

SUNDAY 5 AUGUST 2018
+ Forefast of the Transfiguration
Martyr Efsíngnios C4
10th Sunday Tone 1 & Eothinón 10
Matthew 10

VESPERS

Lord I have cried

Tone 1

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

O Lord, listen to me.

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

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

O Lord, listen to me.

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 holy Lord, accept our evening prayers and grant us remission of
sins, for you alone have revealed the resurrection to the world

S9: The just will wait for me until you reward me.
O people, encircle Zion and surround her. Give glory in her to the
Lord who rose from the dead, for he is our God, who has rescued us
from our offences.

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O people, come, praise and fall down before Christ as we glorify his
resurrection from the dead, for he is our God, who has rescued the
world from the deceit of the enemy.

S7: Let your ears note the voice of my plea.
Let the heavens, be glad and the foundations of the earth sound
trumpets. Let the mountains sing with joy. See Emmanuel has
nailed our sins to the cross. The Giver of life has killed death and
raised Adam, for he is the Lover of the human race.

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
Let us praise *the Lord* who was willingly crucified in the flesh for
us. He suffered and was buried, but rose from the dead. We say,
“O Christ, confirm your Church in Orthodoxy and grant peace for
our life, since you are the gracious Lover of the human race.”

S5: O Lord, I have waited for you for your name’s sake;
my soul has waited for your word,
my soul has hoped in the Lord.
O Christ our God, we stand unworthily before your life-bearing
tomb and offer glory to your ineffable compassion. O sinless *Lord*,
you have accepted the cross and death in order to grant resurrection
to the world as the Lover of the human race.

Tone 4

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.
Come and go up with Jesus. Let us climb the holy mountain to
listen to the voice of the living God, the Father who exists before all
ages. He testifies in the Holy Spirit through a radiant cloud to the
divine Son. As we illuminate our hearts in this light, we will see the
divine light. X2

S2: Every nation, praise the Lord;
every people, acclaim him!
Come and celebrate in advance. We will purify our heart sand
prepare in faith for the divine ascent to the city of our God. There
we will contemplate as witnesses his majesty and experience the

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glory that his chosen apostles were accounted worthy to perceive
mystically on Mount Tabor.

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

Come, be changed and progress towards the good. Let us prepare
ourselves to climb the holy mountain of God tomorrow, in order to
see Christ’s unchangeable glory which is more brilliant than the sun.
Let us glorify the condescension of God in the splendour of his
threefold light.

Both now:
Come and climb the mountain of the Lord to the house of our God.
Let us contemplate the glory of his Transfiguration, the glory of an
only Son who comes from the Father. Let us receive light from his
light. Then when we are raised by the Spirit, we will sing to the
consubstantial Trinity throughout all ages.

Glory: Both now: Tone 1
Let us praise the Virgin Mary, the gate of heaven, the glory of the
world, the song of the angels and the beauty of the faithful. She was
born from man, yet gave birth to God; she was revealed as heaven
and the temple of the Divinity. She destroyed the middle wall of
enmity. She commenced the peace and opened the palace of the
King. Because we have her as the anchor of faith, our defender is
the Lord whom she bore. Courage, courage, O people of God! For
Christ will destroy our enemies since he is all-powerful.

Phos Ilarón

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

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

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 1

O Christ, we have been freed from passions by your passion and have been rescued from corruption by your resurrection. O Lord, glory to you!

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92
Let creation rejoice! Let the heavens be glad! Let the nations clap their hands with joy! For Christ our Saviour has nailed our sins to the cross. He has given life by slaying death and raised fallen Adam, *for he is* the Lover of the human race.

S2: For he founded the world which will not be moved. Ps 92
O incomprehensible *Lord*, you were willingly crucified because of your love for the human race as King of heaven and earth. Hades was angry when it met you below. Adam rose when he saw you, the Creator, under the earth. Wonder! How has the Life of all tasted death? He wished to enlighten the world which cries, "O Lord, who rose from the dead, glory to you!"

S3: O Lord, holiness is right for your house to length of days. Ps 92
The myrrh-bearing women came speedily and tearfully to your tomb. They did not find your most pure body, but learnt about the new and glorious wonder from the angel. They told the apostles, "The Lord is risen and has granted the world great mercy."

Glory: Both now: Tone 2
O Christ our God, you were gloriously changed on Mount Tabor; you revealed the glory of your divinity to your disciples. Pour over us also the light of your knowledge and guide us along the way of your commandments in your goodness and love for the human race.

