THE LAMENTATIONS OF
HOLY FRIDAY

Ὁ ἘΠΙΤΑΦΙΟΣ ΘΡΗΝΩΣ

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The service of the Lamentations is a beautiful and unique service in which funeral hymns are sung to our Lord and Savior, Jesus Christ, after His crucifixion and death on the cross. This service is the Orthros of Saturday morning, sung in anticipation Friday evening. It consists of psalms, hymns and readings, dealing with the death of Christ, in contrast to His divinity, and in expectation of His Resurrection. One of the hymns relates: “He who holds all things is raised up on the Cross and all creation laments to see Him hang naked on the Tree.” The thoughtful and well written Odes, sung by the chanters and the choir, compare the compassion of God and the cruelty of man; the might of God and the moral weakness of man. The Odes picture all creation trembling when witnessing its Creator hung by His own creatures.

Much of this service takes place around the tomb of Christ in the center of the church. The priest stands in front of the flower decorated Kouvouklion (funeral bier) in which the Epitaphios (full size cloth icon of the body of Christ) is placed and, together with the choir and the people, sing the following hymns.

On this most sacred and austere evening, we ask you to join together with us in prayer and sing these hymns as we grieve His death but anticipate His most glorious Resurrection.

Following the completion of the singing of the Lamentations, we will process outside with the Epitaphios. Before returning inside, everyone will pass under the Epitaphios, symbolizing the passing from death to life, re-enter the church quietly and await the resumption of the service. Finally, everyone will be given a flower from the Epitaphios as a blessing and a witness that we too were there at the tomb of Christ at the end of the service.

We thank you for being with us and praying with us this evening.

Kali Anastasi! Have a blessed Resurrection!
**FIRST STANZA**


   In the tomb they laid you, * you, O Christ, who are Life; * in amazement angel armies lift up their song * as they glorify your self-abasement, Lord.

2. Hē zωi` πῶς θνῄσκεις; πῶς καὶ τάφῳ οἰκεῖς; τοῦ θανάτου τὸ βασίλειον λύεις δὲ, καὶ τοῦ Ἄδου τοὺς νεκροὺς ἐξανιστάς.

   Life, how can you perish, * or how dwell in a tomb? * Yet the royal hall of Death you now bring to naught, * and from Hades' realm you raise the dead again.


   Now we magnify you, * O Lord Jesus, our King, * we pay honor to your Passion and burial * for from foul corruption you saved us thru them.

4. Μέτρα γῆς ὁ στήσας, ἐν σμικρῷ κατοικεῖς, Ἰησοῦ παμβασιλεῦ τάφῳ σήμερον, ἐκ μνήματων τοὺς θανέντας ἀνιστῶν.

   King of all, O Jesus, * who established earth's bounds * on
this day you make your home in a little tomb, * raising up the
dead of ages from their graves.

5. Ἰησοῦ Χριστέ μου, Βασιλεῦ τοῦ παντός, τί ζητῶν τοῖς ἐν τῷ Ἀδή ἐλήλυθας; ἢ τὸ γένος ἀπολύσαι τῶν βροτῶν;

Iisou` Hriste` mou / Vasilef` tou pantos` / ti ziton` tis en to A`dhi eli`lithas / i to ye`nos apoli`se ton vroton`?

O my Christ, my Jesus, * King and Monarch of all, * seeking what have you descended to those in Hell? * Was it not to liberate the mortal race?

6. Ὁ Δεσπότης πάντων, καθορᾶται νεκρός, καὶ ἐν μνήματι καινῷ κατατίθεται, ὁ κενώσας τὰ μνημεῖα τῶν νεκρῶν.

He who governs all things * here is seen as a corpse, * new the grave in which his body is laid to rest, * he the one who empties graves of all their dead.

7. Ἡ ζωὴ ἐν τάφῳ κατετέθη Χριστέ, καὶ θανάτῳ σου τὸν θάνατον ὄλεσας, καὶ ἐπήγασας τῷ Κόσμῳ, τὴν ζωήν.

I zoi` en ta`fo / katete`this Hriste` / ke thana`to sou ton tha`naton o`lesas / ke epi`gasas to Ko`smo tin zoin.

In the tomb they laid you, * you, O Christ who are Life; * death itself you brought to nothing by your own death, * and became the fount of life for all the world.

