

SUNDAY 1 JULY 2018
+ Healers Kosmás and Damianós (Damian) of Rome C3
Matthew 5
5th Sunday Tone 4 & Eothinón 5

VESPERS

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.

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 our God, we always honour your life-giving cross and glorify
your resurrection on the third day. O almighty *Lord*, you have renewed
the corrupt nature of the human race and revealed our way to heaven
through it, for you are good and the Lover of the human race.

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

O Saviour, you abolished the penalty of the tree of disobedience by being
nailed willingly to the tree of the cross. O almighty *Lord*, you broke the
bonds of death as God by descending to Hades. Therefore we adore your
resurrection from the dead and sing in joy, "Glory to you, O almighty
Lord!"

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

O Lord listen to my voice.

O Lord, you smashed the gates of Hades and demolished the kingdom of
death by your death. You rescued the human race from corruption and
granted the world life, incorruption and great mercy.

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

O people, come and sing about the Saviour's resurrection on the third day. We have all been freed by it from the unbreakable bonds of Hades; we have received life and incorruption. Therefore we cry in unison, "You were crucified, buried and rose again. Unique Lover of the human race, save us by your resurrection."

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

But there is forgiveness with you.

We glorify the Author of our salvation. The world was saved from deceit by his resurrection from the dead. The choir of angels rejoices as the error of demons takes flight. Fallen Adam rises as the Devil is overthrown.

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 guards were instructed by the lawless people, "Hide the resurrection of Christ; take money and say, 'The body was stolen from the tomb while we were asleep.' But who has heard of a body being stolen, a body anointed and naked, with its grave clothes left behind in the tomb? O Jews, do not be deceived, study the words of the prophets and understand that he is truly the Redeemer of the world and all-powerful.

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.

Those two holy companions, Kosmás and Damianós disdained corrupt matter and lived like angels in the flesh here below; they became citizens of heaven. They shared the same sentiments, had but one soul and shared a common life. Therefore they grant healing to all those who suffer and give their benefits freely to all in need. Let us sing worthily to them on their feast, for they pray boldly before Christ for our souls.

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

When they had become a home of the Holy Trinity, these brothers, the wise Kosmás and Damianós, who are worthy to receive our praise, pour

out a stream of healing like a life-giving source with two outlets. Their relics heal the wounds of those who touch them. Their names alone are sufficient to drive illness from men. They help all those who seek their aid and pray boldly before Christ for our souls.

Glory: Tone 6

The grace which Kosmás and Damianós receive from Christ is without end. Therefore their relics still work miracles through the divine power. When they are invoked their names are sufficient to heal incurable diseases. O Lover of the human race, rescue us also from illness of body and spirit.

Both now: Tone 4

O Virgin, the prophet David was a forefather of God through you. He spoke beforehand about you in songs to the *Lord* who worked wonders in you, “At your right hand stood the queen.” God, who was well-pleased to be incarnate from you without a father, announced you as mother and source of Life. He wanted to renew his fallen image, which had been corrupted by passion, so he found the lost sheep wandering on the mountain, placed it on his shoulders and brought it to his Father. He joined it to the heavenly powers by his own will. O Theotokos, Christ who has great and rich mercy, has saved the world.

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 Prokeimenon

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.

Ektení

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 4

O Lord, you have annulled our ancestral curse by ascending the cross. You have freed those in chains throughout the ages by descending to Hades and have granted incorruption to the human race. Therefore we glorify your life-giving and saving resurrection with hymns.

S1: The Lord reigns *and* is clothed with majesty;

the Lord has put on power and clothed himself. Ps 92

Uniquely-powerful Lord, you made the whole creation quake by hanging on the tree. You have raised those who lived in the tombs by being laid in the tomb; you have granted life and incorruption to the human race. Therefore we glorify your resurrection on the third day with hymns.

S2: For he founded the world which will not be moved. Ps 92

O Christ, a lawless people handed you over to Pilate and condemned you to be crucified, therefore they proved themselves ungrateful before their Benefactor. You willingly endured burial, rose by your own power on the third day and granted us eternal life and great mercy, for you are God.

S3: O Lord, holiness is right for your house to length of days. Ps 92

The women reached your tomb with tears, searched for you, but did not find you. They cried out with grief, “Woe to us! Our Saviour, King of all, how were you stolen? What place can hold your life-bearing body?” But an angel replied to them, “Do not weep but go and proclaim that the Lord has risen and grants us joy, for he is the uniquely-compassionate *Lord*.”

