

Sunday Matins Outline

- The priest's opening blessing: *Blessed is our God ...*, reader: *Amen. O Heavenly King ...*, and the Trisagion prayers.
- The Royal Troparia:
 - Troparion of the Cross: *Glory to the Father, and to the Son, and to the Holy Spirit.*
 - Kontakion of the Cross: *Both now and ever and unto the ages of ages. Amen.*
 - Theotokion: *O awesome intercession...*
- The priest offers a brief litany
- Ekphonesis by the priest: *Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto the ages of ages*
- The Six Psalms (3, 37, 62, 87, 102, and 142)
- The Litany of Peace (also known as the Great Litany)
- *Theos Kyrios ... (God is the Lord ...)* and the apolytikion (troparion of the day)
- The Little Litany
- The Sessional Hymns (Greek: *kathismata*,)
- *Evlogetaria (Blessed are you, O Lord, teach me your statutes)*
- The Little Litany
- On Sundays and Feast Days:
 - The *Hypakoë* or "hymn of Obedience" is read
 - The *Anavathmoi* ("hymns of ascent") based on Psalms 119-133, called the Song of Degrees)
 - The Prokeimenon
 - Kontakion and Oikos
 - Synaxarion (commemorating the saints of the day)
 - Katavasias ("hymns of descent")
 - The order of the Matins Gospel is as follows:
 - Deacon: *Let us pray to the Lord*, Choir: *Lord, have mercy*, and the priest responds with an ekphonesis
 - Deacon *Let everything that hath breath praise the Lord*
 - The Gospel is read by the priest
 - *Having beheld the Resurrection of Christ ...*
- Psalm 50
- Sundays and Feast Days: *Glory ...*, *both now ...* and a hymn

- Sundays, Feast Days and Lenten Days, the petition: "O God, save your people and bless your inheritance ..."
- The Magnificat (*My soul doth magnify the Lord ...*) while the deacon censes the Church
- Ninth Ode
- Little Litany
- *Holy is the Lord our God*, three times
- The Exapostilaria (hymns related to the day's Gospel, or the day's feast)
- The Lauds or Praises (Greek: *Ainoi*): stichera are interspersed between the final verses
- The Doxastikon (the Glory hymn), when chanted properly is the longest, and usually the richest, hymn of the service. Both the Glory... and Both Now... are chanted.
- Great Doxology is chanted, followed by "Today Salvation has come..."