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 1
O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, "Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!"

Tone 4
O faithful, let us celebrate in advance the joy of the Transfiguration of Christ. Let us rejoice in this forefeast and cry out, "Here comes the day of heavenly joy, for the Lord goes up Mount Tabor to be radiant there with the light of hidden divinity."

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 1

O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, "Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!"

Tone 4

O faithful, let us celebrate in advance the joy of the Transfiguration of Christ. Let us rejoice in this forefeast and cry out, "Here comes the day of heavenly joy, for the Lord goes up Mount Tabor to be radiant there with the light of hidden divinity."

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

Tone 1

O Saviour, the soldiers who kept watch over your tomb fell down as dead at the lightning flash of the angel who appeared and proclaimed the resurrection to the women. We glorify you, *for you are* the destroyer of corruption. You alone are our God who rose from the tomb; we all fall down before you.

Glory:

O merciful *Lord*, you were willingly nailed to the cross. O Giver of life, you were laid in the tomb as though dead. Almighty *Master*, you wiped out the power of death by your death. The gatekeepers of Hades trembled before you. Only Lover of the human race, you raised with you the dead from all the ages.

Both now:

We know you are the Theotokos and we all yearn to seek refuge in your goodness. After childbirth you remained truly a virgin. Only pure *Lady*, we sinners truly have you for protection, and as our salvation in temptation.

Kathisma 2

The women who came early to your tomb trembled at the sight of the angel. The tomb shone with life and this wonder amazed them. They returned and announced the resurrection to the disciples, "Christ, *who is* alone mighty and powerful, has despoiled Hades. He has raised up all those who are in corruption and released the human race from fear of condemnation through the power of the cross."

Glory:

The Life of all was nailed to the cross. The immortal Lord, the Saviour who rose on the third day and raised Adam from corruption, was counted among the dead. Therefore, O Giver of Life, the powers of heaven cry out, "Glory to your resurrection! Glory to your condescension, only Lover of the human race!"

Both now:

O Mary, exalted vessel of the Master, raise us who have fallen into a bottomless pit of despair, sin and affliction, for you are the salvation, aid and powerful protection of sinners; you save your servants.

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*

Ypakóí

Read without note

O Christ our God, the Thief stole Paradise through repentance. The wailing of the myrrh-bearing women brought joy to light, for you have risen and grant the world great mercy.

Anaváthmi Tone 1

Antiphon 1 Ps 119
I call to the Lord in my distress,
"Listen to my grief."
The longing for God is unceasing for those in the desert;
they are removed from the emptiness of the world.

Glory: Both now:
Honour and glory are due to the Holy Spirit,
as also to the Father together with the Son
and so we praise the Trinity, one in might.

Antiphon 2 Ps 120
O God, you have exalted me to the hills of your laws;
make me shine with virtues so that I may praise you.
O Word, take me by your right hand; guard and keep me,
so that the fire of sin does not burn me.
Glory: Both now:
The whole creation is renewed in the Holy Spirit.
It returns to its pristine state,
for he is equal in might with the Father and the Word.

Antiphon 3 Ps 123
My soul rejoiced and my heart is glad
with those who said to me,
"Let us go to the courts of the Lord." Ps 123
Great fear will be in the house of David for there,
when the thrones are placed,
every tribe and tongue of the earth will be judged.

Glory: Both now:
It is right to offer glory, might and power to the Holy Spirit,
as to the Father and the Son,
for the Trinity is one in being, but not in persons.

Prokeimenon Ps 11

R: I will rise now," says the Lord;
"I will place them in safety *and* speak openly about it."
S: The Lord's promises are pure words.

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

Tone 1

You rose from the tomb as God in glory and raised the world with you. O Master, human nature praises you as God, for death has vanished. Adam exults and Eve rejoices, for she is freed from bondage and cries to you, "O Christ, you grant resurrection to everyone."

Íkos

Let us sing the praises of the Almighty God, who rose on the third day. He shattered the gates of Hades and raised those who had been dead from all the ages. He appeared to the myrrh-bearing women in his good pleasure and told them first to rejoice. He sent them to bring the good news to the Apostles. They announced the signs of victory to the disciples. O Christ, Hades groaned and death lamented, while the world and all peoples rejoiced together, for you grant resurrection to everyone.

Synaxáριον

Today we celebrate the forefeast of the Holy Transfiguration of our Lord, God and Saviour Jesus Christ, as also the holy martyr Efsíngnios who lived in Antioch during the Fourth Century. On the Fifth he was beheaded by a companion in arms and his head was buried in the earth.