Glory: Tone 6

O holy unmercenaries, Kosmás and Damianós, you continue to accomplish miracles here below because Christ has not stopped working in you; you heal every weakness and disease. Your care is like an inexhaustible spring; the more we drink, the more it flows. When it is emptied, it flows in streams. When it is daily drained, it pours out in greater abundance. It is always providing and never depleted. Those who drink are revived with healing, but it remains full for ever. What shall we call you? You are physicians of our souls and bodies, treat incurable pain and heal the entire world freely through the grace which you received from Christ our Saviour who grants us great mercy.

Both now:

O my impenitent soul, you do not repent. Why do you delay? See, death approaches you and the end will overtake you like a thief. Hurry to fall before the Theotokos.

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.

Triságion Prayers

Apolytikia

Tone 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, “Death is overthrown. Christ our God has risen and grants the world great mercy.”

Tone 8

O holy unmercenary wonder-workers, Kosmás and Damianós, heal us from our diseases. Freely you have received, freely give to us.

Tone 8

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

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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*

Kathísma 1

Tone 4

The myrrh-bearing women looked at the entrance of the tomb. They were unable to bear the sight of the flaming angel, trembled with wonder and said, “Can it be that the one who opened Paradise to the Thief has been stolen? Or is he risen, who before his passion proclaimed his resurrection? Christ is risen indeed; he grants life and resurrection to those in Hades.”

Glory:

O Saviour, you suffered the cross by your free will. Mortal men laid you in a new tomb, although you are the *Lord* who founded the ends of the earth with your word. Therefore the alien was held in bondage and death was plundered without mercy. Everyone in Hades cried out at your life-bearing resurrection, “Christ, the Giver of life, is risen and will remain for ever!”

Both now:

O Theotokos, your seedless conceiving was beyond nature; Joseph was struck with wonder and called to mind the fleece wet with dew, the bush

which burned, yet was not consumed, and the rod of Aaron which budded. In witness to these things, your betrothed guardian cried to the priests, “A Virgin bears a child and after childbearing remains a virgin.”

Kathísma 2

O Saviour, Christ our God, you rose from Hades as immortal and raised the world with you by your resurrection. O Merciful *Lord*, you have broken in pieces the dominion of death and revealed the resurrection to everyone. Therefore we glorify you, only Lover of the human race.

Glory:

Gabriel came down from above and approached the stone where the Rock of Life lay. He was clothed in white and cried out to the mourners, “Stop your tears and wailing, for you have Mercy with you for ever. Take courage, for the *Lord* whom you seek with tears has truly woken. Therefore cry out to the Apostles that the Lord has risen.”

Both now:

O Pure Virgin, all the choirs of angels were struck with wonder at the dread mystery of your conceiving. “How was it that the one whose hand held everything firm with a mere nod, was held in your arms as a mortal man? How was it that the *Lord* who was before the ages, was born from you? How was it that the one who feeds everything with breath was suckled at the breast?” They glorify you with hymns as the true Theotokos.

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, the Myrrh-bearers hurried to announce to the Apostles the glad news of your all-glorious resurrection. They proclaimed that you had risen as God and granted the world great mercy.

Anaváthmi Tone 4

Antiphon 1 Ps 128

My Saviour, many passions have fought against me
from my youth, but help and save me.

May those who hate Zion be shamed by the Lord;
they will be withered like grass by fire.

Glory: Both now:

Every soul lives through the Holy Spirit;
it is exalted through purity
and illuminated by the Triune Unity in a sacred mystery.

Antiphon 2 Ps 129

O Lord, I have cried fervently from the depths of my soul;
let your divine ears listen to me.

Everyone who has hoped in the Lord
is higher than everyone who grieves.

Glory: Both now:

The streams of grace gush through the Holy Spirit;
they water all creation to produce life.

Antiphon 3 Ps 130

O Word, let my heart be raised to you;
let none of the world's pleasures enchant me back to earth.

As each of us has affection for his mother,
so we must have even more ardent love for the Lord.

Glory: Both now:

The wealth of divine knowledge, heavenly vision and wisdom
comes from the Holy Spirit;
for the Word unveils all the Father's teaching through him.

