

SUNDAY 18 MARCH 2018
+ Sunday of John of the Ladder
Archbishop Kyrillos of Jerusalem C4
41st Sunday Tone 8 & Eothinon 8

VESPERS

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.

² 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 Christ, we offer you our evening hymn and reasonable worship,
for you were pleased to have mercy on us by your resurrection.

S9: The just will wait for me until you reward me.
O Lord *our* Lord, do not banish us from your face, but be pleased to
have mercy on us by the resurrection.

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

Rejoice, O holy Zion, mother of the churches, dwelling place of
God! For you were the first to receive remission of sins by the
resurrection.

S7: Let your ears note the voice of my plea.
The Word of God the Father, begotten before the ages, was
incarnate in the latter times from the *woman* who was ignorant of
marriage. He willingly endured crucifixion until death. By his
resurrection he has saved man who was dead from the past.

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
O Christ, we glorify your resurrection from the dead by which you
have freed the race of Adam from the tortures of Hades. As God
you have granted the world eternal life and great mercy.

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.
Glory to you, O Saviour Christ, only begotten Son of God! You
were nailed to the cross and raised from the tomb on the third day!

Tone 8

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.

Holy father John, the Lord's praises were always on your lips. You
searched the scriptures which teach us to deny ourselves with a
depth of wisdom. You became rich in the blessings of grace and
overthrew the cunning of the Devil. X2

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

Most glorious father John, you washed your soul in a fountain of
tears. You kept vigil for God and gained his mercy. O holy one,
you were carried up on the wings of prayer; you flew to divine love
and beauty. Now you live in his spiritual light and unending joy,
together with your fellow soldiers.

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

1

Holy father John, you raised your mind to God on the wings of
faith. You hated this world's confusion and vanity, took up your
cross and followed the one who sees everything. You submitted
your rebellious flesh to his guidance through the discipline of self-
denial by the power of the Holy Spirit.

Glory: Tone 5

Holy father, when you heard the Lord's voice in the gospel, you
spurned the riches and glory of the world. You cry out to all, "Love
God and find eternal grace. Set nothing higher than his love; in this
way you will find rest with all the saints when he comes in glory."
O Christ, guard and save our souls through his prayers.

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.

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

P/D: The Evening Prokeímenon
R: The Lord reigns *and* is clothed with majesty.
S1: The Lord has put on power and clothed himself.
S2: He founded the world, which will not be moved.

Ekteni

Prayer

O Lord, allow us this night to be guarded from sin. Blessed are you,
O Lord, God of our fathers! Praised and glorified be your name for
ever. Amen. O Lord, let your mercy be on us, for we have hoped in
you. Blessed are you, O Lord; teach me your statutes. Blessed are you,
O Master; make me understand your statutes. Blessed are you,
O Holy *One*; enlighten me with your statutes. O Lord, your mercy
lasts for ever; do not overlook the work of your hands. To you
belongs worship, to you belongs praise, to you belongs glory, to the
Father, the Son and the Holy Spirit, both now and ever, and to ages
of ages. Amen.

Plirotiká

Prayer

P: Peace be with you all. R: And with your spirit
D: Bow down your heads to the Lord. R: To you, O Lord.

P: For blessed and glorified is the power of your Kingdom, of the
Father and the Son and the Holy Spirit, now and ever and to the
ages of ages. *Amen*.

Apósticha

Tone 8

O Jesus you descended from heaven and ascended the cross. You
are the immortal Life who came to death; *you are* the true Light for
those in darkness *and* the Resurrection of all. Our Light and
Saviour, glory to you!

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92

Let us glorify Christ who rose from the dead. He took up soul and body, then separated them both in suffering. His most pure soul descended to Hades, which he plundered. The holy body of the Redeemer of our souls did not see corruption in the tomb.

S2: For he founded the world which will not be moved. *Ps 92*
O Christ, we glorify your resurrection from the dead with psalms and hymns. Through it you have freed us from the torments of Hades and, as God, have granted eternal life and great mercy.

S3: O Lord, holiness is right for your house to length of days. *Ps 92*
O Master of all, incomprehensible Creator of heaven and earth, you have brought about existence for me without passion by your passion on the cross. You accepted burial, rose in glory and raised Adam with you by your all-powerful hand. Glory to your resurrection on the third day through which you have granted us eternal life and cleansing of sins, for you are the only compassionate Lord!