8. Μετὰ τῶν κακούργων, ὡς κακούργος Χριστέ, ἐλογίσθης δικαιῶν ἡμᾶς ἀπαντας, κακουργίας τοῦ ἀρχαίου πτερνιστοῦ.

Guilty with the guilty * you were judged, O my Christ, * at
the moment you wrought justice for all of us, * from the ancient trickster's foul and evil deeds.

9. Ὁ ὡραῖος κάλλει, παρὰ πάντας βροτούς, ὡς ἀνείδεος νεκρὸς καταφαίνεται, ὁ τὴν φύσιν ὡραίσας τοῦ παντός.

O oraios kali / para pantas vrotous / os anidheos nekros katafenete / o tin fisin oreisas tou pantos.

Fairer he in beauty * than are all mortal kind, * now a corpse we see, unsightly, bereft of form, * he who beautified the nature of all things.

10. Ἄδης πῶς ὑποίσει, Σῶτερ παρουσίαν τὴν σήν, καὶ μὴ θάττων συνθλασθείη σκοτούμενος, ἀστραπῆς φωτός σου αἰγλῆ ἐκτυφλωθείς; How could Hell endure it, * when in splendor you came, * and how not be swiftly shattered and plunged in dark, * blinded by the blazing glory of your light?

11. Ἰησοῦ γλυκύ μοι, καὶ σωτήριον φῶς, τάφῳ πῶς ἐν σκοτεινῷ κατακέκρυψαι; ὦ ἀφάτου, καὶ ἀρρήτου ἀνοχῆς! Light that saves, O Jesus, * you are sweetness to me, * in the darkness of the grave how can you lie hid? * O forbearance that no language can express!

12. Ἀπορεῖ καὶ φύσις, νοερὰ καὶ πληθὺς, ἢ ἀσώματος Χριστὲ τὸ μυστήριον, τῆς ἀφράστου καὶ ἀρρήτου σου ταφῆς.
Angels are bewildered, * and the bodiless host * at a loss, O Christ, before that great mystery * your ineffable entombment, beyond speech.

13. Ὄ θαυμάτων ξένων! ὢ πραγμάτων καινῶν! Ὁ πνοής μου χορηγός ἄπνους φέρεται, κηδευόμενος χερσὶ τοῦ Ἰωσήφ.

O thavmaton xenon / o pragmaton kenon / o pnois mi horigos apnous ferete / kidhevomenenos hersi to Iosif.

O most strange of wonders! * What new deeds we now see! * He who gave me my life's breath, lies unbreathing now, * born to burial at noble Joseph's hands.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Glory to the Father, and the Son and the Holy Spirit.

14. Καὶ ἐν τάφῳ ἔδυς, καὶ τῶν κόλπων Χριστὲ τῶν πατρῴων οὐδαμῶς ἀπεφοίτησας, τοῦτο ξένον καὶ παράδοξον ὁ ὄμοι.

Like the sun when setting, * to the tomb you descend, * yet, O Christ, your Father's bosom you do not leave. * What strange paradox, what wondrous thing this is.

Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Αμήν.
Ke nin ke a-i ke is tous aionas ton eonon. Amin.
Both now and forever and to the ages of ages. Amen.

15. Ἀληθῆς καὶ πόλου, καὶ τῆς γῆς Βασιλεὺς, εἰ καὶ τάφῳ σμικροτάτῳ συγκέκλεισαι, ἐπεγνώσθης πάσῃ κτίσει Ἰησοῦ.

Alithis ke polou / ke tis yis Vasilefs / I ke tafo zmikrotato singeklise / epegnosthis pasi ktisi Isou.
As the sky's true monarch, * as true king of the earth, * though enclosed within the narrowest sepulcher, * you were known by all creation, Jesus Lord.

16. Ἡ ζωὴ ἐν τάφῳ, κατετέθης Χριστέ, καὶ Ἀγγέλων στρατιαὶ ἐξεπλήττοντο, συγκατάβασιν δοξάζουσι τὴν σήν.

I zoi en tafo / katetethis Hriste / ke Angelon stratie exepli tonto / singatavasin dhoxazouse tin sin.

In the tomb they laid you, * you, O Christ, who are Life; * in amazement angel armies lift up their song * as they glorify your self-abasement, Lord.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

Again and again in peace let us pray to the Lord.

(Priest, προσεύχοντας.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡ ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας.

