

PRE-SANCTIFIED STICHERA AND READINGS 2013

WEDNESDAY 20 MARCH 2013

Confessor and Bishop James of Katania C8-C9 (21<sup>st</sup>)  
Week 1

Lord I have cried

Tone 8

O Lord, I have cried to you, listen to me;  
O Lord, listen to me.

O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
O brothers, while fasting physically, let us also fast spiritually. Let us loose every knot of lawlessness. Let us tear up every unjust bond. Let us distribute bread to the hungry and welcome those who have no roof over their heads into our homes, so that we may receive great mercy from Christ our God. X2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

Fame and praise are correct for the saints, for they bowed their necks beneath the sword for your sake, who bowed the heavens and came down. They shed blood for you who emptied yourself and took the form of a servant. By emulating your poverty, they too humbled themselves even to death. O God, have mercy on us through their prayers according to the abundance of your great mercies.

Tone 2

S7: Let your ears note the voice of my plea.  
O Apostles and eye-witnesses of God, Jesus, the spiritually radiant Sun, has sent you into the world as brilliant lightning flashes. The error of darkness was swept away, by the rays of your divine doctrines and enlightened those who were held in the gloom of ignorance. Implore him to grant us enlightenment and great mercy.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.

Elias was enlightened through fasting; he mounted the chariot of good works and was taken up to the heights of heaven. O humble soul, emulate him. Abstain from every evil deed, jealousy and fleeting pleasure, so that you may be cleansed from corrupting disease and the fires of Gehenna. Cry to Christ, "O Lord, glory to you!"

Tone 5

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

O divine Apostles, zealous intercessors for the world, defenders of the Orthodox, you have authority to plead boldly with Christ our God. O honourable ones, we implore you to pray for us, so that we may spend the good time of fasting with joy and receive the grace of the consubstantial Trinity. O great and glorious preachers, pray for our souls,

Tone 2

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

O blessed James, after you had fled from the cares of the world, you maintained your spirit in peace. You did not permit it to whirl and falter in the tempestuous confusion of life. You kept it steadfast and loving as it contemplated the Master of the heavens and Benefactor of the whole world. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!

O holy father, because you led your life far from this troubled world, you were freed from the passions through the grace which protected you. You vanquished hordes of demons by your perpetual asceticism and holy radiance. Therefore you celebrate in joy with the angels before the Lord and King of all. You emulated their way of life.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
You lived far from the world and the flesh. You were beyond visible things and mediated about the reality of the invisible Glory. You thought about the magnificent shelters of heaven and their inconceivable beauty. O honourable father James, now that you live in them, plead before Christ to save the faithful who venerate your sacred memory.

Glory: Both now:

O joy of the oppressed, protector of those who suffer unjustly, feeder of the hungry, consolation of strangers, stick for the blind, support for the miserable, help and protection of the afflicted, guardian of orphans, you are the mother of the most high God. O pure Virgin, we implore you to hurry and save your servants.

Entrance

Phos Ilarón

P/D: Wisdom! Stand upright!  
O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God and Giver of life.  
Therefore the world glorifies you.

Prokeímenon Ps 11 Tone 5

R: O Lord, I will thank you with all my heart.  
S: O Lord, you will guard us and keep us.

Law

From the Book of Genesis (1:24-2:3)  
God said: Let the earth produce the living creature according to its kind, quadrupeds and reptiles and wild animals of the earth according to their kind, and it was so. <sup>25</sup> And God made the wild beasts of the earth according to their kind, and cattle according to their kind, and all the reptiles of the earth according to their kind, and God saw that they were good. <sup>26</sup> And God said: Let us make man according to our image and likeness, and let them have dominion over the fish of the sea, and over the birds of heaven, and over the cattle and all the earth, and over all the reptiles that creep on the earth. <sup>27</sup> God made man, according to the image of God he made him, male and female he made them. <sup>28</sup> And God blessed them, saying: Increase and multiply; fill the earth and subdue it; have dominion over the fish of the seas and the birds of heaven, and all the cattle and all the earth, and all the reptiles that creep on the earth. <sup>29</sup> And God said: See I have given to you every seed-bearing herb sowing seed which is on the whole earth, and every

tree which has in itself the fruit of seed that is sown, to you it shall be for food,<sup>30</sup> as also to all the wild animals of the earth, and to all the birds of heaven, and to every reptile creeping on the earth, which has in itself the breath of life, even every green plant for food; and it was so.<sup>31</sup> God saw all the things that he had made, and, see, they were very good. And there was evening and there was morning, the sixth day.<sup>1</sup> So the heaven and the earth were finished, together with their whole world.<sup>2</sup> On the sixth day God finished his works which he had made, and he rested on the seventh day from all his works which he had made.<sup>3</sup> God blessed the seventh day and sanctified it, because in it he rested from all his works which God began to do.

### Prokeímenon Ps 12 Tone 6

R: O Lord my God, look at me and listen to me.

S: How long, O Lord? Will you forget me for ever?

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

From the Book of Proverbs (2:1-22)

O son, if you receive the utterance of my commandment, and hide it within you,<sup>2</sup> your ear will listen to wisdom. You will also apply your heart to understanding, and apply it to the instruction of your son.<sup>3</sup> For if you call out to wisdom, and utter your voice for understanding,<sup>4</sup> and if you seek it like silver, and search diligently for it as for treasure,<sup>5</sup> then you will understand the fear of the Lord, and find the knowledge of God.<sup>6</sup> For the Lord gives wisdom, and from his presence come knowledge and understanding.<sup>7</sup> He stores salvation for those who walk uprightly. He will protect their way<sup>8</sup> to guard the just ways, and preserve the way of those who fear him.<sup>9</sup> Then you will understand justice and judgment, and direct all your course correctly.<sup>10</sup> For if wisdom comes into your understanding and discernment seems pleasing to your soul,<sup>11</sup> good counsel will guard you, and holy understanding will keep you,<sup>12</sup> to deliver you from the evil way, and from the man that speaks nothing with faith.<sup>13</sup> Alas for those who forsake upright paths, to walk in ways of darkness;<sup>14</sup> who rejoice in evil, and delight in wicked perverseness,<sup>15</sup> whose paths are crooked, and their courses winding,<sup>16</sup> to remove you far from the straight way, and to separate you from a just purpose. O son, do not let evil counsel overtake you,<sup>17</sup> from the one who has forsaken the instruction of her youth, and forgotten the covenant of God.<sup>18</sup> For she has fixed her house near death, and guided her wheels near Hades with the giants.<sup>19</sup> No one who goes with her will return, neither will they seize just paths, for they do not know the years of life.<sup>20</sup> For if they had gone along good paths, they would have found the paths of Justice easy.<sup>21</sup> For the upright will live on the earth, and the holy shall be left behind on it.<sup>22</sup> The paths of the ungodly will perish from the earth, and offenders will be driven away from it.

### FRIDAY 22 MARCH

Martyr Nikon and 199 Disciples of Sicily C3 (23<sup>rd</sup>)

### Week 1

### Lord I have cried

Tone 5

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense, the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

S9: The just will wait for me until you reward me.

O faithful, come and let us perform the works of God in the light. Let us walk honestly as in the day. Let us rid ourselves of unjust accusations against our neighbours so that we place no stumbling blocks in their way. Let us put aside the pleasures of the flesh so that we may increase gifts to our souls. Let us give bread to those in need. Let us draw near to Christ in repentance and say, "Our God, have mercy on us." X2

Tone 8

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

O martyrs of the Lord, you sanctify every place and heal every sickness. We implore you to intercede for our souls to be freed from the snares of the enemy.

S7: Let your ears note the voice of my plea.

O martyrs of the Lord, plead with our God and beg great bounties for our souls and cleansing from our many offences.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

O Lord, your martyrs forgot the concerns of this life and endured tortures for the sake of the life to come. They were revealed as its inheritors and now rejoice with the angels. Grant your people great mercy through their prayers.

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

Fame and praise are correct for the saints! For they bowed their necks beneath the sword for your sake, who bowed the heavens and came down. They shed blood for you, for you emptied yourself and took the form of a servant. They also humbled themselves even to death by emulating your poverty. O God, through their prayers have mercy on us according to the abundance of your great mercies.

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch.

All you lovers of the martyrs, come, let us celebrate and rejoice in spirit. Today the martyr Theodore offers a mystical banquet, making us glad in the feast that we might sing to him, "Hail, unconquerable bearer of suffering and victor over torturers! Hail, for you gave your body over to torture for Christ God! Hail, for by many trials you were revealed as a true soldier of the heavenly army! O adornment of martyrs, pray for our souls.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

O martyr Theodore, you extend the divinely-granted grace of your miracles to all those who run to you in faith; therefore we praise you with song. You release the captives, heal the sick, reward the poor and save those who are drowning. You intercede for all those who honour your sacred memory. O holy martyr, implore Christ to grant great mercy even to us who praise your suffering.

S2: Every nation, praise the Lord; every people, acclaim him!

O martyr Theodore, you were revealed as the highest gift of God. Even after your end you grant help to those who run to you. When the widow came to your temple in tears, you appeared in mercy and returned her son who had been taken captive by alien soldiers. You do not cease to work wonders. Implore Christ our God to save our souls.

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

O thrice-blessed Theodore, I honour you as the true gift of God. You were revealed as an unfailing candle of the divine Light. Your sufferings illuminated the creation. More powerful than fire, you quenched the flames and crushed the head of the evil serpent. When you went to your suffering, Christ placed the crown on your divine head. O great martyr, since you have boldness before God, pray fervently for our souls.

Glory: Tone 6

The devil used the apostate individual as a vessel of evil. It filled him with the foul thoughts of polluting the food of the fasting people. But you overcame his craftiness with wiser reasoning. You appeared to the Archbishop in a dream and revealed the wicked plot to him. O martyr Theodore, we give thanks to you for this; we honour you as a helper and deliverer. Every year we remember the miracle at this season. May we be rescued from the reasoning of the Evil One through your intercessions to God.

Both now: Tone 8

The King of Heaven, appeared on earth and lived with men because of his love for the human race. He took flesh from the pure Virgin and, after he had assumed it, came from her. The Son is one in two Natures, yet one Person. Therefore we truly proclaim him as perfect God and perfect man, and we acknowledge Christ as our God. O unwedded Mother, plead with him to have mercy on our souls.

Entrance

#### Phos Hilarón

P/D: Wisdom! Stand upright!  
O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God and Giver of life.  
Therefore the world glorifies you.

#### Prokeímenon Ps 19 Tone 5

R: May the Lord listen to you on the day of trouble.  
S: May the name of the God of Jacob defend you!

#### Law

From the Book of Genesis (2:20-3:20)  
Adam gave names to all the cattle and to all the birds of the air, and to all the wild animals of the field, but for Adam there was not found a help like himself.<sup>21</sup> So God brought a trance on Adam, and he slept. He took one of his ribs, and filled up the flesh instead of it.<sup>22</sup> Then God formed the rib which he took from Adam into a woman, and brought her to Adam.<sup>23</sup> And Adam said: This now is bone of my bones, and flesh of my flesh; she shall be called woman, because she was taken from her husband.<sup>24</sup> Therefore a man will leave his father and his mother and will cling to his wife, and these two will become one flesh.<sup>1</sup> And the two were naked, both Adam and his wife, but were not ashamed.<sup>2</sup> Now the serpent was the most crafty of all the wild animals on the earth, which the Lord God had made, so the serpent said to the woman: Why has God said: Do not eat from every tree of Paradise?<sup>3</sup> And the woman said to the serpent: We may eat from the fruit of the trees of Paradise,<sup>4</sup> but from the fruit of the tree which is in the midst of Paradise, God said: You must not eat from it, neither must you touch it, in case you die.<sup>5</sup> And the serpent said to the woman: Certainly you will not die.<sup>6</sup> For God knew that on whatever day you eat from it your eyes would be opened, and you would be like gods, knowing good and evil.<sup>7</sup> And the woman saw that the tree was good for food, and that it was pleasant for the eyes to regard

and beautiful to contemplate, so having taken from its fruit she ate, and gave to her husband also with her, and they ate.<sup>8</sup> Then the eyes of both were opened, they perceived that they were naked, so they sowed fig leaves together and made themselves aprons to go round them.<sup>9</sup> And they heard the voice of the Lord God walking in Paradise in the afternoon; both Adam and his wife hid themselves from the face of the Lord God in the midst of the trees of Paradise.<sup>15</sup> And the Lord God said to the serpent: Because you have done this you are cursed above all cattle and all the animals of the earth. On your breast and belly you must go, and you must eat earth all the days of your life.<sup>16</sup> I will put enmity between you and the woman and between your seed and her seed. He will guard against your head and you will guard against his heel.<sup>17</sup> And to the woman he said: I will greatly multiply your pains and your groaning; in pain you will produce children, and your submission will be to your husband, and he will rule over you.<sup>18</sup> And to Adam he said: Because you have listened to the voice of your wife and eaten from the tree about which I ordered you not to eat, but you have eaten from it, cursed is the ground in your labours, in pain you will eat from it all the days of your life.<sup>19</sup> It will produce thorns and thistles for you, and you will eat the herb of the field.<sup>20</sup> In the sweat of your face you will eat your bread until you return to the earth from which you were taken, for you are earth and to earth you will return. And Adam called the name of his wife Eve, for she was the mother of everyone living.

#### Prokeímenon Ps 20 Tone 6

R: O Lord, be exalted in your strength.  
S: O Lord, the king will be glad in your strength.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### Wisdom

From the Book of Proverbs (3:19-34)  
God by wisdom founded the earth, and by prudence he prepared the heavens.<sup>20</sup> By understanding were the depths broken up, and the clouds dropped water.<sup>21</sup> O son, do not let them pass from you, but keep my counsel and understanding,<sup>22</sup> so that your soul may live, and there may be grace around your neck. It will be health to your flesh, and safety to your bones,<sup>23</sup> so that you may go confidently in peace along all your ways and your foot may not stumble.<sup>24</sup> For if you rest, you will be undismayed, and if you sleep, you will slumber sweetly.<sup>25</sup> You will not be afraid of alarm coming to you, neither of approaching attacks from ungodly men.<sup>26</sup> For the Lord will be over all your ways, and establish your foot so that you are not moved.<sup>27</sup> Refrain from not doing good to the poor, whenever your hand may have power to help him.<sup>28</sup> Do not say: Come back another time, tomorrow I will give, while you are able to do him good, for you do not know what the next day will bring.<sup>29</sup> Do not plan evil against your friend, who lives near you and trusts in you.<sup>30</sup> Do not be prepared to quarrel with a man without a cause, in case he does you some harm.<sup>31</sup> Do not obtain the rebukes of bad men, neither envy their ways.<sup>32</sup> For every offender is unclean before the Lord; neither does he sit among the just.<sup>33</sup> The curse of God is on the houses of the ungodly, but the dwellings of the just are blessed.<sup>34</sup> The Lord resists the proud, but he gives grace to the humble.