Prokeímenon Ps 43

R: O Lord, rise and help us;
free us for your name's sake.

S: O God, we have heard with our ears.

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

Without note

My Saviour and Redeemer raised those born on earth from their chains, for
he is God. He shattered the gates of Hades and has risen on the third day
as Master.

Íkos

Let all of us who are born on earth sing the praises of Christ, the Giver of life. He rose from the dead, came from the tomb on the third day and today has smashed the gates of death by his strength. He set free Adam and Eve, killed Hades and destroyed the sting of death. Let us cry aloud in thanksgiving with our generous praise, for he alone is the mighty God and has risen on the third day as Master.

Synaxáron

Today we remember the holy unmercenary wonderworkers, Kosmás and Damianós, who were martyred at Rome during the Third Century. On the First these two firm pillars were stoned to death.

Together with them we remember:

Martyr Potitus of Naples C2

Protomartyrs Julius and Aaron of Wales C4

Evangeliser Servanus of Western Fife C6

O God, have mercy on us through their holy prayers. Amen.

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.

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 5

From the Holy Gospel according to Luke (24:12-35)

At that time Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened. ¹³ That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, ¹⁴ and talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing together, Jesus himself drew near and went with them. ¹⁶ But their eyes were kept from recognizing him. ¹⁷ And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. ¹⁸ Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know

the things that have happened there in these days?"¹⁹ And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people,²⁰ and how our chief priests and rulers delivered him up to be condemned to death, and crucified him.²¹ But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened.²² Moreover, some women of our company amazed us. They were at the tomb early in the morning²³ and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive.²⁴ Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see."²⁵ And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken!²⁶ Was it not necessary that the Christ should suffer these things and enter into his glory?"²⁷ And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself.²⁸ So they drew near to the village to which they were going. He appeared to be going further,²⁹ but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them.³⁰ When he was at table with them, he took the bread and blessed, and broke it, and gave it to them.³¹ And their eyes were opened and they recognized him; and he vanished out of their sight.³² They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?"³³ And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them,³⁴ who said, "The Lord has risen indeed, and has appeared to Simon!"³⁵ Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

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 unmercenary wonderworkers, Kosmás and Damianós, 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.

Exposateilaria

Tone 5

Christ, the Way and the Life, accompanied Luke and Cleopas after his resurrection. They recognised him at Emmaus in the breaking of the bread. Their hearts were set on fire as he spoke to them on the way. He interpreted to them everything in the Scriptures about his suffering. Let us cry out with them, “The Lord is risen indeed and has appeared to Peter.”

O blessed unmercenaries, Kosmás and Damianós, you have received from God the power to heal. You care for the sick and heal all the faithful who approach your holy church. Therefore we rightly call your memory blessed as we sing with one voice.

O pure Virgin, you gave birth to the Lord fathered by God, the divine Word who brought salvation to the world and most wisely accomplished our salvation. Therefore we all chant to you as the woman who pleads with him to rescue us from every danger and disease.

Praises

Tone 4

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.
Almighty Lord, you suffered the cross and death, and rose from the dead.
We glorify your resurrection.

S7: Praise God in his saints;
praise him in his mighty firmament.

O Christ, you have rescued us by your cross from the ancient curse and suppressed by your death the Devil who was tyrannising our nature. You have filled everything with joy by your resurrection. Therefore we cry out to you, “O Lord, risen from the dead, glory to you!”

S6: Praise him for his mighty *deeds*;

praise him for the abundance of his majesty.

O Christ *our* Saviour, lead us into your truth through your cross and rescue us from the snares of the enemy; you have risen from the dead. O Lord, Lover of the human race, extend your arm and, at the prayers of your saints, raise us who have fallen because of sin.

S5: Praise him with the trumpet sound;

praise him with lute and harp.

O uniquely-fathered Word of God, in your love for the human race you came to earth without leaving the bosom of the Father. You became truly man, so that you could suffer the cross and death in the flesh, although you are without passion in Divinity. You have granted the human race immortality by your resurrection, for you alone are all-powerful.

Tone 4

S4: Praise him with cymbal and dance;

praise him with strings and flute.

You were like waves which are stirred by the Spirit’s current and overflow from their banks, and so you watered the entire creation with divine miracles and the marvel of your healing. O God-bearing unmercenaries, Kosmás and Damianós, you intercede for our souls, smother deadly passions, heal disease and expel evil spirits.