Help us, save us, have mercy upon us and protect us, O God, by your grace.

(Priest, προσεύχοντας.)

Remembering our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints,
electron and the host of the whole life

(let us commit ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For blessed is your name, and glorified is your kingdom, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

SECOND STANZA

1. *'Azi翁 εστι, megalūnein se ton Zoodhotin, ton en to Stavro tás cheîras ekteînanta, kai syntrîpsanta to krátos tou ëxhroû.*

It is right indeed * we should magnify the one who grants life, * you, that stretched your hands wide upon the Cross, * broke and smashed the might and power of the foe.

2. *'Azi翁 εστι, megalūnein se ton pàntωn Ktísthen: toîs soîs γâr patahîmasin ëxomên, tîn ápâtheian rûshîntes tîs phiòrâs.*

Axion esti / megalinin se ton Zoodhotin / ton en to Stavro tas hiras ektninata / ke sintripsanta to kratos tou eithrou.
It is right indeed * you to magnify, who fashion all things, * 
your pains from corruption deliver us, * and your Passion 
grants dispassion to our souls.

3. **Ἐφρίξεν ἡ γῆ, καὶ ὁ ἤλιος Σῶτερ ἐκρύβη, σοῦ τοῦ ἀνεσπέρου 
φέγγους Χριστὲ, δύναντος ἐν τάφῳ σωματικῶς.**

Efrixen i yi / ke o ilios Soter ekrivi / sou tou anesperou fen 
gous Hriste / dhinatos en tafo somatikos.

All Earth quaked in fear * and the sun concealed itself, O 
Savior, * when, O Christ, our light, you set bodily, * as the 
light that knows no evening was entombed.

4. **Ῥήγνυται ναοῦ, καταπέτασα τῇ σῇ σταυρώσει, κρύπτουσι 
φωστήρες Λόγε τὸ φῶς, σοῦ κρυβέντος Ἡλιε ὑπὸ γῆν.**

See, the Temple Veil, * rent asunder at your crucifixion, * 
Heaven's beacons hide, O my Christ, their light, * to see you, 
the Sun, now hid beneath the earth.

5. **Γῆς ὁ καταρχάς, μόνῳ νεύματι πήξας τὸν γύρον, ἄπνους ὡς 
βροτός καθυπέδυ γῆν· φρίξον τῷ θεάματι οὐρανέ.**

Yis o katarhas / mono nevmati pixas ton yiron / apnous os 
vrotos kathipedhi yin / frixon to theamati ourane.

He who at the start * by His will alone set Earth revolving, * 
lifeless as a mortal sets under earth; * let the sky now shake 
and tremble at the sight.

6. **Ἔδυς ὑπὸ γῆν ὁ τὸν ἄνθρωπον χειρί σου πλάσας, ἵν' 
ἐξαναστήσῃς τοῦ πτώματος, τῶν βροτῶν τὰ στίφη, 
πάνθενεστάτω κράτει.**
Human-kind you formed, * with your own hand fashioned us, O Savior, * now, O Sun, you set underneath the earth, * raising companies of mortals from the fall.

7. Θρήνον ιερόν, δεῦτε ἃσωμεν Χριστῷ θανόντι, ώς αἱ Μυροφόροι γυναῖκες πρίν, ἵνα καὶ τὸ Χαῖρε ἀκουσώμεθα σὺν αὐταῖς.

Come, now, let us sing, * let our sacred hymn lament the dead Christ, * singing as the Myrrh-bearing women did, * that with them we too may hear the word "rejoice!"

8. Ἅδου μὲν ταφείς, τὰ βασίλεια Χριστὲ συντρίβεις, θάνατον θανάτῳ δὲ θανατοῖς, καὶ φθορᾶς λυτροῦσαι τοὺς γηγενεῖς.

Buried, O my Christ, * the great palaces of Hell you shattered, * Death you put to death by your death, O Lord, * from corruption you set free those born of earth.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Dhoxa Patri ke Io ke Ayio Pnevmati.
Glory to the Father, and the Son, and the Holy Spirit.

9. Ἅδου μὲν ταφείς, τὰ βασίλεια Χριστὲ συντρίβεις, θάνατον θανάτῳ δὲ θανατοῖς, καὶ φθορᾶς λυτροῦσαι τοὺς γηγενεῖς.