#### WEDNESDAY 27 MARCH 2013

Abbot Hilarion (Hilarion) the New of Pelekiti C8 (28<sup>th</sup>)  
Week 2

#### Lord I have cried

Tone 1

O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
O brothers, because we have undertaken the spiritual fast, let us  
speak no lies with our tongues or give one another cause for  
scandal, but illuminate the light of our souls through repentance.  
Let us cry to Christ with tears, "O Lover of the human race, set  
aside our lapses into sin." X2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

O martyrs, worthy of praise, the earth did not cover you, but  
heaven received you and opened to you the gates of Paradise,  
where you live and delight in the tree of life. Implore Christ to  
grant our souls peace and great mercy.

Tone 3

S7: Let your ears note the voice of my plea.  
O Lord, O gracious and merciful God, enable us to accomplish a  
proper fast with contrition of mind through the prayers of your  
divine apostles, so that, after we have been saved by you, we may  
glorify you.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.

O Lord, your coming will be great and fearful when you come in  
just judgment. Even though I stand convicted, do not condemn  
me, but spare me through the acceptable prayers of your apostles,  
for you are the compassionate God.

Tone 6

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

O apostles of Christ, the lights of those born on earth and treasuries  
of divine knowledge for the world, rescue those who praise you  
from temptation through your prayers. Enable us to pass the time  
of fasting in peace like children, so that, when we have reached the  
passion of Christ, we may boldly offer songs of praise to our God.

Tone 4

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.

O blessed father Ilarion, because you lived your life without rebuke,  
in patience, gentleness, sincere charity, self-control, long night  
vigils, faith, hope and compassion, you lived on earth as an angel  
with a body. You now plead before God for our souls. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!

O blessed saint, you were an earthly angel, yet a heavenly man.  
You were a fountain of contrition, a stream of compassion, an  
ocean of miracles and a corrector of sinners. O venerable father  
Ilarion, you were a fertile olive tree of our God to make the face of  
the faithful glow with the oil of your deeds when they acclaim you.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Your mind was illuminated with the knowledge of God and you  
overcame the passions of the flesh. You did not join in earthly  
concerns, but bore the true imprint of divine goodness. Our father

Ilarion, the adornment of the monastic life, you were known to  
everyone as godlike through co-operation with the Holy Spirit.

Glory: Both now:

O blameless virgin Mother, grant my weak and lazy soul power  
and strength, so that I may observe the commandments of your  
divine Son with fear and love. For your sake let me escape from  
the consuming fire; let me attain the inheritance of heaven and  
eternal life.

### Phos Ilarón

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God *and* Giver of life.  
Therefore the world glorifies you.

### Prokeímenon Ps 31 Tone 6

R: O just, be glad in the Lord and rejoice.

S: Blessed are those whose lawless deeds have been forgiven.

### Law

#### *Births*

From the Book of Genesis (4:16-26)

Cain went out from the presence of God and lived in the land of  
Nod over against Eden. <sup>17</sup> Then Cain knew his wife, who  
conceived and gave birth to Enoch. He built a city and called the  
city after the name of his son, Enoch. <sup>18</sup> To Enoch was born Irad;  
and Irad was the father of Mehujael, and Mehujael the father of  
Methushael, and Methushael the father of Lamech. <sup>19</sup> And Lamech  
took two wives for himself; the name of the one was Adah, and the  
name of the second Zillah. <sup>20</sup> And Adah bore Jabel; he was the  
father of those that live in tents, feeding cattle. <sup>21</sup> And the name of  
his brother was Jubal; he it was who invented the psaltery and  
harp. <sup>22</sup> And Zillah bore Tubalcain; he was a smith, a manufacturer  
both of brass and iron; and the sister of Tubalcain was Naamah. <sup>23</sup>  
And Lamech said to his wives, Adah and Zillah: Listen to my  
voice, O wives of Lamech, consider my words, because I have  
killed a man to my sorrow and a youth to my grief. <sup>24</sup> Because  
vengeance has been exacted seven times on Cain's behalf, on  
Lamech's it will be seventy times seven. <sup>25</sup> Then Adam knew Eve  
his wife, and she conceived and bore a son, and called his name  
Seth, saying: For God has raised up for me another offspring  
instead of Abel, whom Cain slew. <sup>26</sup> And Seth had a son, and he  
called his name Enosh, who hoped to call on the name of the Lord  
God.

### Prokeímenon Ps 32 Tone 1

R: O Lord, let your mercy be on us.

S: O just *people*, rejoice in the Lord.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

#### *Love your wife. Poetic*

From the Book of Proverbs (5:15-6:3)

O son, drink water from your own vessels, and from your own  
flowing springs. <sup>16</sup> Do not let not water from your spring be spilt  
by you, but let your waters go into your squares. <sup>17</sup> Let them be  
only your own, and do not let a stranger partake with you. <sup>18</sup> Let  
your spring of water be truly your own and rejoice with the wife of  
your youth. <sup>19</sup> Let your loving hart and your graceful colt  
accompany you, and let her be considered your own, and be with

you at all times, for when you are ravished with her love, you will be greatly increased. <sup>20</sup> Do not be intimate with a strange woman, neither fold yourself into the arms of a woman not your own. <sup>21</sup> For the ways of a man are before the eyes of God and he regards all his paths. <sup>22</sup> Offences ensnare a man; everyone is bound in the chains of his own sins. <sup>23</sup> Such a man dies with the uninstructed, is banished from the abundance of his own substance and has perished through folly. <sup>1</sup> My son, if you become surety for your friend, you will deliver your hand to an enemy. <sup>2</sup> For a man's own lips become a strong snare to him, and he is caught with the lips of his own mouth. <sup>3</sup> My son, do what I command you, and deliver yourself.

**FRIDAY 29 MARCH**  
**John "Klimakos" of Sinai C7 (30<sup>th</sup>)**  
**Week 2**

**Lord I have cried**

Tone 4

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

S9: The just will wait for me until you reward me.

Now is the acceptable time! Now is the day of salvation! Visit my soul in the abundance of your mercy. Only Lover of the human race, take away the heavy burden of my lawless deeds. X2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

O Lord, only compassionate One, grant us your peace and have mercy on us through the intercessions of all the saints and of the Theotokos.

S7: Let your ears note the voice of my plea.

O saints, you spat on the strength of demons and freed the whole human race from delusion through your confession of faith in the arenas. When you were being beheaded, you cried, "O Lord, O Lover of the human race, may our sacrifice be acceptable in your sight, for in our love for you, O Lover of the human race, we have despised this temporal life."

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

How good is your trade, O saints! You shed blood and gained heaven. You were assaulted for a time, but rejoice in eternity. Your trade is good indeed. By forsaking corruption, you inherited incorruption. Together with the angels you continually praise the consubstantial Trinity.

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

O Martyrs, worthy of praise, the earth did not cover you, but heaven received you. It opened to you the gates of Paradise where you live and delight in the tree of life. Plead with Christ to grant our souls peace and great mercy.

Tone 8

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

O venerable father John, you always bore the high praises of God in your mouth. Most wise *father*, you pondered on active, divinely-inspired words and were enriched by the grace which flows from them. O blessed *saint*, in this way you overthrew the intentions of the wicked. X2

S2: Every nation, praise the Lord;

every people, acclaim him!

All-glorious father John, you cleansed your soul with fountains of tears. You moved God to show mercy as you stood through all-night vigils. O blessed *father*, divinely wise and venerable *saint*, you took wings and flew to his love and beauty where you now rightly delight and always rejoice with your companions in struggle.

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

O venerable father John, you gave your mind wings to fly to God through faith. You detested the instability and confusion of the world. You took up the cross and followed the one who sees everything. Through labours of fasting you bound your wilful body to your mind by the power of the divine Spirit.

Glory: Tone 1

What earthly pleasure is not marked by sorrow? What glory on this earth remains unchanged? All things are feeble shadows and deluding dreams, for in a single moment, death will take everyone away. But in the light of your countenance, O Christ, and in the joy of your beauty, grant rest to those whom you have chosen, since you are the Lover of the human race.

Both now: Tone 1

Let us praise the Virgin Mary, the gate of heaven, the glory of the world, the song of the angels and the beauty of the faithful. She was born from man, yet gave birth to God; she was revealed as heaven and the temple of the Divinity. She destroyed the middle wall of enmity. She commenced the peace and opened the palace of the King. Because we hold her as the anchor of faith, our defender is the Lord whom she bore. Courage, courage, O people of God! For Christ will destroy our enemies since he is all-powerful.

**Phos Ilarón**

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you

with voices of praise,

O Son of God *and* Giver of life.

Therefore the world glorifies you.

*Entrance*

**Prokeímenon Ps 39 Tone 4**

R: O Lord, let your mercy and truth always help me.

S: I truly waited for the Lord.

**Law**

From the Book of Genesis (5:32-6:9)

It came to pass when men began to be numerous on the earth, and daughters were born to them, <sup>3</sup> that the sons of God having seen the daughters of men that they were beautiful, took to themselves wives from all whom they chose. <sup>4</sup> And the Lord God said: My Spirit will certainly not remain among these men for ever, because

they are flesh, but their days must be a hundred and twenty years.<sup>5</sup> Now there were giants on the earth in those days; and after that when the sons of God were accustomed to go in to the daughters of men, they bore children to them, those were the giants of old, the men of renown.<sup>6</sup> But the Lord God, having seen that the wicked deeds of men were increased on the earth, and that everyone in his heart was intently and continually brooding over evil,<sup>7</sup> then God laid it to heart that he had made man on the earth, and he pondered it deeply.<sup>8</sup> And God said: I will blot out man whom I have made from the face of the earth, from man to cattle, and from reptiles to birds of heaven, for I am grieved that I have made them.<sup>9</sup> But Noah found grace before the Lord God.

#### **Prokeimenon Ps 40 Tone 6**

R: I said: O Lord, have mercy on me.

S: Blessed is the one who notices the needy.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### **Wisdom**

##### *Fatherly advice - Poetic*

From the Book of Proverbs (6:20-7:1)

O son, keep the laws of your father, and do not reject the ordinances of your mother,<sup>21</sup> but bind them on your soul continually, and hang them like a chain around your neck.<sup>22</sup>

Whenever you walk, take this along and let it be with you, so that it may talk to you when you wake.<sup>23</sup> For the commandment of the law is a lamp and a light, a way of life, rebuke also and correction,<sup>24</sup> to keep you continually from a married woman, and from the slander of a strange tongue.<sup>25</sup> Do not let the desire of beauty overcome you, nor be caught by your eyes, nor be charmed by her eyelids.<sup>26</sup> For the value of a prostitute is as that of one loaf, and a woman hunts for the precious souls of men.

#### **WEDNESDAY 3 APRIL**

#### **Just George of Mount Maleon C9 (4<sup>th</sup>)**

#### **Week 3**

#### **Lord I have cried**

Tone 4

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense, the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I have blindly squandered my father's riches and am now empty and live in a land of evil men. I have become like the senseless beasts in my foolishness and have now been stripped from every divine grace, but as I turn back I cry to you, "O merciful and compassionate Father, I have sinned. O God, receive me in repentance and have mercy on me." X2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

O martyrs of the Lord, you are living sacrifices, rational offerings, perfect incense burnt to God, sheep who know God, and are known by him, into whose folds the wolves cannot break. Pray that we may be led with you to rest beside the still waters.

Tone 6

S7: Let your ears note the voice of my plea.

O apostles, eye-witnesses of God, rays of light from the spiritual sun, pray that our souls may be granted light. Rescue us from the gloomy darkness of the passions and ask that we may see the day of salvation. Cleanse our hearts wounded by the Evil One through your prayers and intercessions. When we are saved through faith, we will honour you for ever by preaching the truth, for you preserve the world.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

I have journeyed into a far country of wickedness like the Prodigal Son. O compassionate Father, I have wasted the wealth you gave me in evil things. I have been starved of good deeds and clothed in the shame of my lawlessness, for I have been stripped bare of divine grace. I cry out to you, "I have sinned, yet I know your loving kindness. O merciful Christ, accept me as one of your hired servants at the prayers of the apostles who loved you."

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

O apostles of the Lord, lights, benefactors and saviours of the world, you declare the glory of God like the heavens. You are adorned with the stars of your miracles and the wonders of healing. Intercede fervently before the Lord for us that our prayers may be accepted as pure and sweet-smelling incense, that we may all be counted worthy to venerate the life-giving cross and to see it with fear. Therefore, O Saviour, send down your mercy on us, for you are the Lover of the human race.

Tone 2

S4: Let Israel hope in the Lord from morning watch until night, from morning watch.

S3: For there is mercy with the Lord and abundant redemption with him.

He will redeem Israel from all his offences.

O holy father George, you were totally and fervently devout; you united your soul to God who sees everything. You harvested the divine fruits of the Spirit - recollection, asceticism, love, hope, gentleness and patience. You were a marvellous living proof that faith and goodness are the path which leads to heaven. X2

S2: Every nation, praise the Lord;

every people, acclaim him!

O holy father, the grace of the Spirit, who lived in your gentle and pure heart, made you shine with many graces. Therefore, O George, you were a champion for Christ in accordance with your name, for you wisely cultivated all the furrows of your soul.

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

O venerable George, you endured all your sufferings freely and joyfully in the hope of blessings to come. You forgot what had passed until you reached your blessed end. You were filled with virtuous actions and obtained eternal happiness.

Glory: Both now:

Hail, O true throne of God, Ark of Life and seat of the King! Hail, O inexhaustible fountain of holiness, vessel of the Spirit and of the delights of Paradise; you are the spiritual intoxication of souls! Hail, O joy of holy monks and happiness of all! Hail, O divine bride!

#### **Prokeimenon Ps 51 Tone 4**

R: I have always hoped in God's mercy.

S: O champion, why do you boast about evil.

#### **Law**

From the Book of Genesis (7:6-9)

Noah was six hundred years old when the flood of water was over the earth. <sup>7</sup> Then Noah went into the ark, together with his sons, his wife, and his sons' wives with him, because of the water from the flood. <sup>8</sup> And from clean birds and from unclean birds, and from clean cattle and from unclean cattle, and from everything that creeps over the earth, <sup>9</sup> pairs went with Noah into the ark, male and female, as God had commanded Noah.

### Phos Harón

P/D: Wisdom! Stand upright!  
O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God *and* Giver of life.  
Therefore the world glorifies you.

### Prokeímenon Ps 52 Tone 4

R: The Lord turns the captivity of his people.  
S: A fool has said in his heart: There is no God.

R: Command  
P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

From the Book of Proverbs (9:12-18)  
O Son, if you are wise for yourself, you will also be wise for your neighbours; and if you should prove wicked, you alone will bear the evil. Whoever rests himself on falsehoods, attempts to rule the winds, and the same person will pursue birds in their fight, for he has forsaken the ways of his own vineyard, and has caused the axles of his own husbandry to go astray. He goes through a dry desert, a land appointed to drought, and he gathers infertility with his hands. <sup>13</sup> A foolish and bold woman, who knows no modesty, comes to want a morsel. <sup>14</sup> She sits at the doors of her house on a seat openly in the streets, <sup>15</sup> calling to passers by, and to those who are going uprightly along their ways: <sup>16</sup> Whoever is most senseless among you, let him turn aside to me, and I urge those who want prudence, saying: <sup>17</sup> Take and enjoy secret bread and the sweet water of theft. <sup>18</sup> But he knows that strong men die by her, and he falls in with a snare of Hades. <sup>18b</sup> But hurry away, do not delay in the place, neither fix your eye on her, <sup>18c</sup> for in this way you will go through strange water. <sup>18d</sup> But abstain from strange water, and do not drink from a strange fountain, <sup>18e</sup> so that you may live long, and years of life may be added to you.