Together with him we remember:

Hieromartyr Fávios of Rome C3

Holy Nónna, mother of Gregory the Theologian C4

Royal Martyr Oswald of Northumbria C7

Holy John the Romanian of Chozeba Monastery C20

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

Katavasías

1: Moses inscribed the invincible weapon of the cross on the waters and marked a straight line before him with his staff. He divided the Red Sea and opened a path for Israel who went over dry shod. Then he marked a second line across the waters, united them in one and overwhelmed the chariots of Pharaoh. Therefore let us sing to Christ our God, for he has been glorified.

3: The rod of Aaron is an image of this mystery; it comes into bud to show who should be priest. So also the wood of the Cross has now flowered in the Church that once was barren. It has filled her with strength and steadfastness.

4: O Lord, I have heard the mystery of your dispensation. I have considered your works and I glorified your divinity.

5: O three times blessed tree, on which Christ the King and Lord was stretched, the beguiler who tempted the human race with the tree fell because of you. He was caught in the trap set by God who was crucified on you in the flesh and grants peace to our souls.

6: Jonah stretched out his hands in the form of a cross within the belly of the whale and plainly prefigured your redeeming passion. He was cast out after three days and foreshadowed the mighty resurrection of Christ our God who was crucified in the flesh and enlightened the world by his rising on the third day.

7: The senseless decree of the wicked tyrant confused the people and breathed out threats and blasphemy hateful to God. Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three children. As they stood together in the flame and were fanned by the wind which brought refreshment like the dew, they sang, "Blessed are you and praised above all, our God and the God of our fathers!"

8: Let us praise, bless and worship the Lord.
O children, equal in number to the Trinity, bless God the Father and Creator. Sing the praises of the Word who descended and changed the fire to dew and exalt above all for ever the most Holy Spirit who gives life to all.

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 10

From the Holy Gospel according to John (21:1-14)
At that time Jesus revealed himself again to the disciples by the Sea of Tiberias; and he revealed himself in this way. ² Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. ³ Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat; but that night they caught nothing. ⁴ Just as day was breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. ⁵ Jesus said to them, "Children, have you any fish?" They answered him, "No." ⁶ He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, for the quantity of fish. ⁷ That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. ⁸ But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. ⁹ When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. ¹⁰ Jesus said to them, "Bring some of the fish that you have just caught." ¹¹ So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. ¹² Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. ¹³ Jesus came and took the bread and gave it to them, and so with the fish. ¹⁴ This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

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 martyr Efsingnios, 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: O Theotokos, you are a mystical Paradise in which Christ
blossomed. Through him the life-bearing wood of the Cross was
planted on earth. Now at its elevation we bow in worship before it
and glorify you.

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 6

The sons of Zebedee, together with Peter, Thomas, Nathaniel of
Cana and two other disciples, were fishing in the Sea of Tiberius.
At Christ's command they cast the net on the right side and hauled
in many fish. Peter recognised him and swam to him. Then Jesus
took bread and fish, and gave it to them. This was the third time
that he was revealed to his disciples.

Tone 2

O Efsingnios, since you were protected by Christ's armour, you
caused the armies of the apostate tyrant to flee. O renowned and
great martyr, as you contended courageously, you carried off the
prize of victory. You now stand with the angels in the presence of
the Holy Trinity, so continually plead for us who sincerely honour
your memory.

Tone 2

Because we only want God's glory, let us pass through the cloud of
flesh and elevate ourselves to the summit of Mount Tabor. Let us
try to join the chief apostles, Moses and Ilias. Let us strive to be
worthy to receive the unapproachable and divine radiance. Let us
receive our light from the unfading Light.

Praises

Tone 1

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 Christ, we praise your saving passion and glorify your
resurrection.

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

O Lord, you have endured the cross, made death of no effect and
have risen from the dead. Grant peace in our lives, for you are the
only almighty *Lord*.

S6: Praise him for his mighty *deeds*;
praise him for the abundance of his majesty.

You have plundered Hades and raised man by your resurrection. O
Christ, make us worthy to praise and glorify you with purity of
heart.

S5: Praise him with the trumpet sound;
praise him with lute and harp.

O Christ, we praise you and glorify your divine condescension.
You were born from a virgin, yet did not part from the Father. You
suffered as man and willingly endured the cross. You rose from the
grave as though from a bridal chamber so that you might save the
world. O Lord, glory to you!