To the grave descends * he, the Wisdom of our God, that
pours out * streams of life; descending into a tomb, * giving life to those in Hades deepest depths.

10. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰώνας τῶν αἰώνων. Ἀμήν.

"Ἰην τὴν βροτῶν, καινουργήσω συντριβείσαν φύσιν, πέπληγμαι θανάτῳ θέλων σαρκί. Μήτερ οὖν μὴ κόπτου τοῖς ὀδυρμοίς.

Both now and ever and to the ages of ages. Amen. "Willingly by death * I was wounded in the flesh, dear Mother, * thus the broken nature of mortal kind * to renew, so do not beat your breast in grief."

11. Άξιόν ἐστι, μεγαλύνειν σε τὸν Ζωοδότην, τὸν ἐν τῷ Σταυρῷ τὰς χεῖρας ἐκτείναντα, καὶ συντρίψαντα τὸ κράτος τοῦ ἐχθροῦ.

Axion esti / megalinin se ton Zoodhotin / ton en to Stavro tas hiras ek tinanta / ke sintripsanta to kratos tou eathrou.

It is right indeed * we should magnify the one who grants life, * you, that stretched your hands wide upon the Cross, * broke and smashed the might and power of the foe.

ΙΕΡΕΥΣ  

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Kύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ Help us, save us, have mercy upon us and

PRIEST

Again and again in peace let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy upon us and
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τής Παναγίας ἄχράντου, ὑπερευλογημένης, ἐνδόξου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πάσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὁτι ἁγιος εἰ ὁ Θεὸς ἡμῶν, ὁ ἐπὶ θρόνου δόξης τῶν Χερουβέων ἐποχούμενος, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, σὺν τῷ ἀνάρχῳ σου Πατρὶ καὶ τῷ Παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰώνας τῶν αἰώνων.

(Αμήν.)

ΠΡΙΕΣΤΕΥΣ

For holy are You, our God, resting on the glorious throne of the cherubim, and to You we send up glory, together with Your eternal Father and Your all-holy, good, and life-giving Spirit, now and ever and to the ages of ages.

(Λέειν.)

protect us, O God, by your grace.

(Lord, have mercy.)

Remembering our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commit ourselves and one another and our whole life to Christ our God.
THIRD STANZA

1. Αἱ γενεαὶ πᾶσαι, ὑμνον τῇ Ταφῇ σου, προσφέρουσι Χριστέ μου.

Each generation offers, * my Christ, for your entombment * in hymns and songs its praises.

2. Καθελὼν τοῦ ξύλου, ὁ Ἀριμαθαίας, ἐν τάφῳ σε κηδεύει.

The Noble Joseph takes you * down from the Tree, my Savior, * and in the tomb he lays you.

3. Μυροφόροι ἤλθον, μύρα σοι Χριστέ μου, κομίζουσαι προφρόνως.

Myrrh-bearing Woman came then, * providently bringing * to you, O Christ, the sweet myrrh.

4. Δεῦρο πᾶσα κτίσις, ὕμνους ἐξοδίους, προσοίσωμεν τῷ Κτίστῃ.

Let all Creation join us, * as to the Creator* our farewell hymns we now sing.

5. Ὡς νεκρὸν τὸν ζῶντα, σὺν Μυροφόροις πάντες, μυρίσωμεν ἐμφρόνως.
Os nekron ton zonta / sin Miroforis pantes / mirisomen em fronos.

With myrrh-bearing women * let us, with understanding, * anoint as dead the Living.

6. Ἰωσὴφ τρισμάκαρ, κήδευσον τὸ σῶμα, Χριστοῦ τοῦ ζωοδότου.


7. Οὗς ἔθρεψε τὸ μάννα, ἐκίνησαν τὴν πτέρναν, κατὰ τοῦ Εὐεργέτου.

Ous ethrepse to mana / ekinisan tin pternan / kata tou Everyetou.

Those he fed with manna * raised their heels against him, * against the Benefactor.

8. Οὗς ἔθρεψε τὸ μάννα, φέρουσι τῷ Σωτῆρι, χολὴν ἅμα καὶ ὃξος.

Those he fed with manna * bring vinegar and gall now * to offer to the Savior.

9. Ὡ τῆς παραφροσύνης, καὶ τῆς Χριστοκτονίας, τῆς τῶν προφητοκτόνων!