### FRIDAY 5 APRIL Patriarch Eftychios of Constantinople C6 (6<sup>th</sup>) Week 3

### Lord I have cried

Tone 7  
O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.  
S9: The just will wait for me until you reward me.

I have turned away from your grace like the Prodigal. O Lord, I have spent the riches of your goodness. I now run to you and cry, "O tender-hearted *Lord*, I have sinned. O God, have mercy on me. X2

### Tone 2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
O martyrs, you did not seek earthly things and so were made worthy of heavenly joy. You became fellow-citizens with the angels. O Lord, have mercy on us and save us through their prayers.

S7: Let your ears note the voice of my plea.  
All error has come to an end because the holy martyrs pray for us and sing the praises of Christ. The human race is being saved by faith.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
The company of martyrs challenged their torturers, "We fight for the Lord of hosts. Even though you condemn us to fire and torture, we will not deny the power of the Trinity."

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O saints, great is the glory which you obtained through faith. O physicians of souls and bodies, you not only defeated the enemy in your sufferings, but even after death you drive out spirits and heal the sick. Plead with the Lord to have mercy on our souls.

### Tone 8

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.  
S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
O Lord, you made Eftykios bloom in the meadow of your delights;  
you marvellously allowed him to drink from the streams of your wisdom. So he poured out rivers of knowledge and brought joy to the faithful who glorify you. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!  
O Lord, you understand all hearts and know in advance their secrets. You made the patriarch Eftykios a shepherd of your Church when you recognised him as a chosen vessel. Therefore he guides it to the pastures of faith.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O Lord, you made the holy patriarch Eftykios shine like a jewel with grace and made him resplendent in the vestments of a bishop. Through his prayers make us also shine with virtues in your mercy, so that we may continually sing to you with purity and with true faith.

### Glory: Tone 2

Woe is me! How great a struggle the soul endures at its parting from the body. Woe is me! How many tears it sheds then. But there is none to show it compassion. It turns to the angels, but prays in vain. It extends its hands to people, but finds no one to help. Therefore, my dear brothers, as we reflect on the shortness of our life, let us plead with Christ to give rest to the departed and to grant great mercy to our souls.

### Both now: Tone 2

The shadow of the law passed when grace came. As the bush burned, yet was not consumed, so the Virgin gave birth, yet

remained a virgin. The Sun of justice has risen instead of a pillar of flame and Christ, the salvation of our souls, instead of Moses.

### Phos Ilarón

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God and Giver of life.  
Therefore the world glorifies you.

*Entrance*

### Prokeímenon Ps 59 Tone 4

R: Give us help in distress, for human salvation is in vain.

S: O God, you have rejected and destroyed us.

### Law

From the Book of Genesis (8:4-21)

The water continued to decrease until the tenth month. <sup>5</sup> Then in the tenth month, on the first day of the month, the summits of the mountains were seen. <sup>6</sup> And it came to pass that after forty days Noah opened the window of the ark which he had made. <sup>7</sup> And he sent out a raven; it went out and did not return until the water had dried from the earth. <sup>8</sup> Then he sent a dove after it to see if the water had ceased from the earth. <sup>9</sup> But the dove having found no rest for her feet, returned to him in the ark, because the water was over all the face of the earth, so he stretched out his hand took her, and brought her to himself in the ark. <sup>10</sup> Then having waited another seven other days, he again sent out the dove from the ark. <sup>11</sup> The dove returned to him in the evening, and had a leaf of olive, a sprig in her mouth, so Noah knew that the water had ceased from the earth. <sup>12</sup> Then having waited another seven days, he again sent out the dove, and she did not return to him again any longer. <sup>13</sup> And it came to pass in the six hundred and first year of the life of Noah, in the first month, on the first day of the month, the water subsided from the earth, and Noah opened the covering of the ark which he had made, and he saw that the water had subsided from the face of the earth. <sup>14</sup> And in the second month, on the twenty-seventh day of the month, the earth became dry. <sup>15</sup> Then the Lord God spoke to Noah, saying: <sup>16</sup> Leave the ark, together with your wife, your sons, and your sons' wives with you. <sup>17</sup> Bring out with you all the wild animals who are with you, all flesh both of birds and cattle, and every reptile creeping over the earth. You must increase and multiply on the earth. <sup>18</sup> Then Noah came out, together with his wife, his sons, and his sons' wives with him. <sup>19</sup> All the wild animals came out from the ark, together with all the cattle, every bird, and every reptile creeping on the earth after their kind. <sup>20</sup> Then Noah built an altar to the Lord, took some from all clean beasts, and some from all clean birds, and offered a whole burnt-offering on the altar. <sup>21</sup> So the Lord God smelt a fragrance of sweetness.

### Prokeímenon Ps 60 Tone 6

R: O God, listen to my plea and note my prayer.

S: Therefore I will make music to your name for ever.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

From the Book of Proverbs (10:31-11:12)

The mouth of the just distills wisdom, but the tongue of the unjust will perish. <sup>32</sup> The lips of just men drop grace, but the mouth of the ungodly is perverse. <sup>1</sup> False balances are an abomination before the

Lord, but a just weight is acceptable to him. <sup>2</sup> Wherever pride enters, there will also be disgrace, but the mouth of the lowly meditates on wisdom. <sup>3</sup> When a just man dies he leaves regret, but the destruction of the ungodly is speedy and causes joy. <sup>4</sup> <sup>5</sup> Justice traces out blameless paths, but ungodliness encounters unjust dealing. <sup>6</sup> The justice of upright men frees them, but offenders are caught in their own destruction. <sup>7</sup> At the death of a just man his hope does not perish, but the boast of the ungodly perishes. <sup>8</sup> A just man escapes from a snare, but the ungodly man is delivered up in his place. <sup>9</sup> In the mouth of the ungodly there is a snare to citizens, but the discernment of just men is prosperous. <sup>10</sup> In the prosperity of just men a city prospers, <sup>11</sup> but by the mouth of ungodly men it is overthrown. <sup>12</sup> A man without understanding sneers at his fellow citizens, but a sensible man is quiet.

## WEDNESDAY 10 APRIL

### Week 4

### Hieromartyr Antipas and Companions C1 (11<sup>th</sup>)

#### Lord I have cried

Tone 4

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison

that I may acknowledge your name.

The fast, which is the means of receiving blessings, has now led us halfway through its course. It has pleased God with the days which are past and proposed purposeful tasks for the days ahead, for the increase of blessings produces a greater number of good deeds. Therefore let us cry to Christ, the Giver of all blessings, "You fasted and endured the cross for our sake, so enable us to partake without condemnation of your divine Pascha and to lead our lives in peace, as we worthily glorify you with the Father and the Spirit."

Tone 5

S9: The just will wait for me until you reward me.

Those who thirst for spiritual blessings perform their good deeds in secret, do not make a noise about them in the markets, but cherish and keep them in their hearts. O fool, the *Lord* who sees all that is done in secret will reward us for our abstinence. Let us complete the fast without sad faces, but ceaselessly pray from the depths of our hearts, "Our Father in heaven, do not bring us to the time of trial, but rescue us from evil."

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

O martyrs, your souls were filled with unquenchable love. You endured the most terrible sufferings without denying Christ and cast down the Tyrant's pride. You have kept the faith unchanged and unharmed, and have gone to live in heaven. Since you have boldness before the Lord, pray him to grant us great mercy.

Tone 1

S7: Let your ears note the voice of my plea.

Let us cleanse our souls with the water of the fast. Let us approach the precious and pure cross of the Lord, venerate it with faith and draw divine enlightenment. Even now we will obtain eternal salvation, peace and great mercy.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.  
O cross, boast of apostles, surrounded by principalities, powers  
and archangels, save those who bow before you from all harm.  
Enable us to complete successfully the divine course of abstinence  
in order to reach the saving day by which we are saved.

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

Today, as we bow before the cross of the Lord, let us cry, "Hail, O  
tree of life *and* tormentor of Hades! Hail, O joy of the world *and*  
destroyer of corruption! Hail, O power which banishes demons!  
Hail, confirmation of the faithful *and* invincible weapon! Preserve  
and sanctify those who kiss you."

#### Tone 2

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

You abundantly drank the grace of the knowledge of Christ from  
the inexhaustible source - from the Theologian who lay on the  
breast of the Master. Therefore, O hierarch, you gave it  
bountifully to all men and finished a course equal to the apostles.  
Since you have boldness before God, together with the beloved  
Apostle, plead with him for all those who praise you. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!

O just *bishop*, you completed a noble life and gathered a treasury  
of virtues. O Antipas, when you were filled with blessings, you  
departed to the Lord through a struggle like Abraham before you.  
Therefore you were counted worthy to receive a higher glory,  
rejoice with the initiates of Christ and plead with him for us who  
honour your struggle with faith.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Antipas, you acquired the bountiful gifts of the Advocate and  
the grace of healing. You cure the passions of our bodies and  
souls through your visitation, put pains to sleep, cause all  
afflictions to cease and redeem from calamities and dangers all  
those who honour your memory and glorify the Lord.

Glory: Both now:

Today the *Lord who is* unapproachable by nature approaches me  
and frees me from passions by enduring the passion. The Light of  
the blind is spat on by sinful men and gives his back to scourging  
for the sake of the captives. When the pure virgin Mother saw him  
on the cross, she cried out in pain, "Woe is me! What is this that  
you have done, my Child? Your beauty was fairer than that of any  
man, yet you appear lifeless. You have no form or beauty. Woe is  
me, my Light! I cannot bear to look on you sleeping. My being is  
wounded, for a sword has pierced my heart, but I praise your  
passion and bow before your mercy." Glory to you, O long-  
suffering Lord!

*Entrance*

#### Phos Harón

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you

with voices of praise,  
O Son of God *and* Giver of life.  
Therefore the world glorifies you.

#### Prokeimenon Ps 71 Tone 4

R: Blessed be the Lord God of Israel who alone does wonders.

S: O God, give the king your judgement.

#### Law

From the Book of Genesis (9:18-10:1)

The sons of Noah who came from the ark were Shem, Ham and  
Japheth. Ham was father of Canaan. <sup>19</sup> These three are the sons of  
Noah, from them people were dispersed over all the earth. <sup>20</sup> Noah  
began to be a cultivator of the ground and he planted a vineyard. <sup>21</sup>  
He drank from the wine, was drunk and was naked in his house. <sup>22</sup>  
Ham, father of Canaan, saw the nakedness of his father; he went  
out and told his two brothers outside. <sup>23</sup> Then Shem and Japheth,  
having taken a garment, put it on both their backs, went backwards  
and covered the nakedness of their father. Their face was turned  
away, so they did not see the nakedness of their father. <sup>24</sup> When  
Noah recovered from the wine, he knew all that his younger son  
had done to him. <sup>25</sup> So he said: Cursed be the servant Canaan, he  
will be a slave to his brothers. <sup>26</sup> And he said: Blessed be the Lord  
God of Shem, and Canaan will be his slave. <sup>27</sup> May God make  
room for Japheth and let him live in the habitations of Shem; let  
Canaan be his servant. <sup>28</sup> Then Noah lived after the flood for three  
hundred and fifty years. <sup>29</sup> And all the days of Noah were nine  
hundred and fifty years, then he died. <sup>1</sup> These were the generations  
of the sons of Noah, Shem, Canaan, Japheth; sons were born to  
them after the flood.

#### Prokeimenon Ps 72 Tone 4

R: It is good for me to cling to God.

S: How good is God to Israel, to those who are upright in heart.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### Wisdom

From the Book of Proverbs (12:23-13:9)

An understanding man is a throne of wisdom, but the heart of fools  
will meet with curses. <sup>24</sup> The hand of the chosen will easily rule,  
but the deceitful will be for a prey. <sup>25</sup> A terrible word troubles the  
heart of someone just, but a good message makes him rejoice. <sup>26</sup> A  
just arbitrator will be his own friend, but mischief will pursue  
sinners, and the way of the ungodly will lead them astray. <sup>27</sup>  
Someone deceitful will catch no game, but a blameless man is a  
precious possession. <sup>28</sup> In the ways of justice is life, but the ways  
of those who remember injuries lead to death. <sup>1</sup> A wise son is  
obedient to his father, but a disobedient son will be destroyed. <sup>2</sup> A  
good man will eat from the fruits of justice, but the lives of  
offenders will perish before their time. <sup>3</sup> Whoever keeps his own  
mouth keeps his own life, but whoever is hasty with his lips will  
bring terror on himself. <sup>4</sup> Every slothful man desires, but the hands  
of the active are diligent. <sup>5</sup> A just man hates an unjust word, but an  
ungodly man is ashamed, and will have no confidence. <sup>6</sup> <sup>7</sup> There  
are some who, having nothing, enrich themselves, and there are  
some who bring themselves down in the midst of much wealth. <sup>8</sup> A  
man's own wealth is the ransom of his life, but the poor does not  
suffer threatening. <sup>9</sup> The just always have light, but the light of the  
ungodly is quenched. Crafty souls go astray in sin, but just men  
pity, and are merciful.

**FRIDAY 12 APRIL 2013**  
**Pope Martin of Rome C7 (13<sup>th</sup>)**  
**Week 4**

#### Lord I have cried

Tone 7

O Lord, I have cried to you, listen to me;

O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
I have ruined my the nobility of my soul by my passions. O Most High *Lord*, I cannot look up to you, but bow low like an animal. O Christ, I pray like the Tax Collector and cry, "O God, have mercy on me and save me." X2

Tone 3

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

O Christ, great is the might of your martyrs, for although they lie in their tombs, they drive away demons and defeat the power of the enemy! They have lived their lives in a battle for true devotion through faith in the Trinity.

S7: Let your ears note the voice of my plea.  
The prophets, apostles and martyrs of Christ taught us to sing the praises of the consubstantial Trinity. They enlightened the nations who had gone astray and made the children of the human race companions with the angels.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
O Lord, your martyrs were confirmed by faith and strengthened by hope. Because they were spiritually united in the love of your cross, they overcame the tyranny of the enemy. They have obtained crowns of glory and, together with the angels, pray for our souls.

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

O Lord, great is the might of your cross! It is set in one place, but acts throughout the world. It made fishermen into apostles and the Gentiles into martyrs. May they always pray for our souls.

Tone 8

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Martin, how can we address you? The amazing teacher of Orthodoxy, the never-failing guide to sacred belief, the denouncer of error, the lover of truth, the defender of the Word, the courageous advocate, the holy hierarch or the venerable wonderworker? Plead with God for the salvation of our souls. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!

O Martin, how can we address you? A river overflowing with spiritual streams which continually refreshes souls and makes them fruitful, a lamp giving out the light of faith, a mountain exuding the dew of God's joy, a preacher of God's word or a chief defender against heresy? Plead with God for the salvation of our souls.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Martin, how can we address you? An amazing servant within the eternal tabernacle, a most worthy mediator between the

creature and his God, a chalice overflowing with divine drink, a sun shining with the word of life which rises in the west and appears in the east? Plead with God for the salvation of our souls.

