

**SUNDAY 29 JULY 2018**  
**Martyr Kallínikos of Gángra C3-C4**  
**Virgin Martyr Theodóta and Three Sons of Vithynía C4**  
**9<sup>th</sup> Sunday Tone 8 & Eothinón 9**  
**Matthew 9**

**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.

<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 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!

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.  
O Lord, we glorify you, for you willingly endured the cross for our  
sake. O almighty Saviour, we fall down in worship before you. O  
Lover of the human race, do not turn us away from your face, but  
listen to us and save us by your resurrection.

Tone 8

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

O godly minded martyr Kallínikos, you devoutly preferred death  
above life. You shone with a faithful image of the death of Christ.  
Therefore you obtained immortality and unending joy. O glorious  
*saint*, you have made your home with the ranks of angels, where all  
the champions rejoice.

S2: Every nation, praise the Lord;  
every people, acclaim him!  
O blessed martyr Kallínikos, because you had the invisible Lord as  
an invincible ally against your invisible enemies, you acquired the

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great triumph of immortality, and vanquished the bodiless enemy in  
your body as you fought the good fight. You drowned in the streams  
of your blood the one who had boasted about destroying earth and  
sea.

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

The hero of faith who destroyed the enemy, the companion of  
martyrs, has become a temple of the Holy Spirit. Kallínikos, the  
amazing support for believers, the soldier for Christ our God, is a  
never-failing store of healing. Today let us honour him with hymns.

Glory: 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.

**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 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: Both now:

O unwedded Virgin, you ineffably conceived God in the flesh. O Mother of the most high God, O spotless *Lady*, accept the cries of your servants; grant cleansing from offences to everyone. Receive our prayers at this time and pray that our souls may be saved.

### Song of Simeon

B/P: O Master, now let your servant depart in peace according to your word,  
<sup>2</sup> for my eyes have seen your salvation,  
which you have prepared before all peoples,  
<sup>3</sup> 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!

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!"

O Theotokos, your mysteries are beyond every thought and your mysteries are exceedingly glorious. You were sealed in purity and preserved in virginity, and so were revealed without deception as

the mother who gave birth to the true God. Plead with him to save our souls.

### 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

Today we remember the holy martyr Kallínikos who lived during the Third and Fourth Centuries. At his trial he said, "Every torture for my God is as welcome to me as bread to a hungry man." On the Twenty Ninth the martyr allowed himself to be consumed by flames because of his zeal for the one true God.

On this day we also remember the holy martyr Theodóta and her three sons of Vithynía who lived in the Fourth Century.

Together with them we remember:

Virgin Martyr Seraphíma of Antioch C2

King Olaf of Norway C11

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

### Katavasías

1: The choirs of Israel passed through the depth of the Red Sea water without getting wet, but they saw the enemy host of Pharaoh drowned in the flood. They joyfully sang, "Let us sing to our God, for he has gloriously triumphed.

3: The bows of the powerful are broken, but the faltering put on strength. Therefore my heart rejoices in the Lord.

4: O Lord, O Christ our God, I have heard about the plan of your salvation, for you were born from the Virgin to save those who cry out, "Glory to your power, O Lord!"

5: O Christ, you made the light appear in the first night so that your works might celebrate you as Creator in full light. Guide our steps in your radiance.

6: I called to the Lord in my distress and the God of my salvation hurried to listen to me.

7: The sons of Abraham walked around in the fiery furnace in Babylon of old. They cried out joyfully with their hymns, "Blessed are you, O God of our fathers!"

8: Let us praise, bless and worship the Lord.  
The young men burnt with zeal for God in Babylon, and courageously trampled down the tyrant's threat and the fire. They were thrown into the midst of the flames, but after they were refreshed with dew they sang, "All you works of the Lord, bless the Lord!"