O tis parafrosinis / ke tis Hristoktonias / tis ton profitoktonon!

O the boundless folly * of those who slew the prophets * and now slay God's Anointed.
10. Ὡς ἄφρων ὑπηρέτης, προδέδωκεν ὁ μύστης, τὴν ἄβυσσον σοφίας.

Initiate yet traitor, * he, the senseless servant, * sold the Abyss of Wisdom.

11. Τὸν Ῥύστην ὁ πωλήσας, αἰχμάλωτος κατέστη, ὁ δόλιος Ἰούδας

Judas the deceiver * for silver sold the Savior, * and thus became a captive.

12. Ἰωσήφ κηδεύει, σὺν τῷ Νικοδήμῳ, νεκροπρεπῶς τὸν Κτίστην.

With Nicodemus, Joseph * buries the Creator * as for the dead is fitting

13. Ἀνάστηθι οἰκτίρμον, ἡμᾶς ἐκ τῶν βαράθρων, ἐξανιστῶν τοῦ Ἀδου.

Arise, O Lord of mercy, * and from the depths of Hades * now raise us all up with you.

14. Ὡ γλυκὺ μου ἔαρ, γλυκύτατόν μου Τέκνον, ποῦ ἔδυ σου τὸ κάλλος;

O my sweetest springtime, * O my sweetest Offspring, * where has your beauty vanished?
15. Ζωοδότα Σῶτερ, δόξα σου τῷ κράτει, τὸν Ἄδην καθελόντι.

**O Life-giving Savior, * the conqueror of Hades, * to your great might be glory.**

16. Ἔρραναν τὸν τάφον, αἱ Μυροφόροι μῦρα, λίαν πρωῒ ἐλθοῦσαι.

**Myrrh-bearers came and sprinkled * sweet myrrh upon your tomb, Lord, * at early dawn they come now.**

17. Εἰρήνην Ἐκκλησία, λαῷ σου σωτηρίαν, δώρησαι σῇ Ἐγέρσει.

**Peace unto your Church, Lord, * salvation to your people, * grant by your Resurrection.**

18. Ὡ Τριὰς Θεέ μου, Πατὴρ Υἱὸς καὶ Πνεῦμα, ἐλέησον τὸν Κόσμον.

**Father, Son and Spirit, * O Trinity, my One God, * have mercy on the whole world.**

Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰώνας τῶν αἰώνων. Ἀμήν.
Ken in ke a-i ke is tous eonas ton eonon. Amin
Both now and ever and to the ages of ages. Amen.

19. Ἰδεῖν τὴν τοῦ Υἱοῦ σου, Ἀνάστασιν Παρθένε, ἀξίωσον σοὺς δούλους.

Idhin tin tou Iou sou / Anastasin Parthene / axioson sous dhoulous.

Count all your servants worthy, * to see, Most Holy Virgin, * you Son's bright Resurrection.

20. Αἱ γενεαὶ πᾶσαι, ὕμνον τῇ Ταφῇ σου, προσφέρουσι Χριστέ μου.

E yenee pase / imnon ti Tafi sou / prosferousi Hriste mou.

Each generation offers, * my Christ, for your entombment * in hymns and songs its praises.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

Again and again in peace let us pray to the Lord.

(Κύριε, ἐλέησον.)

(Lord, have mercy.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

Help us, save us, have mercy upon us and protect us, O God, by your grace.

(Κύριε, ἐλέησον.)

(Lord, have mercy.)
Τῆς Παναγίας ἀχράντου, ύπερευλογημένης, ἐνδόξου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Σὺ γὰρ εἶ ὁ Βασιλεὺς τῆς εἰρήνης καὶ Σωτήρ τῶν ψυχῶν ἡμῶν, Χριστὲ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, σὺν τῷ ἀνάρχῳ σου Πατρὶ καὶ τῷ Παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰώνας τῶν αἰώνων.

(Αμήν.)

Remembering our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commit ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For You are the King of peace and the Savior of our souls, O Christ our God, and to You we send up glory, together with Your eternal Father and Your all-holy, good, and life-giving Spirit, now and ever and to the ages of ages.

(Amen.)
This booklet is generously donated to our St. Demetrios Church and to the many Stewards that comprise our beloved Community. We are grateful and honored to serve our Church by offering from the talents that God has given us in glorifying His Holy Name.

With Love and Service,

St. Demetrios Choir