Glory: Tone 3

No human deception will remain after death. Wealth will not remain, nor will glory go with us on the way. When death comes it will swallow them. Therefore let us sing to Christ, the immortal King, "Grant rest to those who have departed from us, for you are the home of all those who rejoice in you."

Both now:

All-honoured One, how can we not wonder at your giving birth to the One who is God and man? For without experience of man, all-spotless One, you gave birth to a son in the flesh who was begotten without mother from the Father before time. He underwent no mingling, change or division, but preserved the attributes of each nature. Therefore, O Lady and Virgin Mother, plead with him to save the souls of those who confess you in the Orthodox manner to be the Theotokos.

*Entrance*

### Phos Ilarón

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,

O Son of God *and* Giver of life.

Therefore the world glorifies you.

### Prokeimenon Ps 79 Tone 4

R: Show yourself, for you sit on the Cherubim.

S: O Shepherd of Israel, listen.

### Law

From the Book of Genesis (12:1-7)

The Lord said to Abram: Leave your land, your relatives and the house of your father, then enter the land which I will show you. <sup>2</sup> I will make you a great nation, I will bless you, glorify your name and you will be blessed. <sup>3</sup> I will bless those who bless you, curse those who curse you, and in you will all the tribes of the earth be blessed. <sup>4</sup> So Abram went as the Lord God had spoken to him, and Lot left with him. Abram was seventy-five years old when he left Haran. <sup>5</sup> Then Abram took Sarai his wife, and Lot the son of his brother, with all their possessions, as many as they had, and every soul which they had in Haran, then they left to go to the land of Canaan. <sup>6</sup> Abram travelled through the land lengthwise as far as the place of Shechem, to the high oak. (The Canaanites inhabited the land at that time.) <sup>7</sup> And the Lord appeared to Abram and said to him: I will give this land to your seed. And Abram built an altar there to the Lord who appeared to him.

### Prokeimenon Ps 80 Tone 4

R: Rejoice in God our helper.

S: Make music, sound a cymbal.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

From the Book of Proverbs (14:15-26)

The simple man believes every word, but the prudent man comes to afterthought. <sup>16</sup> A wise man fears and departs from evil, but the fool trusts in himself and joins himself to the offender. <sup>17</sup> A

passionate man acts without thought, but a sensible man bears up under many things. Fools will have evil for their portion, but the prudent will hold fast to discernment.<sup>19</sup> Evil men will slip before the good, and the ungodly will attend the gates of the just.<sup>20</sup> Friends will hate poor friends, but the friends of the rich are many.<sup>21</sup> Whoever dishonours the needy sins, but whoever has pity on the poor is most blessed.<sup>22</sup> Whoever goes astray constructs evil, but the good construct mercy and truth. The constructors of evil do not understand mercy and truth, but compassion and faithfulness are with the framers of good.<sup>23</sup> With everyone who is careful there is abundance, but the pleasure-taking and indolent will be in want.<sup>24</sup> A prudent man is the crown of the wise, but the occupation of fools is evil.<sup>25</sup> A faithful witness will free a soul from evil, but a deceitful man kindles falsehoods.<sup>26</sup> There is strong hope in the fear of the Lord, and he leaves his children a support of peace.

**WEDNESDAY 17 APRIL**  
**Monk John of Dekápolis C9 (18<sup>th</sup>)**  
**Week 5**

**VESPERS**

*3 sticherá for the saint replace 24 acrostic sticherá in this volume.*

**Lord I have cried**

Tone 8

O Lord, I have cried to you, listen to me;  
 O Lord, listen to me.  
 O Lord, I have cried to you, listen to me;  
 Note the voice of my plea when I cry to you.  
 O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
 the raising of my hands be an evening sacrifice.  
 O Lord, listen to me.

S10: Lead my soul from prison  
 that I may acknowledge your name.  
 S9: The just will wait for me until you reward me.  
 I have fallen among the thieves of my own thoughts in my misery. My mind has been despoiled and I have been cruelly beaten. My whole soul is wounded and stripped of the virtues; I lie naked on the highway of life. When he saw me in bitter pain and considered my wounds incurable, the priest turned away and would not look at me. Because he was unable to endure my soul-destroying agony, the Levite saw me and passed by on the other side. But you, O Christ my God, were pleased to come, not from Samaria, but from the flesh of Mary. Grant me healing and pour out your great mercy on me, for you are the Lover of the human race. *X2*

S8: O Lord, I have cried to you from the depths;  
 O Lord listen to my voice.  
 Fame and praise are correct for the saints! For they bowed their necks beneath the sword for your sake, who bowed the heavens and came down. They shed blood for you, for you emptied yourself and took the form of a servant. They also humbled themselves even to death by emulating your poverty. O God, through their prayers have mercy on us according to the abundance of your great mercies.

S7: Let your ears note the voice of my plea.  
 O Lord, you have made your holy disciples into living heavens. Rescue me from the evils of the earth through their intercessions. Raise my thoughts through abstinence to understand your passion, for you are the merciful Lover of the human race.

S6: O Lord, if you mark offences, who will stand?  
 But there is forgiveness with you.  
 The time of the fast helps us all to accomplish the works of God. Therefore let us weep with our whole heart and cry to the Saviour,

“O Lord of great mercies, through your disciples save us who, with reverent fear, praise your great love for the human race.”

S5: O Lord, I have waited for you for your name’s sake;  
 my soul has waited for your word,  
 my soul has hoped in the Lord.

O apostles, worthy of all praise, intercessors for the world, physicians of the sick and protectors of health, guard us as we pass through the time of the fast. Let us remain at peace with one another other by the grace of God. Preserve our minds untroubled by passions, so that we may all sing a hymn of praise to the risen and victorious Christ.

Tone 6

S4: Let Israel hope in the Lord from morning watch until night,  
 from morning watch.

S3: For there is mercy with the Lord  
 and abundant redemption with him.  
 He will redeem Israel from all his offences.

O venerable father, you safely sailed round the instincts of the flesh and the bitter tyranny of the passions with the fear of God as your rudder. You discovered your delight in God as you embellished your heart with marvellous virtues. You now live with the hosts of holy monks where you have found the peace for which you always longed. O father John, you constantly remember us who honour your holy memory with faith. *X2*

S2: Every nation, praise the Lord;  
 every people, acclaim him!

As you soared on the wings of your holy contemplation and continually directed your spirit to God alone, you sought him with a resolute heart. You had Gregory of Dekapolis, who was vigilant in name and deed, and who was resplendent in miracles and wonders, as your zealous guide. O blessed John, you were enlightened with his radiance and so sailed across the raging ocean of this life

S1: For his mercy is strengthened over us  
 and the truth of the Lord remains for ever.

O venerable father John, you lived as a monk without allowing yourself to be distracted by this passing life. You were adorned with your marvellous deeds and your heart was filled with spiritual fire. You persevered in tranquil silence and spent your time in night-long vigils and prayer until you were completely cleansed and restored in the image of God. After your ascetic struggles you found the pleasure of rest where you seek the joy of God for those who honour you.

Glory: Both now:

O Ineffable condescension, strange and wonderful birth! How can the Virgin carry you as a Child in her arms, for you are her Creator and God? O Benefactor, O Lord, as you consented to take flesh from her, save me before I utterly perish.

*Entrance*

**Phos Ilarón**

P/D: Wisdom! Stand upright!  
 O Jesus Christ, joyful light of the holy glory  
 of the immortal, heavenly, holy, blessed Father,  
 when we come to the setting of the sun  
 and see the light of evening,  
 we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
 with voices of praise,  
 O Son of God *and* Giver of life.  
 Therefore the world glorifies you.

R: The Lord God is God of vengeance.  
S: O Judge of the earth, be exalted.

### Law

From the Book of Genesis (17:1-9)  
When Abram was ninety-nine years old, the Lord appeared to Abram and said to him: I am your God, be well-pleasing before me and be blameless. <sup>2</sup> I will establish my covenant between myself and you, and I will greatly increase you. <sup>3</sup> Then Abram fell on his face and God spoke to him, saying: <sup>4</sup> See, my covenant is with you and you will be a father of a host of nations. <sup>5</sup> Your name will no longer be called Abram, but your name will be Abraham, for I have made you a father of many nations. <sup>6</sup> I will greatly increase you; I will make nations from you, and kings will come from you. <sup>7</sup> I will establish my covenant between you and your seed after you, to their generations, for an everlasting covenant, to be your God, and the God of your seed after you. <sup>8</sup> I will give you, and your seed after you, the land in which you stay, even all the land of Canaan for an everlasting possession; I will be a God to them. <sup>9</sup> Then God said to Abraham: You also must completely keep my covenant, you and your seed after you for their generations.

### Prokeímenon Ps 95 Tone 6

R: Sing a new song to the Lord.  
S: Sing to the Lord *and* bless his name.

R: Command  
P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

From the Book of Proverbs (15:20-16:9)  
A wise son gladdens his father, but a foolish son sneers at his mother. <sup>21</sup> The ways of a foolish man are empty of sense, but a wise man proceeds on his way correctly. <sup>22</sup> Those who do not honour councils delay deliberation, but counsel lives in the hearts of counsellors. <sup>23</sup> A bad man will never pay attention to counsel, neither will he say anything appropriate, or good for the people. <sup>24</sup> The thoughts of the wise are ways of life, so that he may turn aside and be saved from Hades. <sup>25</sup> The Lord pulls down the houses of scorners, but he establishes the border of the widow. <sup>26</sup> An unjust thought is abomination to the Lord, but the sayings of the pure are honoured. <sup>27</sup> A receiver of bribes destroys himself, but the one who hates receiving bribes is safe. Through alms and faithful dealings sins are purged, and through the fear of the Lord everyone departs from evil. <sup>28</sup> The hearts of the just think about faithfulness, but the mouth of the ungodly answers evil things. The ways of just men are acceptable to the Lord, and through them even enemies become friends. <sup>29</sup> God is far from the ungodly, but he listens to the prayers of the just. Better are small receipts with justice, than abundant fruits with injustice. Let the heart of a man think justly, so that his steps may be rightly ordered by God. <sup>30</sup> The eye that sees rightly rejoices the heart, and a good report fattens the bones. <sup>31</sup> <sup>32</sup> Whoever rejects instruction hates himself; but whoever pays attention to rebukes loves his soul. <sup>33</sup> The fear of the Lord is instruction and wisdom, and the highest honour will correspond with it. <sup>2</sup> All the works of the humble man are known to God, but the ungodly will perish in an evil day. <sup>5</sup> Every one who is proud in heart is unclean before God, whoever unjustly strikes hands with hand will not be held guiltless. <sup>7</sup> The beginning of a good way is to do justly, and it is more acceptable to God than to offer sacrifices. <sup>8</sup> Whoever seeks the Lord will find knowledge with justice, and those who rightly seek him will find peace. <sup>9</sup> All of the works of the Lord are accomplished with justice, and the ungodly man is kept for the evil day.

**THURSDAY 18<sup>th</sup> APRIL**  
**Hieromartyr Paphnoútios of Jerusalem (19<sup>th</sup>)**  
**Hermit John of Palestine C8 (19<sup>th</sup>)**  
**Day of Great Canon**  
**Week 5**

### Lord I have cried

#### Tone 8

O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
O Word of God, I have wilfully forsaken the splendour of virtues by my first sin, but I have now been clothed in that splendour again through your condescension. You did not despise me, even when I was wounded by evil passions and trampled on the way as a law-breaker. O merciful Lord, you kept me safe by your mighty strength and have granted me your protection. X2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
O martyrs of the Lord, you sanctify every place and heal every ill. Now we implore you to rescue our souls from the snares of the enemy.

#### Tone 1

S7: Let your ears note the voice of my plea.  
O Lord, you destroyed the curse on Adam by your crucifixion. O Word, destroy my bonds so that I may offer you a sacrifice of praise with joy and faith during this acceptable time of fasting which you have revealed for the salvation of all.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
When Moses shone with the grace of fasting, he saw the glory of God. My humble soul, emulate him in prayer and abstinence for the sake of the *Lord* who graciously stretched out his hands on the cross. Do this to receive divine enjoyment.

#### Tone 6

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O Christ, we venerate your life-creating cross which is granted to us by your boundless goodness. We always sing your praise with enlightened souls. Enable us to complete the course of the fast with joy and with sincerity of heart, so that we may sing the praises of your passion through which you have saved us.

#### Tone 1

O Paphnoútios, valiant athlete of the Lord, you threw down the strongholds of ungodly behaviour through your patient endurance and received the crown of victory in heaven. Continually plead for the faithful who honour your great and holy passion.

S2: Every nation, praise the Lord;  
every people, acclaim him!  
We glorify with faith the holy struggles and exploits which you joyfully accomplished as an athlete for the crucified Christ. O thrice-blessed martyr Paphnoútios, we joyfully celebrate your holy memory with our hymns.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O hieromartyr Paphnoútios, your relics are a river which flows with streams of healing to refresh the hearts of the numerous

believers who daily approach to sing about the good fight which you fought for Christ.

Glory: Both now: Tone 1  
When she saw the Creator of all things and their Lord on the cross, the virgin Mother wept with bitter tears and cried out, "O my dear Son, what sight is this before my eyes? O Lord, glory to your long-suffering!"

*Entrance*

**Phos Harón**

P/D: Wisdom! Stand upright!  
O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God and Giver of life.  
Therefore the world glorifies you.

**Prokeímenon Ps 98 Tone 7**

R: Exalt the Lord our God and worship at his footstool,  
for he is holy.  
S: The Lord reigns, let the peoples rage.

**Law**

From the Book of Genesis (18:20-33)  
The Lord said: The cry of Sodom and Gomorrah has been increased towards me and their sins are very great. <sup>21</sup> I will therefore go down to see whether they have acted in accordance with the cry which comes to me or not, so that I may know. <sup>22</sup> Then the men, having departed from there, came to Sodom; Abraham was still standing before the Lord. <sup>23</sup> Abraham approached and said: Would you destroy the just with the ungodly and will the just be like the ungodly? <sup>24</sup> If there are fifty just in the city, will you destroy them? Will you not spare the whole place for the sake of the fifty just, if they are in it? <sup>25</sup> In no way must you do this thing to destroy the just with the wicked, so the just will be like the wicked; by no means. You judge the whole earth, so will you not do right? <sup>26</sup> And the Lord said: If there are in Sodom fifty just *men* in the city, I will spare the whole city, and the whole place for their sakes. <sup>27</sup> Then Abraham answered and said: Now I have begun to speak to my Lord, and I am earth and ashes, <sup>28</sup> but if the fifty just should be diminished to forty-five, will you destroy the whole city for lack of five? And he said: I will not destroy it, if I should find there forty-five. <sup>29</sup> Then he still continued to speak to him, and said: But if there could be found forty there? And he said: I will not destroy it for the forty's sake. <sup>30</sup> Then he said: Will there be anything against me, Lord, if I speak? But if there can be found thirty there? And he said: I will not destroy it for the thirty's sake. <sup>31</sup> Then he said: Since I am able to speak to the Lord, what if there could be found twenty there? And he said: I will not destroy it, if I should find twenty there. <sup>32</sup> Then he said: Will there be anything against me, Lord, if I speak yet once? But if there could be found ten there? And he said: I will not destroy it for the ten's sake. <sup>33</sup> Then the Lord left after he had finished speaking to Abraham, and Abraham returned to his place.