Glory: Tone 2

Let us honour John who is an earthly angel, a heavenly man, the adornment of the world, the joy of the faithful and the glory of ascetics. He was planted in the house of God and bloomed with the flower of sanctity. He flourished in the desert like a cedar of Lebanon. Through him the sheep of Christ's flock grow in holiness and justice.

Both now:

A new miracle surpasses all ancient miracles. Who knows of a mother who gave birth without a man, who carried in her arms her Creator? This birth is the will of God. Most pure *Lady*, since you carried him as an infant in your arms and possess motherly boldness before him, continually pray for us who honour you, that he may be bountiful and save our souls.

Song of Simeon

B/P: O Master, now let your servant depart in peace according to your word,
² for my eyes have seen your salvation,
which you have prepared before all peoples,
³ a light of revelation for the nations
and the glory of your people Israel.

Triságon Prayers

Apolytikia

Tone 8

O merciful *Lord*, you descended from above and accepted the three-day burial in order to free us from our sufferings. O Lord, our life and resurrection, glory to you!

Tone 8

O *John*, you have made the barren desert fertile with the rivers of your tears. You made your labours bear fruit a hundredfold with sorrowful sighing from your heart. You have become a light to the inhabited earth with the glory of your miracles. O holy father John, plead with Christ our God to save our souls.

Tone 8

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, plundered death through death and, as God, you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful *Lord*, reveal your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, *for she is* an intercessor, and save your despairing people.

Dismissal

ORTHROS

God is the Lord Ps 117

R: God is the Lord and has appeared to us.

Blessed is the one who comes in the Lord's name. *Ps 117*
S1: Thank the Lord, for he is good,
for his mercy lasts for ever.
S2: All the nations surrounded me,
but I opposed them in the Lord's name.
S3: This *is* the Lord's doing
and it is wonderful in our eyes.

Apolytikia

Tone 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

Tone 8

O *John*, you have made the barren desert fertile with the rivers of your tears. You made your labours bear fruit a hundredfold with sorrowful sighing from your heart. You have become a light to the inhabited earth with the glory of your miracles. O holy father John, plead with Christ our God to save our souls.

Tone 8

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, plundered death through death and, as God, you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful *Lord*, reveal your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, *for she is* an intercessor, and save your despairing people.

Small Litany

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

Kathisma 1

The noble Joseph took down your most pure body from the tree and wrapped it in fine linen. He anointed it with spices and laid it for burial in a new tomb. But, O Lord, you rose on the third day and granted the world great mercy.

Glory:

The angel stood at the tomb and cried to the myrrhbearing women, "Myrrh is correct for the dead, but Christ has revealed himself a stranger to corruption, so proclaim that the Lord is risen and grants the world great mercy."

Both now:

O Virgin Theotokos, you are most glorious. We praise you, for Hades has been laid low and death has been slain through the cross of your Son. We were dead in sin, but have risen and been granted life. We have obtained Paradise, our former delight, therefore we thank and glorify Christ our God, for he alone is mighty and great in mercy.

Kathisma 2

You did not prevent the stone of the tomb from being sealed; you rose and granted the rock of faith to everyone. O Lord, glory to you.

Glory:

The choir of the disciples, joined the myrrhbearing women and rejoiced in unison. Therefore, together with them, we keep the feast to glorify and honour your resurrection. O Lord and Lover of the human race, grant your people great mercy through them.

Both now:

O Virgin Theotokos, you are most blessed, for Hades has been captured through the *Lord* who was born from you. Adam has been recalled, the curse has been annulled, Eve has been set free, death has been slain and we have been granted life. Therefore we cry, "Blessed is Christ our God, who was so well-pleased! Glory to you!"

Evlogitária

Blessed are you, O Lord; teach me your statutes.
The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.
The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes.
The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.
The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them, Why do you number the Living among the dead? As God he has risen from the tomb."

Glory:
We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

Both now:
O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)
O our God and our hope, glory to you.

Small Litany

P: For blessed is your name, and glorified is your kingdom, of the Father and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. *Amen*

Ypakói

Read without note

O Christ our God, the women went to the grave in order to anoint your body after the Passion. They saw angels in the tomb and were afraid, for they heard them say, "The Lord has risen and grants the world great mercy.

