey from a rock, and oil from a solid rock.

Butter from oxen and milk from sheep, with the fat of lambs and rams, of the offspring of bulls and goats, with the fat of kidneys, of wheat, and they drank wine, the blood of the grape.

And Jacob ate and was filled, and the beloved kicked; he grew sleek, he grew fat, he was broadened and abandoned the God who made him, and rebelled from God his Savior.

They provoked me with foreign gods, and embittered me with their abominations.

They sacrificed to demons and not to God; to gods they had not known; new ones, recently arrived, whom their fathers had not known.

You abandoned the God who begot you, and forgot the God who nurtures you.

And the Lord saw and grew jealous, and was provoked through anger of his sons and daughters.

And he said: I will turn away my face from them, and I will show them what will happen to them at the last; for they are a perverse generation; children who have no faith in them.

They have moved me to jealousy over what is not God, they have angered me by their idols; I too will move them to jealousy over what is not a nation; over a nation without understanding, I will anger them.

For a fire has been kindled from my wrath, it will be kindled as far as the lowest Hades; it devours the earth and its produce; it will consume the foundations of the mountains.

I will gather evils against them, and exhaust my arrows against them.

They will be consumed with hunger and the devouring of birds, and their backs will be bent beyond cure. I will send out against them the teeth of wild beasts, and the rage of things that creep on the earth.

From outside, the sword will bereave them of children, and from the inner chambers will come fear.

The young man will perish with the maiden, and the nursing child with the elderly.

I said: I will scatter them, and I will wipe out their memory from among men.

If it were not for the wrath of the enemy, that they may not live long, that their enemies may not unite against them,

That they may not say: Our own uplifted arm, and not the Lord, has done all these things.

It is a nation that has lost counsel, and there is no understanding in them; they lacked the sense to understand.

Let them accept these things in the time to come:

How will one chase down a thousand, and two remove tens of thousands, if God had not abandoned them, and the Lord given them up?

For their gods are not like our God, but our enemies are empty of understanding.

For their vine is from the vine of Sodom, and their branch is from Gomorrha; their grape is a grape of gall, it is a cluster of

bitterness to them.

Their wine is the wrath of dragons, and the incurable rage of asps.

Behold, have not these things been stored up by me, and sealed up in my treasures?

In the day of vengeance I will repay, whenever their foot stumbles; because the day of their destruction is near, and the judgments prepared for you are at hand.

For the Lord will judge his people, and he will be comforted over his slaves.

For he saw them paralyzed, and had failed in the hostile invasion, and had become feeble.

And the Lord said: Where are their gods in whom they trusted?

The fat of whose sacrifices you ate, and you drank the wine of their libations? Let them rise up and help you, and be your protectors.

Behold, behold that I am, and there is no god beside me. I will kill, and I will make alive; I will strike, and I will heal; and there is no one who will deliver out of my hands.

For I will lift up my hand to heaven, and swear by my right hand, and I will say: I live forever.

For I will sharpen my sword like lightning, and my hand will take hold of judgment; I will do justice to my enemies, and I will repay those who hate me.

I will make my arrows drunk with blood, and my sword will devour flesh, it will gorge itself with the blood of the wounded and of captives, from the head of the rulers of the enemies.

Be glad with him, O heavens, and let all the angels of God worship him.

Be glad, O nations, with his people, and let all the sons of God be strengthened in him; for he will avenge the blood of his sons, and he will take revenge and deal justly with his enemies, and he will repay those who hate him; and the Lord will purify the land of his people.[†]

[†]At Matins, say Glory to you, our God, glory to you before each of the appointed troparia of Ode 2, and Glory and Both now.

THE ORDER OF PSALTER READINGS

DURING GREAT LENT, EXCEPT FOR THE FIFTH WEEK

Day	At Matins	At the Hours				At Vespers
		1 st	3 rd	6 th	9 th	
Sun	II, III †	None	None	None	None	None
Mon	IV, V, VI	None	VII	VIII	IX	XVIII
Tue	X, XI, XII	XIII	XIV	XV	XVI	XVIII
Wed	XIX, XX, I	II	III	IV	V	XVIII
Thu	VI, VII, VIII	IX	X	XI	XII	XVIII
Fri	XIII, XIV, XV	None	XIX	XX	None	XVIII
Sat	XVI, XVII †	None	None	None	None	I

DURING THE FIFTH WEEK OF GREAT LENT

Day	At Matins	At the Hours				At Vespers
		1 st	3 rd	6 th	9 th	
Sun	II, III †	None	None	None	None	None
Mon	IV, V, VI	None	VII	VIII	IX	X
Tue	XI, XII, XIII	XIV	XV	XVI	XVIII	XIX
Wed	XX, I, II	III	IV	V	VI	VII
Thu [†]	VIII	None	IX	X	XI	XII
Fri	XIII, XIV, XV	None	XIX	XX	None	XVIII
Sat	XVI, XVII †	None	None	None	None	I

† Thursday of the Great Canon. A special order for Matins is used on this day, and only one Kathisma is read, due to the great length of the Canon. ‡ See notes on page 221.