**Prokeímenon Ps 99 Tone 6**

R: All the earth, shout with joy to God.  
S: Serve the Lord with gladness.

R: Command  
P: Wisdom. Stand upright. The light of Christ enlightens all.

**Wisdom**

*Aphorisms - Poetic*

From the Book of Proverbs (16:17-17:17)  
Whoever receives instruction will be in prosperity, and whoever regards rebukes will be made wise. Whoever keeps his ways, preserves his own soul, and whoever loves his life will spare his mouth. <sup>18</sup> Pride goes before destruction, and foolishness before a fall. <sup>19</sup> Better is a meek-spirited man with lowliness, than someone who divides plunder with the proud. <sup>20</sup> Whoever is skillful in business finds good, but whoever trusts in God is most blessed. <sup>21</sup> Men call the wise and understanding evil, but those who are pleasing in speech will hear more. <sup>22</sup> Understanding is a fountain of life to its possessors, but the instruction of fools is evil. <sup>23</sup> The heart of the wise will discern the things which proceed from his own mouth; and on his lips he will wear knowledge. <sup>24</sup> Good words are honeycombs, and the their sweetness is a healing of the soul. <sup>25</sup> There are ways that seem to be right to a man, but the end of them gazes on the depth of hell. <sup>26</sup> A man who labours, labours for himself, and drives from him his own ruin, <sup>27</sup> but the perverse bears destruction on his own mouth. A foolish man digs evil for himself, and treasures fire on his own lips. <sup>28</sup> A perverse man spreads mischief, and will kindle a torch of deceit with misdeeds, and will separate friends. <sup>29</sup> An offender tries to ensnare friends, and leads them in ways that are not good. <sup>30</sup> A man who fixes his eyes devises perverse things, and marks out with his lips all evil: he is a furnace of wickedness. <sup>31</sup> Old age is a crown of honour, but it is found in the ways of justice. <sup>32</sup> A man slow to anger is better than a strong man; and whoever governs his temper is better than the one who takes a city. <sup>33</sup> All evils come on the ungodly into their bosoms, but all just things come from the Lord. <sup>1</sup> Better is a morsel with pleasure in peace, than a house full of many good things and unjust sacrifices with strife. <sup>2</sup> A wise servant will rule over foolish masters, and will divide portions among brothers. <sup>3</sup> As silver and gold are tried in a furnace, so are chosen hearts with the Lord. <sup>4</sup> A bad man listens to the tongue of offenders, but a just man does not pay attention to false lips. <sup>5</sup> The one who laughs at the poor provokes the one who made him, and the one who rejoices at the destruction of another will not be held guiltless, but the one who has compassion will find mercy. <sup>6</sup> Children's children are the crown of old men, and their fathers are the boast of children. The faithful has the whole world full of wealth, but the faithless not even a small coin. <sup>7</sup> Faithful lips will not suit a fool, nor lying lips a just man. <sup>8</sup> Instruction is to those who use it a gracious reward, and it will prosper wherever it turns. <sup>9</sup> The one who hides injuries seeks love, but the one who hates to hide them separates friends and family. <sup>10</sup> A threat breaks down the heart of a wise man, but a fool, though scourged, does not understand. <sup>11</sup> Every bad person stirs up controversies, but the Lord will send a cruel messenger against him. <sup>12</sup> Care may happen to a man of understanding; but fools will meditate on evil. <sup>13</sup> Whoever rewards evil for good, evil will not be removed from his house. <sup>14</sup> Just rule gives power to words, but sedition and strife go before poverty. <sup>15</sup> Whoever pronounces the unjust just, and the just unjust, is unclean and abominable to God. <sup>16</sup> Why has the fool wealth? For a senseless man will be unable to purchase wisdom. Whoever exalts his own house seeks ruin, and whoever turns aside from instruction will fall into mischief. <sup>17</sup> Do have a friend for every occasion, and let brothers be useful in distress.

**FRIDAY 19 APRIL  
Akáthistos Friday  
Week 5**

**Lord I have cried**

Tone 6  
O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
I now lie wounded and lifeless, as though I had left Jerusalem – the  
way of your divine commandments – and had reached the passions  
of Jericho. I was led astray by the false glory of earthly pursuits. I  
fell among the thieves of my own thoughts. They robbed me of  
the robe of sonship which was mine by grace. The priest came  
along. When he observed me as a corpse, he paid no attention to  
me. The Levite also saw and departed. But you, O Lord, ineffably  
incarnate from the Virgin, have poured out blood and water from  
your side by your own free will and anointed me as with oil for my  
salvation. O Christ my God, bind up my wounds with linen and  
bring me to the heavenly kingdom in your compassion. X2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

O Lord, your martyrs did not deny you nor did they turn from your  
commandments. Have mercy on us through their intercessions.

Tone 6

S7: Let your ears note the voice of my plea.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

O Maiden, Gabriel came and stood before you revealing to you the  
pre-eternal counsel. He said in greeting,

“Hail, earth that has not been sown!

Hail, burning bush that remains unconsumed!

Hail, unfathomable depth!

Hail, bridge that leads to heaven!

Hail, ladder raised on high that Jacob saw!

Hail, divine jar of manna!

Hail, rescuer from the curse!

Hail, restoration of Adam, the Lord is with you!” X3

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

“You appeared to me in the form of a man,” said the undefiled  
Maid to the Chief of the heavenly hosts. “How then do you speak  
to me about things that surpass the power of man? For you have  
said that God will be with me and take up his home in my womb.  
How can I become the spacious dwelling and the holy place of the  
one who rides on the Cherubim? Do not amuse me with deceit, for  
I have known no pleasure and have not entered into wedlock. How  
then can I bear a child?” X2

S2: Every nation, praise the Lord; every people, acclaim him!

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

Then the bodiless angel replied, “When God so wills, the order of  
nature is overcome and what is beyond humanity comes to pass.  
All-holy and blameless Lady, believe that my sayings are true.  
Then she cried aloud, “Let it be to me according to your word and  
I will bear him who is without flesh. He will borrow flesh from  
me so that he may lead the human race up to his ancient glory  
through this mingling, for he alone has power to do this. X2

Glory: Both now: Tone 2

Today the eternal mystery is revealed. The Son of God becomes  
the Son of Man. By accepting the lowest, he grants me the

highest. In time past Adam was deceived. He tried to become  
God, but he did not receive his desire. Now God becomes man so  
that he may make Adam God. Let creation rejoice; let nature be  
festive, for the Archangel stands in fear before the Virgin and says,  
“Hail!” He brings her the greeting by which our sorrow is healed.  
O Lord, you became a man in your compassion; glory to you!

*Entrance*

### Phos Ilarón

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,

O Son of God *and* Giver of life.

Therefore the world glorifies you.

### Prokeímenon Ps 102 Tone 4

R: The Lord is compassionate and merciful.

S: Bless the Lord, O my soul.

### Law

From the Book of Genesis (22:1-18)

It came to pass that God tested Abraham, and said to him:  
Abraham, Abraham. And he said: See, I am here. <sup>2</sup> And he said:  
Take your dear son, whom you have loved, Isaac, go to the high  
ground and offer him there as a whole-burnt-offering on one of the  
mountains which I will tell you about. <sup>3</sup> So Abraham rose in the  
morning, saddled his ass, and took with him two servants, and  
Isaac his son. Having split wood for a whole-burnt-offering, he  
rose, left and came to the place about which God spoke to him <sup>4</sup> on  
the third day. And Abraham, having lifted up his eyes, saw the  
place far away. <sup>5</sup> Abraham said to his servants: Sit here with the  
ass, then I and the boy will go there, and having worshipped, we  
will return to you. <sup>6</sup> So Abraham took the wood of the whole-  
burnt-offering, laid it on Isaac his son, and he took into his hands  
both the fire and the knife, then the two went together. <sup>7</sup> And Isaac  
said to Abraham his father: Father! And he said: What is it, son?  
And he said: See the fire and the wood, but where is the sheep for  
a whole-burnt-offering? <sup>8</sup> And Abraham said: God will provide for  
himself a sheep as a whole-burnt-offering, *my* son. And both,  
having gone together, <sup>9</sup> came to the place about which God had  
spoken to him. There Abraham built the altar, laid the wood on it,  
and having bound the feet of Isaac his son together, laid him on the  
altar on the wood. <sup>10</sup> Then Abraham stretched out his hand to take  
the knife to slay his son. <sup>11</sup> But an angel of the Lord called him  
from heaven, and said: Abraham, Abraham! And he said: See, I  
am here. <sup>12</sup> And he said: Do not lay your hand on the child, neither  
do anything to him, for now I know that you fear God, and for my  
sake you have not spared your dear son. <sup>13</sup> And Abraham raised his  
eyes and looked. See, a ram caught by his horns in a plant of  
Sabec. So Abraham went, took the ram, and offered him for a  
whole-burnt-offering in the place of Isaac his son.  
<sup>14</sup> And Abraham called the name of that place, “The Lord has  
seen,” so that they might say today: The Lord was seen on the  
mount. <sup>15</sup> Then an angel of the Lord called Abraham the second  
time from heaven, saying: <sup>16</sup> I have sworn by myself, says the  
Lord, because you have done this thing, and on my account have  
not spared your dear son, <sup>17</sup> surely blessing I will bless you, and  
increasing I will increase your seed like the stars of heaven, and  
like the sand which is beside the shore of the sea. Your seed will  
inherit the cities of their enemies. <sup>18</sup> And in your seed will all the  
nations of the earth be blessed, because you have listened to my  
voice.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

### Wisdom

From the Book of Proverbs (17:17-18:5)

Let brothers be useful in distress; for on this account are they born.<sup>18</sup> A foolish man applauds and rejoices over himself, as he also that becomes surety would make himself responsible for his own friends.<sup>19</sup> A lover of sin rejoices in strifes;<sup>20</sup> and the hard-hearted man comes not in for good. A man of a changeful tongue will fall into mischiefs;<sup>21</sup> and the heart of a fool is grief to its possessor. A father rejoices not over an uninstructed son; but a wise son gladdens his mother.<sup>22</sup> A glad heart promotes health, but the bones of a sorrowful man dry up.<sup>23</sup> The ways of a man who unjustly receives gifts in his bosom do not prosper, and an ungodly person perverts the ways of justice.<sup>24</sup> The countenance of a wise man is sensible, but the eyes of a fool go to the ends of the earth.<sup>25</sup> A foolish son is a cause of anger to his father, and grief to the one who bore him.<sup>26</sup> It is not right to punish a just man, nor is it holy to plot against just princes.<sup>27</sup> Whoever forbears to utter a hard word is discreet, and a patient man is wise.<sup>28</sup> Wisdom will be imputed to a fool who asks for wisdom, and the one who holds his peace will seem sensible.<sup>1</sup> A man who wants to separate from friends seeks excuses, but at all times he will be liable to rebuke.<sup>2</sup> A senseless man feels no need of wisdom, for he is rather led by foolishness.<sup>3</sup> When an ungodly man comes into a depth of evils, he despises them, but dishonour and rebuke come to him.<sup>4</sup> A word in the heart of a man is a deep water, and a river and fountain of life spring out.<sup>5</sup> It is not good to accept the person of the ungodly, nor is it holy to pervert justice in judgment.

### WEDNESDAY 24 APRIL + Apostle and Evangelist Mark C1 (25<sup>th</sup>) Week 6

#### Lord I have cried

Tone 5

O Lord, I have cried to you, listen to me;  
O Lord, listen to me.

O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.  
I am rich in passions and clothed with the deceitful robe of hypocrisy; I rejoice in the sins of self-indulgence. There is no limit to my lack of love; I neglect my spiritual understanding which lies at the gate of repentance. O Lord, make me poor in sin like Lazarus so that I may not be tormented in the unquenchable fire and pray in vain for a finger to be dipped in water in order to relieve my burning tongue. Make me live in the Bosom of Abraham, for you are the Lover of the human race. X2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

Your souls were filled with unquenchable love and you endured the most terrible sufferings without denying Christ; you cast down the pride of the Tyrant. You kept the faith unchanged and unharmed, and have gone to live in heaven. Since you have boldness before the Lord, pray him to grant us great mercy.

S7: Let your ears note the voice of my plea.  
O Jesus, as you walked in the flesh on the other side of the Jordan, you said to your companions, "My friend Lazarus is already dead

and now has been committed to the tomb. My friends, I rejoice for your sake, for by this you will learn that I know everything. I am God, inseparable from the Father, although I am man in my visible appearance. Let us go, then, to bring him back to life so that death may feel the defeat and complete destruction that I bring on it, as I grant the world great mercy.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

O faithful, let us follow the example of Martha and Mary. Let us send our acts of justice to intercede before the Lord so that he may come to raise up our spiritual understanding from the dead. It lies insensible within the tomb of negligence. It lacks all feeling for the fear of God and is deprived of living action. Let us cry, "O merciful Lord, as once you raised up your friend Lazarus through your dread authority, so now give life to us all and grant us your great mercy.

Tone 6

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

Lazarus has now been two days in the tomb and sees the dead from all the ages. He observes strange sights of terror, a countless multitude and the prisoners of Hades. As they gaze at his tomb, his sisters lament bitterly. But Christ comes to bring his friend to life so that a single hymn of praise may be offered up in unison by everyone. "O Saviour, blessed are you! Have mercy on us."

Tone 1

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O faithful, come and sing praises to Mark. He is the wise writer of the gospel. The greatest of Egypt's cities heard his inspired words. O apostle, guide our lives in the way of peace through your prayers and teaching. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!

You became a fellow-traveller of Paul, the chosen vessel. You accompanied him through all Macedonia; then you followed Peter to Rome. You were welcomed as his secretary and interpreter. Nevertheless, all-wise Mark, it was in Egypt that you finished your course in a manner well-pleasing to God.

S1: For he has strengthened his mercy over us  
and the truth of the Lord remains for ever.

O holy Mark, you gave life to barren souls and watered them with the radiant stream of your gospel. Because of you Alexandria rejoices with us today and celebrates your blessed memory.

Glory: Tone 6

O Apostle Mark, grace is poured on your lips. You became a shepherd of Christ's Church and taught the sheep whom God endowed with reason to believe in the consubstantial Trinity in one Divinity.

Glory: Both now: Tone 1

O Virgin worthy of all praise, you gave birth to Christ the Saviour and Physician of us all who brought healing for every illness by striking down our demon enemy. Heal my soul, which is so cruelly assailed by the passions, and rescue us all from death.

Entrance

**Phos Ilarón**

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God *and* Giver of life.  
Therefore the world glorifies you.

#### **Prokeimenon Ps 114 Tone 4**

R: I will be pleasing before the Lord in the land of the living.  
S: I have loved, for the Lord will listen to the voice of my plea.