Tone 2

S4: Praise him with cymbal and dance;
praise him with strings and flute.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.

As we shine out with the light of virtues, let us set foot on the holy
mountain so that we may gaze on the divine Transfiguration of the
Lord. *X2*

S2: The heavens are yours and the earth also;
you have established the world and everything in it. *ps 88*

Today Christ reveals the radiant sign of his divinity, which shines to
his disciples before proceeding to the cross; it shines like the sun.

S1: You have created the north and the sea;
Tabor and Hermon will rejoice in your name.
Because he wished to transform the nature taken from Adam, Christ
now reveals to his disciples the nature of God on Mount Tabor.

Glory: Tone 6

O Christ, after your descent to Hades and your resurrection from the
dead, the disciples were rightly sorrowful and grieved at your
absence. They went back to their work, attending their nets and
boats. That night they caught nothing, but as day was breaking you
appeared to them and called out as Lord of all, "Cast the net on the
right side." They cast the net, caught many fish and found a
wonderful meal prepared on the land from which they partook at
once. O Lord and Lover of The human race, make us worthy now
to enjoy it with them in spirit.

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 144.2
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 32.22
¹⁶ Blessed are you, O Lord!
 Teach me your statutes. X3 Ps 118.12
¹² O Lord, you have been our refuge
 from generation to generation. Ps 89.1
 I said, "O Lord, have mercy on me;
 heal my soul, for I have sinned against you." Ps 40.5
¹⁴ O Lord, I have fled to you;
 teach me to do your will, for you are my God. Ps 142.10
¹⁵ For with you is the source of life
 and in your light we will see light. Ps 35.10
¹⁶ Stretch out your mercy
 to those who know you. Ps 35.11

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: O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, "Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!"

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 1

O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, "Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!"

Tone 4

O faithful, let us celebrate in advance the joy of the Transfiguration of Christ. Let us rejoice in this forefeast and cry out, "Here comes the day of heavenly joy, for the Lord goes up Mount Tabor to be radiant there with the light of hidden divinity."

Of the Church

Kontákion

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 32 Tone 1

R: O Lord, let your mercy be on us,
 for we have hoped in you.
 S: O just *people*, rejoice in the Lord;
 praise is correct for the upright.

Apóstolos

The apostle as a fool for Christ

From the First Letter of Paul to the Corinthians (4:9-16)
 Brothers, I think that God has shown us apostles to be last of all, like men sentenced to death; because we have become a spectacle to the world, to angels and to men. ¹⁰ We are fools for Christ's sake, but you are wise in Christ. We are weak, but you are strong. You are held in honour, but we in disrepute. ¹¹ To the present hour we are hungry and thirsty, we are poorly clothed, beaten and homeless; ¹² we labour and work with our own hands. When reviled, we bless; when persecuted, we endure; ¹³ when slandered, we try to conciliate; we have become, and are now, like the refuse of the world, the dregs of all things. ¹⁴ I do not write this to make you ashamed, but to warn you as my dear children. ¹⁵ For although you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the gospel. ¹⁶ I urge you, then, be imitators of me.

Alleluia Ps 17 Tone 1

S1: *It is* God who gives me revenge
 and has subdued peoples under me.
 S2: He increases his king's victories,
 showing mercy to his anointed.

Sunday Matthew 10

The healing of an epileptic

From the Holy Gospel according to Matthew (17:14-23)

At that time, a man came up to Jesus and kneeling before him said,
¹⁵ "Lord, have mercy on my son, for he is an epileptic and he suffers
terribly; for often he falls into the fire, and often into the water. ¹⁶
And I brought him to your disciples, and they could not heal him."
¹⁷ And Jesus answered, "O faithless and perverse generation, how
long am I to be with you? How long am I to bear with you? Bring
him here to me." ¹⁸ And Jesus rebuked him, and the demon came
out of him, and the boy was cured instantly. ¹⁹ Then the disciples
came to Jesus privately and said, "Why could we not cast it out?" ²⁰
He said to them, "Because of your little faith. For truly, I say to
you, if you have faith as a grain of mustard seed, you will say to this
mountain, 'Move from here to there,' and it will move; and nothing
will be impossible to you." ²² As they were gathering in Galilee,
Jesus said to them, "The Son of man is to be delivered into the
hands of men, ²³ and they will kill him, and he will be raised on the
third day." And they were greatly distressed.

Communion Ps 148

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