Anaváthmi

Antiphon 1 Ps 122

O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.
O my Christ, have mercy on us,
for we frequently and at every hour give you grief;
give us the means to turn back to you before the end.

Glory: Both now:
The rule, blessing and control of creation are the Holy Spirit's
for he is God, consubstantial with the Father and the Word.

Antiphon 2 Ps 123

If the Lord were not among us,
who could be protected from the murderous enemy?
O Saviour, do not hand over your servant to their teeth.
They move against me like a lion,
for they also are my enemies.

Glory: Both now:
The first cause of life and regal honour is the Holy Spirit's,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antiphon 3 Ps 124

Those who put their trust in the Lord are like the Holy Mountain;

they are never shaken by the attacks of Beliar.
Do not let those who live for God
stretch out their hands to lawless deeds,
for Christ will not set aside the rod for his inheritance.

Glory: Both now:
All wisdom streams from the Holy Spirit.
Grace comes from him to the Apostles;
the Martyrs are crowned for their struggles
and the Prophets are given vision.

Prokeímenon Ps 145

R: The Lord will reign for ever,
your God, O Zion, from generation to generation.
S: Praise the Lord, O my soul.

Small Litany

For you are the King of Peace and Saviour of our souls, and we send up glory to you, to the Father, the Son and the Holy Spirit, always, now and for ever, and to the ages of ages. *Amen*

Kontákion

Read without note

O almighty Saviour, Hades became afraid when it saw the miracle of your resurrection from the tomb. The dead rose and creation, together with Adam, saw this and rejoiced together with you. My Saviour, the world praises you for ever.

Íkos

O Saviour, you are the light of those in darkness; you are the resurrection of everyone and the life of mortals. O Word, when you despoiled the might of death and shattered the gates of Hades, you raised us all with you. O Lover of the human race, the dead saw this and wondered at the miracle and all creation rejoiced together at your resurrection. Therefore, my Saviour, we also glorify and praise your condescension and the world praises you for ever.

Synaxáριον**Synaxarion**

Today we remember our father among the saints Kyrillos, Archbishop of Jerusalem who lived in the Fourth Century. He was elected Archbishop about 350 AD. He was exiled on three occasions because of his Orthodoxy in an Arian age. He finally returned in 378 and was at the Second Council in 381. He died in peace in 386, leaving behind theological works. O Kyrillos, on the Eighteenth you rose as though on wings to enter into the joy of your Lord as a faithful servant.

Together with him we remember:
Martyrs Tróphimos and Efkarpon of Nikomedia C4
Royal Martyr Edward of England C10
Bishop Nicholas of Zhica C20

Ypómniμα

Today on the fourth Sunday in the Fast, we commemorate our father, John, who was the author of *The Ladder*. Truly John when alive was dead in the body, but now appears dead and without breath, yet lives for ever. He has left his book through which he ascended to the heights and clearly reveals in it the path of heavenly ascent for everyone.

Katavasías

1: I will open my mouth and be filled with the spirit. I will sing a song to the Queen and Mother. I will come, rejoice in the feast and praise all her glory.

3: O Theotokos, living and inexhaustible fountain, in your divine glory spiritually establish your choir which is assembled in chorus. Make them worthy to receive crowns of glory in your mercy.

3: O Theotokos, living and inexhaustible fountain, strengthen those who are united in spiritual fellowship and who sing your praises. Make them worthy to receive crowns of glory in your divine glory.

4: The counsel of God cannot be scrutinised. The Most High was incarnate from a Virgin. The prophet Habakkuk foresaw this and cried, "Glory to your power, O God!"

5: O Virgin, all creation was amazed at your divine glory, for you knew no man. You held thee God of all in your womb and gave birth to the eternal Son. You order salvation for all those who praise you.

6: O devout people, come and clap hands while we observe this divine and most precious feast of the Mother of God. Let us glorify God who was born from her.

7: The devout youths worshipped the Creator rather than created things. They courageously trampled on the threatening fire and joyfully sang, "Blessed are you, most praised Lord, the God of our fathers."

8: Let us praise, bless and worship the Lord. The *Lord* who was born from the Theotokos saved the holy children in the furnace. The one who was then prefigured has now been born on earth and gathers the whole inhabited earth to sing, "All you works of the Lord, bless the Lord and exalt him above all for ever.

Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen.*

R: Let everything with breath praise the Lord. *X3*

Praise God in his saints;

praise him in his mighty firmament. *ps 50*

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

P: Peace be with you all. *And with your spirit*

P: A reading from the Holy Gospel according to John.

P/D: Let us attend

R: Glory to you, O Lord, glory to you.

Eothinón Gospel 8

From the Holy Gospel according to John (20:11-18)

At that time Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; ¹² and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. ¹³ They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid him." ¹⁴ Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. ¹⁵ Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." ¹⁶ Jesus said to her, "Mary." She turned and said to him in Hebrew, "Rabboni!" (which means Teacher). ¹⁷ Jesus said to her, "Do not hold me, for I have not yet ascended to the Father; but go to my brothers and say to them, I am ascending to my Father and your Father, to my God and your God." ¹⁸ Mary Magdalene went and said to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

R: Glory to you, O Lord, glory to you.

Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

Psalm 50

O God, have mercy on me in your abundant mercy and wipe out my offence through your great pity.

⁴ Wash me thoroughly from my lawless act and cleanse me from my sin,

⁵ for I know my lawlessness and my sin is always before me.

⁶ I have sinned against you alone and done what is evil before you

^{6b} so that you might be right in your words and overcome when you are judged,

⁷ for see, I was conceived in lawlessness and my mother desired me in sin,

⁸ for see, you have loved truth and shown me the mysteries and secrets of your wisdom.

⁹ You will sprinkle me with hyssop and I will be clean; you will wash me and I will become whiter than snow.

¹⁰ You will make me hear about joy and gladness; humbled bones will rejoice.

¹¹ Turn your face from my sins and wipe out all my lawlessness.

¹² O God, make a pure heart within me and renew an upright spirit within me.

¹³ Do not banish me from your presence or remove your Holy Spirit from me.

¹⁴ Restore your saving joy to me and strengthen me with your directing Spirit.

¹⁵ I will teach the lawless your ways and the ungodly will return to you.

¹⁶ O God, God of my salvation, free me from bloodshed, then my tongue will rejoice in your justice.

¹⁷ O Lord, you will open my lips and my mouth will announce your praise,

¹⁸ for if you had wanted sacrifice, I would have given it; you will not be pleased with burnt offerings.

¹⁹ Sacrifice for God is a broken spirit; God will not despise a broken and humbled heart.

²⁰ O Lord, be good to Zion in your pleasure and let the walls of Jerusalem be built,

²¹ then you will be pleased with a just sacrifice, with an offering and burnt sacrifices;

then they will offer calves on your altar.

Glory: Tone 6

O merciful *Lord*, blot out the abundance of our offences through the prayers of the apostles.

Both now:

O merciful *Lord*, blot out the abundance of our offences through the prayers of the Theotokos.

Have mercy:

Jesus has risen from the tomb as he foretold and grants us eternal life and great mercy.

Intercession

Short form

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy martyrs of Amórión, and of all the saints. We ask you, only merciful Lord, "Listen to us sinners as we pray to you, and have mercy on us."

Lord have mercy. X12

Through the mercy, compassion and love for the human race of your only-begotten Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

Ode 9

My soul glorifies the Lord
and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim
and beyond compare more glorious than the Seraphim.
You gave birth to God the Word without defilement;
O true Theotokos, we glorify you.

² For he has regarded his servant's humility;
see, from now all generations will call me blessed. R:

³ For the Almighty has accomplished great *things* for me
and his name is holy.

His mercy is from generation to generation
on those who fear him. R:

⁴ He has accomplished strength with his arm
and scattered the proud in the imagination of their hearts. R:

⁵ He has put down the mighty from *their* thrones
and exalted the humble.

He has satisfied the hungry with good *things*
and dismissed the rich with nothing. R:

⁶ He has helped his servant Israel
in remembering his mercy,

as he spoke to our fathers,
to Abraham and his seed for ever. R:

9: Let every earthborn mortal spiritually rejoice and carry lamps. be radiant and spiritually leap for joy. Let the ranks of angelic powers celebrate as they honour the sacred wonders of the Theotokos and cry, "Hail, O pure and blessed Ever-virgin who gave birth to God!"