S3: Praise him with tuneful cymbals;

praise him with joyful cymbals.

Let everything with breath praise the Lord.

You were like waves which are stirred by the Spirit’s current and overflow from their banks, and so you watered the entire creation with divine miracles and the marvel of your healing. O God-bearing unmercenaries, Kosmás and Damianós, you intercede for our souls, smother deadly passions, heal disease and expel evil spirits.

S2: The Lord has been marvellous in the saints on his earth;

all his resolutions *are* for them.

O holy unmercenaries, you received the grace of healing from Christ. You yielded animal passions to spiritual powers and grant your benefits to animals and men. Therefore as we celebrate your splendid and sacred feast, we implore you to illuminate our souls.

S1: See now, what is so good or delightful,
but for brothers to live together in unity.

O amazing servants of the Lord, blessed Kosmás and Damianós, you intercede for our souls. Your holy temple has become a heaven on earth which resplendently has your saving miracles for its stars and the divine power of your healing for its sun.

Glory: Tone 5

O Christ, how wise are your judgments! You allowed Peter to understand your resurrection through the linen clothes alone, but you talked with Luke and Cleopas while you walked with them. You did not reveal yourself and were taunted as being the only stranger in Jerusalem who did not know what had happened there. Since you order all things in accordance with your creation, you explained to them what the prophets had taught about you. They recognised you in the breaking of the bread when their hearts were burning for your knowledge. When they found the disciples, they openly proclaimed the resurrection. Through it we plead with you to have mercy on us.

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

Triságion

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. When he destroyed death by death, he gave us victory and great mercy.

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

Antiphon 3 Ps 94

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

R: When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

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 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, “Death is overthrown. Christ our God has risen and grants the world great mercy.”

Tone 8

O holy unmercenary wonder-workers, Kosmás and Damianós, heal us from our diseases. Freely you have received, freely give to us.

Of the Church

Kontákion

O unfailing protection of Christians and unchanging mediator before the Creator, do not despise the prayers of us sinners, but in your goodness extend your help to those of us who faithfully cry to you, “O Theotokos, you always protect those who honour you, so hurry to intercede for us and hasten to plead for us.”

Triságion

Prokeimenon Ps 15 Tone 4

⁷ The Lord has been marvellous in the saints on his earth;
all his goodwill *is* for them.

⁸ I saw the Lord always before me,
for he is at my right hand in case I am moved.

Apostolos

From the First Letter of Paul to the Corinthians (12:27-13:8a)

Brothers, you are the body of Christ and individually members of it. ²⁸And God has appointed in the church first apostles, second prophets, third teachers, then workers of miracles, healers, helpers, administrators *and* speakers in various kinds of tongues. ²⁹Are all apostles? Are all prophets? Are all teachers? Do all work miracles? ³⁰Do all possess gifts of healing? Do all speak with tongues? Do all interpret? ³¹But earnestly desire the higher gifts. And I will show you a still more excellent way. ¹If I speak in the tongues of men and angels, but do not have love, I am a noisy gong or a clanging cymbal. ²And if I have prophetic powers, if I understand all mysteries and all knowledge, and if I have all faith so as to remove mountains, but do not have love, I am nothing. ³If I give away all I have and deliver my body to be burnt, but do not have love, I gain nothing. ⁴Love is patient and kind; love is not jealous or boastful; ⁵it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful. ⁶It does not rejoice at wrong, but rejoices in the right. ⁷Love bears all things, believes all things, hopes all things *and* endures all things. ⁸Love never ends.

Alleluia Ps 132 Tone 1

¹ See now, what is so good or delightful,
but for brothers to live together in unity.
^{3b} For there the Lord ordered the blessing,
life for evermore.

Sunday Matthew 5

The healing of a demoniac

From the Holy Gospel according to Matthew (8:28-9:1)

At that time when Jesus came to the country of the Gadarenes, two demoniacs met him, coming out of the tombs, so fierce that no one could pass that way. ²⁹ And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" ³⁰ Now a herd of many swine was feeding at some distance from them. ³¹ And the demons begged him, "If you cast us out, send us away into the herd of swine." ³² And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. ³³ The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. ³⁴ And behold, all the city came out to meet Jesus; and when

they saw him, they begged him to leave their neighbourhood. ¹ And getting into a boat he crossed over and came to his own city.

Communion Ps 148

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