THE ORDER OF PSALTER READINGS

WHEN THE ANNUNCIATION (MARCH 25)
FALLS ON THE FIFTH THURSDAY OF GREAT LENT[†]

Day	At Matins	At the Hours				At Vespers
		1 st	3 rd	6 th	9 th	
Sun	II, III †	None	None	None	None	None
Mon	IV, V, VI	VII	VIII	IX	X	XI
Tue	XII	None	XIII	XIV	XV	XVI
Wed	XIX, XX, I	II	III	IV	V	None
Thu	VI, VII, VIII	IX	X	XI	XII	None
Fri	XIII, XIV, XV	None	XIX	XX	None	XVIII
Sat	XVI, XVII †	None	None	None	None	I

DURING HOLY WEEK

Day	At Matins	At the Hours				At Vespers
		1 st	3 rd	6 th	9 th	
Sun	II, III †	None	None	None	None	None
Mon	IV, V, VI	None	VII	VIII	None	XVIII
Tue	IX, X, XI	None	XII	XIII	None	XVIII
Wed	XIV, XV, XVI	None	XIX	XX	None	XVIII

On Holy Thursday and Holy Friday, there are no Kathisma readings at any service. On Holy Saturday at Matins (typically served on Friday evening), only Kathisma XVII is read with the refrains of the Lamentations. After this, the Psalter is no longer read until Vespers on Renewal Saturday, when it resumes with Kathisma I.

† In this event, the Great Canon is transferred to Tuesday. ‡ See notes on page 221.



PSALMS READ AT THE SERVICES

KATHISMA I <i>i.e. Psalms 1-8</i>	Festal Vespers; Saturdays at Vespers; Wednesdays of Lent at Matins
Psalm 2	Holy Friday at the First Royal Hour
Psalm 3	Matins (at the Six Psalms)
Psalm 4	Great Compline
Psalm 5	First Hour
Psalm 6	Great Compline
KATHISMA II <i>i.e. Psalms 9-16</i>	Sundays at Matins; Wednesdays of Lent at the First Hour
Psalm 12	Great Compline
Psalm 16	Third Hour
KATHISMA III <i>i.e. Psalms 17-23</i>	Sundays at Matins; Wednesdays of Lent at the Third Hour
Psalm 19	Matins (at the Royal Office)
Psalm 20	Matins (at the Royal Office)
Psalm 21	Holy Friday at the First Royal Hour
Psalm 22	Theophany Paramon at the First Royal Hour; Preparation for Holy Communion
Psalm 23	Preparation for Holy Communion
KATHISMA IV <i>i.e. Psalms 24-31</i>	Mondays at Matins; Wednesdays of Lent at the Sixth Hour; Holy Monday at Matins
Psalm 24	Great Compline; Third Hour

Psalm 26	Theophany Paramon at the First Royal Hour
Psalm 28	Theophany Paramon at the Third Royal Hour
Psalm 29	Mid-Hour of the Third Hour
Psalm 30	Great Compline
Psalm 31	Mid-Hour of the Third Hour; Baptism
KATHISMA V <i>i.e. Psalms 32-36</i>	Mondays at Matins; Wednesdays of Lent at the Ninth Hour; Holy Monday at Matins
Psalm 33	Refectory (Trapeza); Typica; Divine Liturgy
Psalm 34	Holy Friday at the Third Royal Hour
KATHISMA VI <i>i.e. Psalms 37-45</i>	Mondays at Vespers; Mondays and Thursdays of Lent at Matins; Holy Monday at Matins
Psalm 37	Matins (at the Six Psalms)
Psalm 41	Theophany Paramon at the Third Royal Hour
Psalm 44	Feasts of the Mother of God at Matins (the Antipolyeleos, "A Good Word"); Nativity Paramon at the First Royal Hour
Psalm 45	Mid-Hour of the First Hour; Nativity Paramon at the First Royal Hour
KATHISMA VII <i>i.e. Psalms 46-54</i>	Tuesdays at Matins; Mondays of Lent at the Third Hour; Thursdays of Lent at Matins; Holy Monday at the Third Hour
Psalm 50	Compline; Midnight Office; Matins; Third Hour; Divine Liturgy (said by the priest); Holy Unction
Psalm 53	Sixth Hour
Psalm 54	Sixth Hour
KATHISMA VIII <i>i.e. Psalms 55-63</i>	Tuesdays at Matins; Mondays of Lent at the Sixth Hour; Thursdays of Lent at Matins; Holy Monday at the Sixth Hour
Psalm 55	Mid-Hour of the Sixth Hour
Psalm 56	Mid-Hour of the Sixth Hour



✦ THE ENTRY OF THE MOTHER OF GOD ✦

THE THIRD KATHISMA AT MATINS ON NOVEMBER 21

On His Holy Mountain. *R* Alleluia.