Small Litany

P: For all the powers of heaven praise you, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*

Holy is the Lord

Holy is the Lord our God. X³
Exalt the Lord our God and worship at his footstool.
for he is holy.

Exaposteilária

Tone 8

Mary was truly amazed when she saw two angels in the tomb. She did not recognise Christ, but thought he was the gardener and said to him, "Sir, where have you placed the body of Jesus?" But she knew from his voice that he was the Saviour and obeyed him when he said, "Do not touch me, for I have not yet ascended to the Father, but go and tell my brothers."

O honourable saint, you rejected the easiness of the world as a burden. After making your flesh waste away through fasting, you renewed the strength of your soul and were made wealthy with heavenly glory. O John, never cease to plead for us.

O Lady, because we have been saved through you, we truly acknowledge you to be the Theotokos, for in a manner beyond speech you have given birth to God, who has destroyed death by the cross and summoned to himself the assemblies of the saints. O Virgin, together with them we praise you.

Praises

Tone 8

Let everything with breath
praise the Lord.
Praise the Lord from the heavens;
praise him in the heights.
To you, O God, is due a song.

Praise him, all his angels;
praise him, all his powers.
To you, O God, is due a song.

S8: This glory will be for all his holy ones.
O Lord, everything with breath glorifies you. For you, the only Lover of the human race, have destroyed death by your cross and revealed to the peoples your resurrection from the dead.

S7: Praise God in his saints;
praise him in his mighty firmament.
Do the Jews say that the soldiers who guarded the King destroyed him instead? Do they say that the stone did not preserve the Rock of life? Either let them give up the buried *Lord* or adore with us the one *who has* risen with us and say, "Glory to your great mercies! O Saviour, glory to you!"

S6: Praise him for his mighty deeds;
praise him for the abundance of his majesty.
O people, rejoice and be glad! An angel sitting on the stone has announced to us the glad news and said, "Christ, the Saviour of the world, has risen from the dead and filled everything with sweet fragrance." O people, rejoice and be glad!

S5: Praise him with the trumpet sound;
praise him with lute and harp.
O Lord, before your conception an angel came with the greeting, "Hail!" to the *Lady* who was full of grace and an angel rolled the stone from your glorious tomb at your resurrection. The one announced the signs of joy in place of sorrow, the other proclaimed to us the life-giving Master in place of death. Therefore we cry out to you, "O Lord and Benefactor of all, glory to you!"

Tone 8

S4: Praise him with cymbal and dance;
praise him with strings and flute.
S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.
Let everything with breath praise the Lord.

Holy father John, the Lord's praises were always on your lips. You searched the scriptures which teach us to deny ourselves with a depth of wisdom. You became rich in the blessings of grace and overthrew the cunning of the Devil. X²

S2: Blessed is the man who fears the Lord.
Most glorious father John, you washed your soul in a fountain of tears. You kept vigil for God and gained his mercy. O holy one, you were carried up on the wings of prayer; you flew to divine love and beauty. Now you live in his spiritual light and unending joy, together with your fellow soldiers.

S1 The death of his saints
is precious in the sight of the Lord.
Holy father John, you raised your mind to God on the wings of faith. You hated this world's confusion and vanity, took up your cross and followed the one who sees everything. You submitted your rebellious flesh to his guidance through the discipline of self-denial by the power of the Holy Spirit.

Glory: Tone 1

Come and labour in the mystical vineyard, as we cultivate there the fruits of repentance. Let us not indulge ourselves in food and drink, but reap virtues with fasting and prayer; the Master of labour accepts these. He gives the money for them through which he redeems our souls from the debt of sin, for he alone is the all compassionate *Lord*.

Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the One who was born of you, Hades has been captured and Adam recalled. The curse has been annulled, and Eve set free. Death has been

slain, so we are given life. Blessed is Christ our God, whose good will it was. Glory to you!