#### **Law**

From the Book of Genesis (43:26-31, 45:1-16)  
His brothers brought to Joseph the gifts which they had in their hands; and they reverence him with their face to the ground. <sup>27</sup> And he asked them: How are you? And he said to them: Is your father, the old man of whom you spoke, well? Does he still live? <sup>28</sup> And they said: Your servant our father is well; he is still alive. And he said: Blessed be that man by God; and they bowed, and did him reverence. <sup>29</sup> Then Joseph raised his eyes and saw his brother Benjamin, born from the same mother. He said: Is this your younger brother, whom you spoke of bringing to me? And he said: God have mercy on you, my son. <sup>30</sup> Then Joseph was troubled, for his bowels yearned over his brother, and he wanted to weep, so he went into his room, and wept there. <sup>31</sup> Then he washed his face, came out, and held himself back. And he said: Produce bread. <sup>1</sup> And Joseph could not refrain himself when all were standing beside him, but said: Let everyone leave me. So no one stood near Joseph when he made himself known to his brothers. <sup>2</sup> Then he uttered his voice with weeping. All the Egyptians heard and it was reported to the house of Pharaoh. <sup>3</sup> And Joseph said to his brothers: I am Joseph; does my father still live? And his brothers could not answer him, for they were troubled. <sup>4</sup> Then Joseph said to his brothers: Approach me, and they approached. He said: I am your brother Joseph, whom you sold into Egypt. <sup>5</sup> Now then do not be sorry and do not let it not seem hard to you that you sold me here, for God sent me before you for life. <sup>6</sup> For this second year there is famine on the earth and there are still five years remaining in which there will be neither ploughing, nor mowing. <sup>7</sup> For God sent me before you, so that there might be left to you a remnant on the earth, even to nourish a great remnant of you. <sup>8</sup> Now therefore you did not send me here, but God. He has made me like a father to Pharaoh, lord of all his house and a prince of all the land of Egypt. <sup>9</sup> Hurry, therefore, go to my father and say to him: Thus says your son Joseph: God has made me lord over all the land of Egypt. Come down, therefore, to me and do not wait. <sup>10</sup> You must live in the land of Goshen of Arabia; you will be near me, you, your sons, your sons' sons, your sheep, your oxen and whatever is yours. <sup>11</sup> I will nourish you there, for the famine is still for five years, in case you are consumed, your sons and all your possessions. <sup>12</sup> See, your eyes see, and the eyes of my brother Benjamin, that it is my mouth which speaks to you. <sup>13</sup> Report, therefore, to my father all my glory in Egypt, and everything which you have seen, then hurry and bring my father here. <sup>14</sup> Then he fell on his brother Benjamin's neck and wept on him; and Benjamin wept on his neck. <sup>15</sup> Then he kissed all his brothers and wept over them. After these things his brothers spoke to him. <sup>16</sup> The report was carried into the house of Pharaoh, saying: Joseph's brothers have come; and Pharaoh was glad, with all his household.

#### **Prokeimenon Ps 115 Tone 4**

R: I will repay my vows to the Lord before all his people.  
S: I believed *and* therefore I spoke: I have been greatly humbled.

R: Command  
P: Wisdom. Stand upright. The light of Christ enlightens all.

#### **Wisdom**

##### *Aphorisms - Poetic*

From the Book of Proverbs (21:23-22:4)

Whoever guards his mouth and his tongue, guards his soul from trouble. <sup>24</sup> A bold, self-willed and insolent man is called a pest, and the one who remembers injuries is an offender. <sup>25</sup> Desires kill the sluggard, for his hands do not choose to do anything. <sup>26</sup> An ungodly man entertains evil desires all through the day, but the just is unsparingly merciful and compassionate. <sup>27</sup> The sacrifices of the ungodly are an abomination to the Lord, for they offer them wickedly. <sup>28</sup> A false witness will perish, but an obedient man will speak cautiously. <sup>29</sup> An ungodly man impudently resists with his face, but the upright man himself understands his ways. <sup>30</sup> There is no wisdom, there is no courage, there is no counsel with the ungodly. <sup>31</sup> A horse is prepared for the day of battle, but help is from the Lord. A fair name is better than much wealth, and good favour is above silver and gold. <sup>2</sup> The rich and the poor meet together, but the Lord made them both. <sup>3</sup> An intelligent man seeing a bad man severely punished is himself instructed, but fools pass by and are punished. <sup>4</sup> The fear of the Lord is the child of wisdom, wealth, glory and life.

#### **FRIDAY 26<sup>th</sup> APRIL**

#### **Hieromartyr Simeon, Relative of the Lord, C2 (27<sup>th</sup>) Vespers of the Just Lazarus**

#### **Week 6**

#### **Lord I have cried**

Tone 8

O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

S9: The just will wait for me until you reward me.

We have completed the forty days which profit our souls. Now let us beg the Lover of the human race, "Enable us to see the holy week of your passion so that we may glorify your mighty work, your wonderful plan for our salvation and sing with one heart and voice, "O Lord, glory to you!" X2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

O martyrs of the Lord, we implore you to intercede with our God to forgive our many sins and grant our souls abundant mercy.

Tone 6

S7: Let your ears note the voice of my plea.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.

O Lord, you wished to see the tomb of Lazarus because you were soon to inhabit a tomb of your own will. You asked, "Where have you laid him?" After you had learnt what was already known to you, you cried to your dear friend, "Lazarus, come out!" Although he had no breath, he obeyed the Lord, the Saviour of our souls, who gave him breath. X2

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.

O Lord, you have come to the place where Lazarus is buried, to the tomb of a man who was dead for four days. O Bread of life, you wept for your friend and raised him up. Therefore death was bound by your voice and the grave clothes were loosened by your hand. The company of disciples was filled with joy. One song of adoration was sung by all, "O Saviour, blessed are you; have mercy on us." X2

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O Lord, your voice destroyed the kingdom of Hades; your powerful word raised from the tomb the one who was dead for four days. Lazarus became the saving first-fruits of the world's regeneration. O Lord and King of all, everything is possible for you; grant your servants cleansing and great mercy.

S2: Every nation, praise the Lord; every people, acclaim him!

O Lord, you came to the tomb of Lazarus and called him by name, because you wished to assure your disciples of your own resurrection. Hades was vanquished; it released Lazarus who was dead for four days. He cried out to you, "O blessed Lord, glory to you!"

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Lord, you came to Bethany to wake Lazarus, accompanied by your disciples. You wept for him, but he was raised by your almighty power. Our Saviour, a man dead for four days cried to you, "Glory to you, O blessed Lord!"

Glory: Tone 8

O Saviour, as you stood beside the tomb of Lazarus, you called to your friend who was dead. He heard your voice and woke as though from sleep; mortality was shaken by immortality. The bound man was unbound by your word. O loving Lord, everything is possible; all things serve and submit to you. Our Saviour, glory to you!

Both now:

We have completed the forty days which profit our souls. Let us sing, "Hail, city of Bethany, home of Lazarus! Hail, Mary and Martha, his sisters! Tomorrow Christ will come and raise your dead brother to life. Hades will be bitter and unsatisfied as it hears his voice. It will shake and groan as it releases the bound Lazarus. The assembly of the Hebrews will be amazed and greet him with palms and branches. Although their priests and elders look on him with envy and malice, the children will praise him in song, "Blessed is he who comes in the name of the Lord, the King of Israel."

Entrance

#### Prokeimenon Ps 123 Tone 6

R: Our help is in the name of the Lord.

S: If the Lord had not been with us, now let Israel speak.

#### Law

From the Book of Genesis (49:33-50:26)

Jacob ceased giving charges to his sons, then and having raised his feet on the bed, he died, and was gathered to his people. <sup>1</sup> And Joseph fell on his father's face, wept over him and kissed him. <sup>2</sup> Then Joseph commanded his servants the embalmers to embalm his father; and the embalmers embalmed Israel. <sup>3</sup> They kept the forty days for him, for so are the days of embalming numbered, and Egypt mourned for him for seventy days. <sup>4</sup> Then when the days of mourning were over, Joseph spoke to the princes of Pharaoh, saying: If I have found favour in your sight, speak about me to the ears of Pharaoh, saying: <sup>5</sup> My father commannded me, saying: In the sepulchre which I dug for myself in the land of

Canaan, there you must bury me; now then I will go up and bury my father, and return again. <sup>6</sup> And Pharaoh said to Joseph: Go up, bury your father, as he made you swear. <sup>7</sup> So Joseph went up to bury his father; and all the servants of Pharaoh went up with him, and the elders of his house, and all the elders of the land of Egypt. <sup>8</sup> All the household of Joseph, and his brothers, and all the house of his father, and his relatives. They left behind the sheep and the oxen in the land of Goshen. <sup>9</sup> Also there went up with him chariots and horsemen; and there was a very great company. <sup>10</sup> When they came to the threshing-floor of Atad, which is beyond Jordan, they wept for him with a great and very sore lamentation. And he made a mourning for his father for seven days. <sup>11</sup> When the inhabitants of the land of Canaan saw the mourning at the floor of Atad, they said: This is a great mourning for the Egyptians; therefore they called its name "The mourning of Egypt, which is beyond Jordan." <sup>12</sup> And thus his sons accomplished for him. <sup>13</sup> So his sons carried him up into the land of Canaan, and buried him in the double cave, the cave which Abraham bought from Ephron the Hittite in order to own a burying place before Mamre. <sup>14</sup> Then Joseph returned to Egypt, he and his brothers, and those who had gone up with him to bury his father. <sup>15</sup> Now when the brothers of Joseph saw that their father was dead, they said: Let us be careful in case at any time Joseph remembers evil against us, and recompense to us all the evil which we have done against him. <sup>16</sup> So they came to Joseph and said: Your father commanded us before his death, saying: <sup>17</sup> Say this to Joseph: Forgive them their injustice and their sin, since they have caused you evil, so now pardon the injustice of the servants of the God of your father. Joseph wept while they spoke to him. <sup>18</sup> And they came to him and said: See, we are your servants. <sup>19</sup> And Joseph said to them: Do not fear, for I am God's. <sup>20</sup> You plotted evil against me, but God decided good for me, so that the matter might stand as it is today and many people might be fed. <sup>21</sup> He said to them: Do not fear, for I will support you with your families; he comforted them and spoke kindly to them. <sup>22</sup> So Joseph lived in Egypt, with his brothers and all the family of his father. Joseph lived a hundred and ten years. <sup>23</sup> And Joseph saw the children of Ephraim to the third generation; the sons of Machir, the son of Manasseh, were borne on the thighs of Joseph. <sup>24</sup> Then Joseph spoke to his brothers, saying: I am dying, but God will surely visit you, and will bring you from this land to the land about which God swore to our fathers, Abraham, Isaac, and Jacob. <sup>25</sup> Joseph commanded the sons of Israel, saying: At the visitation when God will visit you, then you must carry my bones from here with you. <sup>26</sup> Then Joseph died, aged a hundred and ten years. They prepared his corpse and put him in a coffin in Egypt.

#### Prokeimenon Ps 124 Tone 4

R: Those who trust in the Lord *are* like Mount Zion.

S: Whoever lives in Jerusalem will never be moved.

R: Command!

P: Wisdom. Stand upright. The light of Christ enlightens all.

#### Wisdom

From the Book of Proverbs (29:10-31, M 31)

O son, open your mouth to a word of God, and judge all fairly. <sup>9</sup> Open your mouth and judge justly, and plead the cause of the poor and weak. <sup>10</sup> Who can find a virtuous woman, for such a one is more valuable than precious stones? <sup>11</sup> The heart of her husband trusts in her; such a one will stand in no need of fine spoils. <sup>12</sup> For she employs all her living for her husband's good. <sup>13</sup> Gathering wool and flax, she makes it serviceable with her hands. <sup>14</sup> She is like a ship trading from a distance, so she procures her livelihood. <sup>15</sup> She rises by night, gives food to her household, and appointed tasks to her maidens. <sup>16</sup> She views a farm and buys it, and with the fruit of her hands she plants a possession. <sup>17</sup> She strongly girds her loins, and strengthens her arms for work. <sup>18</sup> She finds by experience that working is good, and her candle does not go out all night. <sup>19</sup> She reaches out her arms to needful works, and applies her hands to the spindle. <sup>20</sup> She opens her hands to the needy, and

reaches out fruit to the poor.<sup>21</sup> Her husband is not anxious about those at home, when he stays anywhere at a distance, for all her household are clothed.<sup>22</sup> She makes clothes of double texture for her husband, and garments for herself of fine linen and scarlet.<sup>23</sup> Her husband becomes a distinguished person in the gates, when he sits in council with the old inhabitants of the land.<sup>24</sup> She makes fine linens, and sells girdles to the Canaanites. She opens her mouth carefully and with propriety; she controls her tongue.<sup>25</sup> She puts on strength and honour, and rejoices in the last days.<sup>26</sup> But she opens her mouth wisely, and according to law.<sup>27</sup> The ways of her household are careful, and she does not eat the bread of idleness.<sup>28</sup> Her kindness to them sets up her children for them; they grow rich and her husband praises her.<sup>29</sup> Many daughters have obtained wealth, many have toiled valiantly, but you have exceeded and surpassed all.<sup>30</sup> Charms are false and woman's beauty is vain, for it is a wise woman who is blessed, and let her praise the fear the Lord.<sup>31</sup> Give her something from the fruit of her lips, and let her husband be praised in the gates.

**MONDAY 29 APRIL**  
**Holy and Great Monday**  
**+ Apostle James, Son of Zebedee C1 (30<sup>th</sup>)**

**Lord I have cried**

Tone 1

O Lord, I have cried to you, listen to me;  
 O Lord, listen to me.  
 O Lord, I have cried to you, listen to me;  
 Note the voice of my plea when I cry to you.  
 O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
 the raising of my hands be an evening sacrifice.  
 O Lord, listen to me.

S10: Lead my soul from prison  
 that I may acknowledge your name.  
 S9: The just will wait for me until you reward me.  
 As the Lord was going to his voluntary passion, he said to the apostles on the way, "See, we go up to Jerusalem and the Son of Man will be handed over, as it is written about him. Since we are purified in mind, therefore come and let us also go with him. Let us be crucified with him and die through him to the pleasures of this life. Then we will live with him and hear him say, "I go no longer to the earthly Jerusalem to suffer, but to my Father and your Father, to my God and your God. I will raise you up to the Jerusalem on high in the Kingdom of Heaven. X2

Tone 5

S8: O Lord, I have cried to you from the depths;  
 O Lord listen to my voice.  
 S7: Let your ears note the voice of my plea.  
 We have reached the saving passion of Christ our God. O faithful, let us glorify his ineffable patience, so that in his compassion he may raise us who were dead in sin, for he is good and loves the human race. X2

S6: O Lord, if you mark offences, who will stand?  
 But there is forgiveness with you.  
 S5: O Lord, I have waited for you for your name's sake;  
 my soul has waited for your word,  
 my soul has hoped in the Lord.

O Lord, when you went to your passion, you took your disciples aside and reassured them, "How have you forgotten the words that I once spoke? Is it not written, 'A prophet cannot be killed except in Jerusalem?'" Now is the time about which I spoke to you, 'See, I have been betrayed into the hands of sinners to be mocked. They will nail me to the cross and deliver me for burial. They will regard me as a dead man, an object of loathing. Yet, take courage,

for I will arise on the third day and give the faithful joy and eternal life!'" X2

Tone 5

S4: Let Israel hope in the Lord from the morning watch until night,  
 from the morning watch.