### 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 9

From the Holy Gospel according to John (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." <sup>20</sup> When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. <sup>21</sup> Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." <sup>22</sup> And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. <sup>23</sup> If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." <sup>24</sup> Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. <sup>25</sup> So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe." <sup>26</sup> Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." <sup>27</sup> Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing." <sup>28</sup> Thomas answered him, "My Lord and my God!" <sup>29</sup> Jesus said to him, "Have you believed because you have seen me, Thomas? Blessed are those who have not seen and yet believe." <sup>30</sup> Now Jesus did many other signs in the presence of the disciples, which are not written in this book; <sup>31</sup> but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

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.  
<sup>4</sup> Wash me thoroughly from my lawless act  
and cleanse me from my sin,  
<sup>5</sup> for I know my lawlessness  
and my sin is always before me.  
<sup>6</sup> I have sinned against you alone  
and done what is evil before you  
<sup>6b</sup> so that you might be right in your words  
and overcome when you are judged,  
<sup>7</sup> for see, I was conceived in lawlessness  
and my mother desired me in sin,  
<sup>8</sup> for see, you have loved truth  
and shown me the mysteries and secrets of your wisdom.  
<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.  
<sup>10</sup> You will make me hear about joy and gladness;  
humbled bones will rejoice.  
<sup>11</sup> Turn your face from my sins  
and wipe out all my lawlessness.  
<sup>12</sup> O God, make a pure heart within me  
and renew an upright spirit within me.  
<sup>13</sup> Do not banish me from your presence  
or remove your Holy Spirit from me.  
<sup>14</sup> Restore your saving joy to me  
and strengthen me with your directing Spirit.  
<sup>15</sup> I will teach the lawless your ways  
and the ungodly will return to you.  
<sup>16</sup> O God, God of my salvation, free me from bloodshed,  
then my tongue will rejoice in your justice.  
<sup>17</sup> O Lord, you will open my lips  
and my mouth will announce your praise,  
<sup>18</sup> for if you had wanted sacrifice, I would have given it;

you will not be pleased with burnt offerings.  
<sup>19</sup> Sacrifice for God is a broken spirit;  
God will not despise a broken and humbled heart.  
<sup>20</sup> O Lord, be good to Zion in your pleasure  
and let the walls of Jerusalem be built,  
<sup>21</sup> 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 holy martyr Kallinikos, of the holy martyr Theodota and her three sons, 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. XI2*

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.

<sup>2</sup> For he has regarded his servant's humility;  
see, from now all generations will call me blessed. **R**

<sup>3</sup> 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**

<sup>4</sup> He has accomplished strength with his arm  
and scattered the proud in the imagination of their hearts. **R**

<sup>5</sup> 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**

<sup>6</sup> 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: The Lord to whom you gave birth is revealed as immortal. God himself determined to come from your womb. He was clothed in

our flesh, appeared on earth and spoke to men. We glorify you with one heart.

### 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 5

When you had entered while the doors were shut, you filled your apostles with the Holy Spirit. You breathed peace on them and said, "Forgive sins or retain them." After eight days you showed Thomas your hands and your side. Therefore we cry out with him, "My Lord, and my God!"

Glory: Both now:

Most holy Bride of God, you saw your Son when he had risen from the tomb after three days. Then you laid aside all the sorrow which you had endured as a mother when you had seen him suffering.

### 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!"

S4: Praise him with cymbal and dance;  
praise him with strings and flute.  
The women poured spices on your tomb with tears, yet they cried out with joy when they heard the words, "The Lord is risen!"

S3: Praise him with tuneful cymbals;

praise him with joyful cymbals.

Let everything with breath praise the Lord.  
Let the nations and peoples praise Christ our God, who willingly suffered the cross for our sake and spent three days in Hades. Let them adore his resurrection from the dead by which all the ends of the earth are enlightened.

S2: O Lord God, rise; let your hand be exalted  
and never forget the poor.

O Christ, you were crucified and buried as you freely willed. You overthrew death and rose again in glory as God and Master. You granted the world eternal life and great mercy.

S1: O Lord, I will thank you with all my heart;  
I will recount all your wonders.