Great Doxology

Glory to you who have shown us the light!
 glory to God in the highest!
 Peace on earth and goodwill to men!
² We praise you, we bless you, we worship you,
 we glorify you, we thank you for your great glory,
³ O Lord King, heavenly God, almighty Father,
 O Lord, only-begotten Son, Jesus Christ,
 and you, O Holy Spirit!
⁴ O Lord God, Lamb of God, Son of the Father,
 you take away the sin of the world;
 have mercy on us,
for you take away the sin of the world.
⁵ Receive our prayer,
for you sit on the right of the Father,
 and have mercy on us.
⁶ For only you are holy, only you are Lord,
 O Jesus Christ, to the glory of God the Father. Amen.
⁷ I will bless you every day
 and always praise your name for ever and ever. Ps 144
⁸ O Lord, allow us this day
 to be guarded from sin.
⁹ Blessed are you, O Lord God of our fathers!
 Praised and glorified be your name for ever. Amen. Daniel 3
¹⁰ O Lord, let your mercy *be* on us,
 for we have hoped in you. Ps 32.
¹⁶ Blessed are you, O Lord!
 Teach me your statutes. X3 Ps 118
¹² O Lord, you have been our refuge
 from generation to generation. Ps 89
 I said, "O Lord, have mercy on me;
 heal my soul, for I have sinned against you." Ps 40
¹⁴ O Lord, I have fled to you;
 teach me to do your will, for you are my God. Ps 142
¹⁵ For with you is the source of life
 and in your light we will see light. Ps 35
¹⁶ Stretch out your mercy
 to those who know you. Ps 35

Triságon

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. After he had destroyed death by death, he

LITURGY

Antiphon 1 Ps 91

S1: It is good to thank the Lord
 and make melody to your name, O Most High.

R: At the prayers of the Theotokos, Saviour, save us!

S2: To announce your mercy in the morning
 and your truth by night,

S3: For the Lord our God is upright
 and there is no injustice in him.

S4: Glory: Both now:

Antiphon 2 Ps 92

S1: The Lord reigns *and* is clothed with majesty;
 the Lord has put on power and clothed himself,

R: Save us, O Son of God.
 You arose from the dead
 We sing to you, "Alleluia!"

S2: For he founded the world
 which will not be moved.

S3: Your throne *was* made ready in the past;
 you are from eternity.

Monogenes

Antíphon 3 Ps 117 Tone 1

S1: Come, let us rejoice in the Lord,
 and shout with joy to God our Saviour.

R: O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

S2: Let us enter his presence with thanksgiving
 and gladly cry to him with psalms,

S3: For the Lord is a great God
 and a high king over all the earth.

Entrance Ps 94

Come, let us worship and fall down before Christ.
 Save us, O Son of God.
 You arose from the dead.
 We sing to you, "Alleluia!"

Apolytikia

Tone 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

Tone 8

O John, you have made the barren desert fertile with the rivers of your tears. You made your labours bear fruit a hundredfold with sorrowful sighing from your heart. You have become a light to the inhabited earth with the glory of your miracles. O holy father John, plead with Christ our God to save our souls.

Of the Church

Kontákion

Tone 8

O Theotokos, champion commander, I your city, saved from calamities, ascribe to you songs of victory and hymns of thanksgiving. Since you possess invincible might, free us from every danger, so that we may cry to you, "Hail, O bride unwedded!"

Triságon

Prokeímenon Ps 75 Tone 8

R: Make vows and repay them to the Lord our God.

S: God is known in Judah;
 his name is great in Israel.

Apostolos

From the Second Letter of Paul to Timothy (3:10-15)

My son Timothy, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, ¹¹ my persecutions, my sufferings, what befell me at Antioch, at Ico'nium, and at Lystra, *and* what persecutions I endured; yet the Lord rescued me from them all. ¹² Indeed all those who desire to live a godly life in Christ Jesus will be persecuted, ¹³ while evil men and impostors will go on from bad to worse, deceivers and deceived. ¹⁴ But as for you, continue in what you have learnt and have firmly believed. Recognise from whom you learnt it ¹⁵ and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

Alleluia Ps 94 Tone 8

S1: Come, let us rejoice in the Lord,
and shout with joy to God our Saviour.

S2: Let us enter his presence with thanksgiving.

Gospel

From the Holy Gospel according to Luke (18:9-14)

The Lord spoke this parable: Two men went up into the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood and prayed thus with himself, 'God, I thank thee that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. ¹² I fast twice a week, I give tithes of all that I get.' ¹³ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' ¹⁴ I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.

Communion Ps 148

Praise the Lord from the heavens;
praise him in the heights. Alleluia!