S3: For there is mercy with the Lord  
 and abundant redemption with him.

He will redeem Israel from all his offences.

O Lord, the mother of Zebedee's children could not understand the ineffable mystery of your dispensation. She asked the honour of a temporal kingdom for her sons, but instead you promised your friends that they would drink the cup of death, a cup which you would drink before them for the cleansing of sins. Therefore we cry to you, "O Salvation of our souls, glory to you!" X2

S2: Every nation, praise the Lord; every people, acclaim him!  
 O Lord, you taught your disciples to desire what is perfect. You said, "Do not be like the Gentiles who oppress the weak. My disciples, it must not be so with you, for I am poor of my own volition. Let the first among you, therefore, be the servant of all. Let the ruler be like those who are ruled. Let the one who is first become like the last, for I have come to serve Adam in his poverty and to give my life as a ransom for the many who cry to me, 'O Lord, glory to you!'"

Tone 8

S1: For his mercy is strengthened over us  
 and the truth of the Lord remains for ever.  
 The fig tree was withered because it was unfruitful. O brothers, we must fear the same punishment and bring worthy fruits of repentance to Christ who brings us great mercy.

Glory: Both now:

The serpent found a second Eve in the Egyptian woman and plotted the fall of Joseph through words of flattery, but he left his garment behind and fled from sin. He was naked, yet unashamed, like Adam before the Fall. O Christ, have mercy on us through his prayers.

*Entrance with the Gospel Book.*

**Phos Ilarón**

P/D: Wisdom! Stand upright!  
 O Jesus Christ, joyful light of the holy glory  
 of the immortal, heavenly, holy, blessed Father,  
 when we come to the setting of the sun  
 and see the light of evening,  
 we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
 with voices of praise,  
 O Son of God *and* Giver of life.  
 Therefore the world glorifies you.

**Prokeímenon Ps 127 Tone 6**

R: May the Lord bless you from Zion.  
 S: Blessed are all who fear the Lord *and* walk in his ways.

**Reading 1**

From the Book of Exodus (1:1-21)  
 These are the names of the sons of Israel, who came into Egypt together with Jacob their father; everyone of them came with their whole family.<sup>2</sup> Reuben, Simeon, Levi, Judah,<sup>3</sup> Issachar, Zébulon, Benjamin,<sup>4</sup> Dan and Náptali, Gad and Asher.<sup>5</sup> But Joseph was *already* in Egypt. And all the souls born to Jacob were seventy-five.<sup>6</sup> Then Joseph died, together with all his brothers, and all that generation.<sup>7</sup> The sons of Israel increased, multiplied, became numerous and grew exceedingly strong, and the land increased them.<sup>8</sup> But there arose another king over Egypt, who did not know

Joseph.<sup>9</sup> And he said to his nation: See, the race of the sons of Israel is a great throng, and is stronger than we are.<sup>10</sup> Come then, let us deal craftily with them, in case at any time they are increased, and whenever war will happen to us, these also will be added to our enemies. Then having prevailed against us in war, they will leave the land.<sup>11</sup> So he set task-masters over them to afflict them in their tasks; they built strong cities for Pharaoh, Pithon, Raamses, and On which is Heliopolis.<sup>12</sup> Yet as they humbled them, they increased much more and grew exceedingly strong. The Egyptians greatly despised the sons of Israel.<sup>13</sup> The Egyptians tyrannised the sons of Israel by force.<sup>14</sup> They embittered their life with hard labour in clay, brick-making and all the tasks in the plains, in all the works in which they were enslaved by force.<sup>15</sup> Then the king of the Egyptians spoke to the midwives of the Hebrews, one of whom was named Shiphrah and the other Puah,<sup>16</sup> He said: When you carry out the office of midwives to the Hebrew women, and they are about to be delivered, if it is a male, kill it, but if a female, save it.<sup>17</sup> But the midwives feared God and did not do as the king of Egypt ordered them; they kept the male children alive.<sup>18</sup> Then the king of Egypt called the midwives and said to them: Why is it that you have done this thing and kept the male children alive?<sup>19</sup> So the midwives said to Pharaoh: The Hebrew women are not like the women of Egypt, for they are delivered before the midwives go in to them. So they bore children.<sup>20</sup> God dealt well with the midwives, so the people increased and grew very strong.

#### Prokeimenon Ps 128 Tone 8

R: We have blessed you in the Lord's name.

S: They have often made war against me from my youth.

#### Reading 2

From the Book of Job (1:1-12)

There was a certain man in the land of Uz whose name was Job, and that man was true, blameless, just, and godly, abstaining from every evil deed.<sup>2</sup> He had seven sons and three daughters.<sup>3</sup> And his cattle consisted of seven thousand sheep, three thousand camels, five hundred yoke of oxen, five hundred she-asses in the pastures, and a very great household, and he had a great husbandry on the earth; and that man was most noble of the men of the east.<sup>4</sup> And his sons, visiting one another, prepared a banquet every day, taking with them also their three sisters to eat and drink with them.<sup>5</sup> And when the days of the banquet were completed, Job sent and purified them, having risen up in the morning, and offered sacrifices for them, according to their number, and one calf for a sin-offering for their souls, for Job said: In case perhaps my sons have thought evil in their minds against God. Thus, then Job did continually.<sup>6</sup> And it came to pass on a day, that see, the angels of God came to stand before the Lord, and the devil came with them.<sup>7</sup> Then the Lord said to the Devil: From where have you come? And the Devil answered the Lord and said: I have come from wandering around the earth, and walking up and down in what lies under heaven.<sup>8</sup> Then the Lord said to him: Have you diligently considered my servant Job, that there is no one like him on the earth, blameless, true, godly, and abstaining from every evil deed?<sup>9</sup> Then the Devil answered and said before the Lord: Does Job worship the Lord for nothing?<sup>10</sup> Have you not made a hedge around him, around his household and around all his possessions? Have you not blessed the works of his hands and increased his cattle on the land?<sup>11</sup> But put out your hand and touch everything that he has, then will he bless you to your face?<sup>12</sup> Then the Lord said to the Devil: See, I give all that he has into your hand, but do not touch him. So the Devil went out from the presence of the Lord.

#### Prokeimenon Ps 140

R: Let my prayer prosper before you like incense,  
the raising of my hands be an evening sacrifice.

S1: O Lord, I have cried to you, listen to me;  
note the voice of my plea when I cry to you.

S2: O Lord, place a guard on my mouth  
and a door of restraint around my lips.

S3: Do not incline my heart to evil words,  
to justify *myself* with excuses for sins with the lawless.

#### Gospel

From the Holy Gospel according to Matthew (24:3-35)

At that time as Jesus sat on the Mount of Olives, the disciples came to him privately, saying, "Tell us, when will this be, and what will be the sign of your coming and of the close of the age?"<sup>4</sup> And Jesus answered them, "Take heed that no one leads you astray.<sup>5</sup> For many will come in my name, saying, 'I am the Christ,' and they will lead many astray.<sup>6</sup> And you will hear of wars and rumours of wars; see that you are not alarmed; for this must take place, but the end is not yet.<sup>7</sup> For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places:<sup>8</sup> all this is but the beginning of the birth-pangs.<sup>9</sup> "Then they will deliver you up to tribulation, and put you to death; and you will be hated by all nations for my name's sake.<sup>10</sup> And then many will fall away, and betray one another, and hate one another.<sup>11</sup> And many false prophets will arise and lead many astray.<sup>12</sup> And because wickedness is multiplied, most men's love will grow cold.<sup>13</sup> But he who endures to the end will be saved.<sup>14</sup> And this gospel of the kingdom will be preached throughout the whole world, as a testimony to all nations; and then the end will come.<sup>15</sup> "So when you see the desolating sacrilege spoken of by the prophet Daniel, standing in the holy place (let the reader understand),<sup>16</sup> then let those who are in Judea flee to the mountains;<sup>17</sup> let him who is on the housetop not go down to take what is in his house;<sup>18</sup> and let him who is in the field not turn back to take his mantle.<sup>19</sup> And alas for those who are with child and for those who give suck in those days!<sup>20</sup> Pray that your flight may not be in winter or on a Sabbath.<sup>21</sup> For then there will be great tribulation, such as has not been from the beginning of the world until now, no, and never will be.<sup>22</sup> And if those days had not been shortened, no human being would be saved; but for the sake of the elect those days will be shortened.<sup>23</sup> Then if anyone says to you, 'Lo, here is the Christ!' or 'There he is!' do not believe it.<sup>24</sup> For false Christs and false prophets will arise and show great signs and wonders, so as to lead astray, if possible, even the elect.<sup>25</sup> Lo, I have told you beforehand.<sup>26</sup> So, if they say to you, 'Lo, he is in the wilderness,' do not go out; if they say, 'Lo, he is in the inner rooms,' do not believe it.<sup>27</sup> For as the lightning comes from the east and shines as far as the west, so will be the coming of the Son of man.<sup>28</sup> Wherever the body is, there the eagles will be gathered together.<sup>29</sup> "Immediately after the tribulation of those days the sun will be darkened, and the moon will not give its light, and the stars will fall from heaven, and the powers of the heavens will be shaken;<sup>30</sup> then will appear the sign of the Son of man in heaven, and then all the tribes of the earth will mourn, and they will see the Son of man coming on the clouds of heaven with power and great glory;<sup>31</sup> and he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other.<sup>32</sup> "From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near.<sup>33</sup> So also, when you see all these things, you know that he is near, at the very gates.<sup>34</sup> Truly, I say to you, this generation will not pass away till all these things take place.<sup>35</sup> Heaven and earth will pass away, but my words will not pass away.

#### TUESDAY 30 APRIL Prophet Jeremiah (Jeremías) C6 BC (1<sup>st</sup>) Holy and Great Tuesday

#### Lord I have cried

Tone 1

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.  
S9: The just will wait for me until you reward me.  
How can I, who am unworthy, appear in the splendour of your  
saints? For if I dare enter your bridal chamber with them, my  
clothes will betray me; they are unfit for a wedding. The angels  
will throw me out in chains. O Lord, cleanse the filth of my soul  
and save me in your love for the human race. X2

Tone 2

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
S7: Let your ears note the voice of my plea.  
O Christ the Bridegroom, my soul has slept in laziness. Like the  
foolish virgins, I have no lamp ablaze with virtues. O Master, I  
wander aimlessly when it is time for work, yet do not close your  
compassionate heart to me. Rouse me and shake off my heavy  
sleep. Lead me with the wise virgins into the bridal chamber, so  
that I may hear the pure voice of those that feast and cry  
continually, "O Lord, glory to you!" X2

Tone 4

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
My soul, you have heard the condemnation of the man who hid his  
talent. Do not hide the word of God. Proclaim his wonders, so  
that as you increase the gift of grace, you may enter into the joy of  
your Lord. X2

Tone 6

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.  
S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
O faithful, come and let us work zealously for the Master, for he  
distributes wealth to his servants. Let each of us increase his talent  
of grace according to his ability. Let one be adorned with wisdom  
through good works; let another celebrate a service with splendour.  
The one distributes his wealth to the poor; the other communicates  
the word to those who are uneducated. Therefore we will increase  
what has been entrusted to us and, as faithful stewards of grace, we  
will be counted worthy of the Master's joy. O Christ our God,  
make us worthy of this in your love for the human race. X2

S2: Every nation, praise the Lord; every people, acclaim him!  
O Jesus, O Good Shepherd, when you come in glory with the  
angelic hosts and sit on the throne for judgment, do not banish me.  
For you know the paths on your right hand, but those on your left  
hand lead astray. Do not destroy me with the goats, although I am  
coarse with sin, but number me with the sheep of your right hand  
and save me in your love for the human race.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O Bridegroom, you are more beautiful than all men. You have  
invited us to the spiritual banquet of your bridal chamber. Strip the  
ugly garment of my sins from me as I participate in your passion.  
O merciful Lord, adorn me in the glorious robe of your beauty that  
proclaims me as a guest in your kingdom.

Glory: Both now: Tone 7

My soul, see, the Master has entrusted you with the talent.  
Receive the gift with fear. Repay the one who gave by giving to  
the poor and gain the Lord as your friend, so that when he comes  
in glory, you may stand at his right hand and hear his blessed  
voice, "My servant, enter the joy of your Lord! O Saviour, even  
though I have gone astray, make me worthy of this through your  
great mercy.

*Entrance with the Gospel Book*

**Phos Ilarón**

P/D: Wisdom! Stand upright!  
O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God and Giver of life.  
Therefore the world glorifies you.

**Prokeímenon Ps 131 Tone 6**

R: O Lord, rise into your resting-place,  
you and the ark of your holiness.  
S: O Lord, remember David and all his lowliness.

**Reading 1**

From the Book of Exodus (2:5-10)  
The daughter of Pharaoh came down to the river to bathe and her  
attendants walked beside the river. Having seen the cradle in the  
mud, she sent her attendant to take it up. <sup>6</sup> After she had opened it,  
she saw the baby crying in the cradle. And the daughter of Pharaoh  
had compassion on it, and said: This is one of the Hebrew's  
children. <sup>7</sup> So his sister said to the daughter of Pharaoh: Would you  
like me to summon to you a nurse of the Hebrews so that she may  
suckle the child for you? <sup>8</sup> The daughter of Pharaoh said: Go. So  
the young woman went and called the mother of the child. <sup>9</sup> Then  
the daughter of Pharaoh said to her: Take care of this child, suckle  
it for me and I will give you the wages. So the woman took the  
child and suckled it. <sup>10</sup> And when the boy was grown, she brought  
him to the daughter of Pharaoh, and he became her son. She called  
his name, Moses, saying: I took him from of the water.

**Prokeímenon Ps 132 Tone 4**

R: See now, what is so good or delightful,  
but for brothers to live together in unity.  
S: *It is* like myrrh on the head which runs down the beard.

**Reading 2**

From the Book of Job (1:13-22)  
It came to pass that on a certain day when Job's sons and daughters  
were drinking wine in the house of their elder brother, <sup>14</sup> see, a  
messenger came to Job, and said to him: The yokes of oxen were  
ploughing, and the she-asses were feeding near them, <sup>15</sup> when the  
plunderers came, took them for plunder and killed the servants  
with the sword. I alone have escaped and have come to tell you. <sup>16</sup>  
While he was still speaking, another messenger came and said to  
Job: Fire has fallen from heaven, burnt up the sheep and consumed  
the shepherds in the same way. I alone have escaped and have  
come to tell you. <sup>17</sup> While he was still speaking, another messenger  
came, and said to Job: The horsemen formed three companies  
against us, surrounded the camels, took them for plunder and killed  
the servants with the sword. I alone have escaped and have come  
to tell you. <sup>18</sup> While he was still speaking, another messenger  
came, saying to Job: While your sons and daughters were eating  
and drinking with their elder brother, <sup>19</sup> suddenly a great wind

came from the desert and caught the four corners of the house. The house fell on your children and they are dead. I alone have escaped and have come to tell you.<sup>20</sup> So Job arose, tore his clothing, shaved the hair of his head, fell on the earth, worshipped<sup>21</sup> and said: I came naked from my mother's womb and will return there naked. The Lord gave, the Lord has taken away. As it seemed good to the Lord, so it has come to pass; blessed be the name of the Lord.<sup>22</sup> In all these things that happened to him, Job never sinned before the Lord, and did not charge God with folly.