GREAT is the Lord and greatly to be praised; in the city of our God and on his holy mountain. *R*
 Planted firmly for the joy of the whole earth. *R*
 Glorious things have been said of you, O City of God, the city of the great King. *R*
 God is known in her palaces, whenever he helps her. *R*
 As we have heard, so have we seen in the city of the Lord of Powers, in the city of our God. *R*
 God has established her forever. *R*
 The Most High has sanctified his tabernacle. *R*
 Holiness and majesty are in his sanctuary. *R*
 Your temple is holy; you are wonderful in righteousness. *R*
 Holiness befits your house, O Lord, unto length of days. *R*
 Kings' daughters are in your train. *R*
 The Queen stood at your right hand. *R*
 Vested in gold and arrayed with many colors. *R*
 Listen, my daughter, and see, and incline your ear; and forget your people and your father's house. *R*
 Then the King will desire your beauty. *R*
 The richest of the people will entreat your favor. *R*
 All the glory of the King's daughter is within. *R*
 She is vested in tasseled gold, arrayed with many colors. *R*
 The virgins in her train will be brought to the King. *R*
 Those near her will be brought to you. *R*
 They will be brought with joy and gladness. *R*
 They will be led into the King's temple. *R*
 We have contemplated your mercy, O God, in the midst of your people. *R*
 I will remember your name throughout all generations. *R*



✦ THE NATIVITY OF OUR LORD ✦

THE THIRD KATHISMA AT MATINS ON DECEMBER 25

All the Earth. *R* Alleluia.

SHOUT with joy to God, all the earth. *R*
 Sing praises to his Name. *R*
 Give glory to his praise. *R*
 Tell of all his wonders. *R*
 Say to God: How awesome are your works! *R*
 Let everything in heaven rejoice, let everything on earth be glad. *R*
 Sing to God, sing praises to his Name. *R*
 Make a way for him who rides upon the sunset. *R*
 The Lord is his Name; exult before him. *R*
 Confession and majesty are his work. *R*
 And his righteousness endures to the ages of ages. *R*
 The Lord has sent redemption to his people. *R*
 Holy and fearful is his Name. *R*
 The right hand of the Lord has done mighty works. *R*
 The right hand of the Lord has exalted me. *R*
 Zion is my mother, a man will say; and a man has been born in her. *R*
 Lovely with a beauty beyond the sons of men. *R*
 The Most High founded her. *R*
 Out of Zion comes the magnificence of his beauty. *R*
 But our God is in heaven and on the earth; whatever he has willed, he has done. *R*
 I will sing of your mercies, O Lord, forever. *R*
 To generation and generation I will declare your truth with my mouth. *R*
 For you have said: Mercy will be built up forever. *R*
 Your truth will be established in the heavens. *R*



APPENDIX

❖ PSALM CLI. 151 ❖

A GENUINE PSALM OF DAVID, THOUGH IT LIES OUTSIDE THE 150.
COMPOSED WHEN HE FOUGHT IN SINGLE COMBAT WITH GOLIATH

I WAS small among my brothers, and the youngest in my father's house; I shepherded my father's sheep.

My hands made an instrument, and my fingers fashioned a harp.

And who will tell my Lord? The Lord himself, he himself will hear.

He sent out his angel and took me from my father's sheep, and anointed me with the oil of his anointing.

My brothers were handsome and tall, but the Lord did not take pleasure in them.

I went out to meet the foreigner, and he cursed me by his idols.

But I drew his own sword and beheaded him, and took away the reproach of the children of Israel.

❖ THE TENTH ODE ❖

THE SONG OF THE VINEYARD (ISAIAH 5:1-7)

NOW I will sing a song to my beloved, a song of my loved one for my vineyard.

My beloved had a vineyard on a hill, on a fertile place.

I made a hedge around it, and dug a trench, and planted a vine of Sorech, and built a tower in the middle of it, and dug out a wine vat in it. I waited for my vineyard to produce grapes, but it only produced thorns.

APPENDIX

Now then, you citizens of Jerusalem, and people of Judah, judge between me and my vineyard.

What more should I have done for my vineyard, that I have not done? Because I waited for it to produce grapes, but it produced thorns.

I will tell you what I will do to my vineyard; I will take away its hedge and it will be plundered. I will tear down its wall and it will be trampled down.

I will abandon my vineyard and it will not be pruned or dug. Thorns will spring up in it, as from a wasteland. I will command the clouds not to shower rain on it.

For the vineyard of the Lord Sabaoth is the house of Israel, and the people of Judah are his beloved plant.

I waited for it to produce justice, but it produced lawlessness; and not righteousness, but a cry.

❖ THE ELEVENTH ODE ❖

THE PRAYER OF HEZEKIAH (ISAIAH 38:10-20)

I SAID in the end of my days: I will go to the gates of Hades; I will part with the remainder of my years.

I said: No longer will I see the salvation of God in the land of the living; no longer will I see the salvation of Israel on the earth; no longer will I see man.

My life has failed from among my kindred; I have parted with the remainder of my life; it went out and departed from me, as one who pitches a tent and takes it down again.

My spirit was near me like a weaver's web, when she comes near to cut off the thread.

I was handed over in that day as to a lion until the morning, so has he broken all my bones; for in this way I was handed over from day until night.

As a swallow, so will I cry; and as a dove, so do I mourn; for my eyes have failed from looking to the height of heaven to the Lord, who delivered me, and took away my soul's misery.