O lawless *people*, you truly revealed greater wonders by sealing the tomb. The guards bring the news, "Today he left the grave." And you told them, "Say that while we were sleeping, his disciples came and stole him." But who would steal a dead body which was naked? He has risen again by his own power as God, and has left his grave clothes in the tomb. O Jews, come and see! The *Lord* who has overcome death did not break the seals, but has granted the human race eternal life and great mercy.

Glory: Tone 5

O Christ, you appeared to your dear *disciples* in the fullness of time on the eve of the Sabbath. You confirmed a wonder for them through a miracle, when you entered while the doors were shut and revealed your resurrection from the dead. You filled your disciples with joy, granted them the Holy Spirit and gave them the power to forgive sins. You did not allow Thomas to drown in the depths of faithlessness. O compassionate Lord, grant us also knowledge of the truth and forgiveness of sins.

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!

<sup>2</sup> We praise you, we bless you, we worship you,  
we glorify you, we thank you for your great glory,

<sup>3</sup> O Lord King, heavenly God, almighty Father,  
O Lord, only-begotten Son, Jesus Christ,  
and you, O Holy Spirit!

<sup>4</sup> 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.

<sup>5</sup> Receive our prayer,  
*for* you sit on the right of the Father,  
and have mercy on us.

<sup>6</sup> For only you are holy, only you are Lord,  
O Jesus Christ, to the glory of God the Father. Amen.

<sup>7</sup> I will bless you every day  
and always praise your name for ever and ever. Ps 144

<sup>8</sup> O Lord, allow us this day  
to be guarded from sin.

<sup>9</sup> Blessed are you, O Lord God of our fathers!  
Praised and glorified be your name for ever. Amen. Daniel 3

<sup>10</sup> O Lord, let your mercy *be* on us,  
for we have hoped in you. Ps 32.

<sup>16</sup> Blessed are you, O Lord!  
Teach me your statutes. X3 Ps 118

<sup>12</sup> 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

- <sup>14</sup> O Lord, I have fled to you;  
teach me to do your will, for you are my God. Ps 142
- <sup>15</sup> For with you is the source of life  
and in your light we will see light. Ps 35
- <sup>16</sup> 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. 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*

#### Antiphon 3 Ps 94

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!"

*Of the Church*

### Kontáktion

Tone 7

O Christ God, you were transfigured on the mountain and your disciples saw your glory as far as they could bear it, so that when they would see you crucified, they could understand that your suffering was voluntary, and would proclaim to the world that you are truly the radiance of the Father.

### Triságion

#### 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.

### Apóstolos

#### *Building the Temple of God*

From the First Letter of Paul to the Corinthians (3:9-17)  
Brothers, we are God's fellow workers; you are God's field, God's building. <sup>10</sup> According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. <sup>11</sup> For no other foundation can anyone lay than that which is laid, which is Jesus Christ. <sup>12</sup> Now if anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw -- <sup>13</sup> each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. <sup>14</sup> If the work which any man has built on the foundation survives, he will receive a reward. <sup>15</sup> If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. <sup>16</sup> Do you not know that you are God's temple and that God's Spirit dwells in you? <sup>17</sup> If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple.

#### 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  
and gladly cry to him with psalms.

### Sunday Matthew 9

#### *The calming of the sea*

From the Holy Gospel according to Matthew (14:22-34)  
At that time Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. <sup>23</sup> And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, <sup>24</sup> but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. <sup>25</sup> And in the fourth watch of the night he came to them, walking on the sea. <sup>26</sup> But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. <sup>27</sup> But immediately he spoke to them, saying, "Take heart, it is I; have no fear." <sup>28</sup> And Peter answered him, "Lord, if it is you, bid me come to you on the water." <sup>29</sup> He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; <sup>30</sup> but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." <sup>31</sup> Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" <sup>32</sup> And when they got into the boat, the wind ceased. <sup>33</sup> And those in the boat worshiped him, saying, "Truly you are the Son of God." <sup>34</sup> And when they had crossed over, they came to land at Gennesaret.

#### Communion Ps 148

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