### Prokeimenon Ps 140

R: Let my prayer prosper before you like incense,  
*the raising of my hands be an evening sacrifice.*  
S1: O Lord, I have cried to you, listen to me;  
note the voice of my plea when I cry to you.  
S2: O Lord, place a guard on my mouth  
and a door of restraint around my lips.  
S3: Do not incline my heart to evil words,  
to justify *myself* with excuses for sins with the lawless.

### Gospel

From the Holy Gospel according to Matthew (24:36-26:2)  
The Lord said to his disciples: Of that day and hour no one knows, not even the angels of heaven, nor the Son, but the Father only.<sup>37</sup> As were the days of Noah, so will be the coming of the Son of man.<sup>38</sup> For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day when Noah entered the ark,<sup>39</sup> and they did not know until the flood came and swept them all away, so will be the coming of the Son of man.<sup>40</sup> Then two men will be in the field; one is taken and one is left.<sup>41</sup> Two women will be grinding at the mill; one is taken and one is left.<sup>42</sup> Watch therefore, for you do not know on what day your Lord is coming.<sup>43</sup> But know this, that if the householder had known in what part of the night the thief was coming, he would have watched and would not have let his house be broken into.<sup>44</sup> Therefore you also must be ready; for the Son of man is coming at an hour you do not expect.<sup>45</sup> "Who then is the faithful and wise servant, whom his master has set over his household, to give them their food at the proper time?<sup>46</sup> Blessed is that servant whom his master when he comes will find so doing.<sup>47</sup> Truly, I say to you, he will set him over all his possessions.<sup>48</sup> But if that wicked servant says to himself, 'My master is delayed,'<sup>49</sup> and begins to beat his fellow servants, and eats and drinks with the drunken,<sup>50</sup> the master of that servant will come on a day when he does not expect him and at an hour he does not know,<sup>51</sup> and will punish him, and put him with the hypocrites; there men will weep and gnash their teeth.<sup>1</sup> "Then the kingdom of heaven shall be compared to ten maidens who took their lamps and went to meet the bridegroom.<sup>2</sup> Five of them were foolish, and five were wise.<sup>3</sup> For when the foolish took their lamps, they took no oil with them;<sup>4</sup> but the wise took flasks of oil with their lamps.<sup>5</sup> As the bridegroom was delayed, they all slumbered and slept.<sup>6</sup> But at midnight there was a cry, 'Behold, the bridegroom! Come out to meet him.'<sup>7</sup> Then all those maidens rose and trimmed their lamps.<sup>8</sup> And the foolish said to the wise, 'Give us some of your oil, for our lamps are going out.'<sup>9</sup> But the wise replied, 'Perhaps there will not be enough for us and for you; go rather to the dealers and buy for yourselves.'<sup>10</sup> And while they went to buy, the bridegroom came, and those who were ready went in with him to the marriage feast; and the door was shut.<sup>11</sup> Afterward the other maidens came also, saying, 'Lord, lord, open to us.'<sup>12</sup> But he replied, 'Truly, I say to you, I do not know you.'<sup>13</sup> Watch therefore, for you know neither the day nor the hour.<sup>14</sup> "For it will be as when a man going on a journey called his servants and entrusted to them his property;<sup>15</sup> to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away.<sup>16</sup> He who had received the five talents went at once and traded with them; and he made five talents more.<sup>17</sup> So also, he who had the two talents made two talents more.<sup>18</sup> But he who had received the one talent went and dug in the ground and hid his master's money.<sup>19</sup> Now after a long time the master of

those servants came and settled accounts with them.<sup>20</sup> And he who had received the five talents came forward, bringing five talents more, saying, 'Master, you delivered to me five talents; here I have made five talents more.'<sup>21</sup> His master said to him, 'Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master.'<sup>22</sup> And he also who had the two talents came forward, saying, 'Master, you delivered to me two talents; here I have made two talents more.'<sup>23</sup> His master said to him, 'Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master.'<sup>24</sup> He also who had received the one talent came forward, saying, 'Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you did not winnow;<sup>25</sup> so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.'<sup>26</sup> But his master answered him, 'You wicked and slothful servant! You knew that I reap where I have not sowed, and gather where I have not winnowed?<sup>27</sup> Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest.<sup>28</sup> So take the talent from him, and give it to him who has the ten talents.<sup>29</sup> For to every one who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away.<sup>30</sup> And cast the worthless servant into the outer darkness; there men will weep and gnash their teeth.'<sup>31</sup> "When the Son of man comes in his glory, and all the angels with him, then he will sit on his glorious throne.<sup>32</sup> Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats,<sup>33</sup> and he will place the sheep at his right hand, but the goats at the left.<sup>34</sup> Then the King will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world;<sup>35</sup> for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me,<sup>36</sup> I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'<sup>37</sup> Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink?<sup>38</sup> And when did we see thee a stranger and welcome thee, or naked and clothe thee?<sup>39</sup> And when did we see thee sick or in prison and visit thee?'<sup>40</sup> And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'<sup>41</sup> Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels;<sup>42</sup> for I was hungry and you gave me no food, I was thirsty and you gave me no drink,<sup>43</sup> I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.'<sup>44</sup> Then they also will answer, 'Lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to thee?'<sup>45</sup> Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.'<sup>46</sup> And they will go away into eternal punishment, but the righteous into eternal life."<sup>1</sup> When Jesus had finished all these sayings, he said to his disciples,<sup>2</sup> "You know that after two days the Passover is coming, and the Son of man will be delivered up to be crucified."

### WEDNESDAY 1 MAY

± Relics of Athanasios of Alexandria C4 (2<sup>nd</sup>)

### Holy and Great Wednesday

#### Lord I have cried

Tone 1

O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,

the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison  
that I may acknowledge your name.

O Son of the Virgin, a prostitute recognized you as God. With tears equal to her past deeds, she implored you with tears, "Loose my debt as I have loosed my hair. Love the woman who, although justly hated, loves you. Then, O Benefactor and Lover of the human race, I will announce you together with the tax collector." The prostitute mingled precious myrrh with her tears. She poured it on your most pure feet and kissed them. Immediately you justified her. You suffered for our sakes. Forgive us also and save us.

S9: The just will wait for me until you reward me.  
The prostitute mixed the precious oil of myrrh with her tears and poured it on your most pure feet as she kissed them. Immediately you pronounced her to be put right. O Lord, you suffered for us, so grant us also forgiveness and save us.

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
As the sinful woman was bringing her offering of myrrh, the disciple was scheming with lawless men. She rejoiced in pouring out her precious gift. He hurried to sell the Precious *Lord*. She recognized the Master, but Judas parted from him. She was set free, but Judas was enslaved to the enemy. How terrible is slothfulness! How great *was* her repentance! O Saviour, you suffered for our sakes; grant us also repentance and save us.

S7: Let your ears note the voice of my plea.  
Alas, the misery of Judas! He saw the prostitute kiss the footsteps of Christ, but deceitfully contemplated the kiss of betrayal. She loosed her hair, while he bound himself with anger. He offered the stench of evil instead of myrrh, for envy cannot distinguish value. Alas, the misery of Judas! O God, rescue our souls from it.

Tone 2

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
The sinful woman ran to buy the precious myrrh with which to anoint her Saviour. She cried to the merchant, "Give me myrrh so that I may anoint the one who has cleansed all my sins.

Tone 6

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
The woman who was submerged in sin found you as a harbour of salvation. She poured out myrrh with her tears and cried to you, "See the *Lord* who brings repentance to sinners! O Master, rescue me from the tempest of sin through your great mercy.

Tone 6

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.  
Today Christ comes to the house of the Pharisee. A sinful woman crawls to his feet and cries, "Observe me, for I am engulfed in sin. I am in despair because of my evil deeds, but in your goodness do not despise me. O Lord, grant me forgiveness for my evil deeds and save me.

S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.

O Master, the prostitute spread her hair before you, while Judas extended his hands to the lawless. She did this in order to receive forgiveness, while he acted in order to receive silver. Since you were sold for us and yet set us free, we cry to you, "O Lord, glory to you!"

S2: Every nation, praise the Lord; every people, acclaim him!  
O Saviour, the corrupt and filthy woman approached you. She poured out her tears on your feet and so announced your passion. O Master, how can I gaze at you? Yet you came to save the prostitute. Since I am dead in sin, raise me from the depths as you raised Lazarus from the tomb after four days. O Lord, accept me in my misery and save me.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
As she despaired for her life and lost heart because of her deeds, the woman came to you carrying myrrh. She cried, "O Son of the Virgin, although I am a prostitute, do not banish me. O Joy of the angels, do not despise my tears. You did not reject me as a sinner, so accept me now as a penitent in your great mercy.

Glory: Both now: Tone 8

O Lord, the woman who had fallen into many sins, when she perceived your divinity, joined the ranks of the myrrh-bearing women. She brought you myrrh before your burial with tears. She cried, "Woe is me! For I live in the night of immorality and am shrouded in the dark and moonless love of sin. Accept the fountain of my tears as you gathered the water of the sea into clouds. Incline your ear to the sighing of my heart, as you inclined the heavens in your ineffable condescension. Once when Eve heard your footstep in Paradise in the cool of the day, she ran in fear and hid herself. But now I will tenderly embrace those pure feet and wipe them with the hair of my head. O Saviour of my soul, who can measure the abundance of my sin or the depth of your judgments? Do not despise your servant in your boundless mercy."

*Entrance with Gospel Book*

#### **Prokeimenon Ps 135 Tone 4**

S1: Thank the God of heaven,  
for his mercy endures for ever.  
S2: Give thanks to the God of gods,  
for his mercy endures for ever.

#### **Reading 1**

From the Book of Exodus (2:11-22)  
It came to pass during those many days when Moses had grown, that he went out to his brothers, the sons of Israel. Having noticed their distress, he saw an Egyptian striking a certain Hebrew from his brothers among the sons of Israel. <sup>12</sup> Having looked around this way and that way, he saw no one, so he struck the Egyptian and hid him in the sand. <sup>13</sup> When he had gone out the second day, he saw two Hebrew men fighting and said to the injurer: Why do you strike your neighbour? <sup>14</sup> But he said: Who made you a ruler and a judge over us? Will you kill me as you killed the Egyptian yesterday? Then Moses was afraid and said: Perhaps this matter has become so well-known? <sup>15</sup> When Pharaoh heard about this matter and determined to kill Moses. So Moses left the presence of Pharaoh and lived in the land of Midian. When he had entered the land of Midian, he sat on the well. <sup>16</sup> The priest of Midian had seven daughters who were feeding the sheep of their father Jethro. They came and drew water until they filled their pitchers in order to water the flock of their father Jethro. <sup>17</sup> Then the shepherds came and were driving them away, so Moses rose, rescued them, drew water for them and watered their sheep. <sup>18</sup> They came to Reuel, their father, and he said to them: Why have you returned so quickly today? <sup>19</sup> And they said: An Egyptian delivered us from the shepherds, drew water for us and watered our sheep. <sup>20</sup> Then he

said to his daughters: Where is he? Why have you left the man? Call him therefore, so that he may eat bread.<sup>21</sup> So Moses stayed with the man who gave Zipporah, his daughter, to Moses for a wife.<sup>22</sup> And the woman conceived and gave birth to a son, and Moses called his name Gershom, saying: I am a lodger in a foreign land. Again she conceived and gave birth to a second son and he called his name Eliezar saying: God my father is my helper and has freed me from the hand of Pharaoh.

#### **Prokeimenon Ps 137 Tone 4**

R: O Lord, your mercy lasts for ever,  
do not overlook the work of your hands.

S: O Lord, I will thank you with my whole heart.

#### **Reading 2**

From the Book of Job (2:1-10)

It came to pass on a certain day when the angels of God came to stand before the Lord, and the Devil came among them to stand before the Lord.<sup>2</sup> And the Lord, said to the Devil: From where have you come? Then the Devil said before the Lord: I have come from going beneath the heaven and walking around everything.<sup>3</sup> Then the Lord said to the Devil: Have you then observed my servant Job, that there is no one among men on the earth like him, a harmless, true, blameless, godly man, abstaining from every evil deed? He still clings to innocence, although you have told me to destroy his possessions without reason?<sup>4</sup> Then the Devil answered and said to the Lord: Skin for skin, all that a man has he will give as a ransom for his life.<sup>5</sup> No, but put out your hand, touch his bones and his flesh, will he truly bless you to your face.<sup>6</sup> Then the Lord said to the Devil: See, I deliver him to you; only save his life.<sup>7</sup> So the Devil went out from the Lord and struck Job with sore boils from his feet to his head.<sup>8</sup> So he took a potsherd to scrape away the discharge and sat on a dung-heap outside the city.<sup>9</sup> When much time had passed, his wife said to him: How long will you hold out, saying: See, I wait for a little longer, while I expect the hope of my deliverance? For, see, your remembrance is abolished from the earth, even your sons and daughters, the labour and pains of my womb which I bore in vain with sorrows. You yourself sit down to spend the night in the open among the corruption of worms, and I am a wanderer and a servant from place to place and house to house, waiting for the setting of the sun, so that I can rest from my distress and my grief which now beset me. Now say some word against the Lord and die.<sup>10</sup> But he looked at her and said to her: You have spoken like one of the foolish women. If we have received good things from the hand of the Lord, shall we not endure evil things? In all these things that happened to him, Job did not sin in any way with his lips before God.

#### **Prokeimenon Ps 140**

R: Let my prayer prosper before you like incense,  
*the raising of my hands be an evening sacrifice.*

S1: O Lord, I have cried to you, listen to me;  
note the voice of my plea when I cry to you.

S2: O Lord, place a guard on my mouth  
and a door of restraint around my lips.

S3: Do not incline my heart to evil words,  
to justify *myself* with excuses for sins with the lawless.

#### **Gospel**

##### *The anointing*

From the Holy Gospel according to Matthew (26:6-16)

At that time when Jesus was at Bethany in the house of Simon the leper,<sup>7</sup> a woman came up to him with an alabaster flask of very expensive ointment, and she poured it on his head, as he sat at table.<sup>8</sup> But when the disciples saw it, they were indignant, saying, "Why this waste?"<sup>9</sup> For this ointment might have been sold for a large sum, and given to the poor."<sup>10</sup> But Jesus, aware of this, said to them, "Why do you trouble the woman? For she has done a beautiful thing to me.<sup>11</sup> For you always have the poor with you, but you will not always have me.<sup>12</sup> In pouring this ointment on

my body she has done it to prepare me for burial.<sup>13</sup> Truly, I say to you, wherever this gospel is preached in the whole world, what she has done will be told in memory of her."<sup>14</sup> Then one of the twelve, who was called Judas Iscariot, went to the chief priests<sup>15</sup> and said, "What will you give me if I deliver him to you?" And they paid him thirty pieces of silver.<sup>16</sup> And from that moment he sought an opportunity to betray him.