

SUNDAY 2 SEPTEMBER 2018
Martyr Mamas of Kappadokia C3
Patriarch John the Faster of Constantinople C6
Just Eleazar and Phineas
Matthew 14
14th Sunday Tone 5 & Eothinón 3

VESPERS

Lord I have cried

Tone 5

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

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, you have put the Devil to shame by your precious cross.
You have blunted the sting of sin and saved us from the gates of
death by your resurrection. We glorify you, only begotten *Lord*.

S9: The just will wait for me until you reward me.
Christ was led like a sheep to the slaughter in order to grant
resurrection to the human race. The princes of Hades were
frightened by this, for the gates of sorrow were raised. Christ the
King of glory had entered. He said to those in chains, "Go out," and
to those in darkness, "Come to the light."

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O great wonder! The Creator of invisible matter suffered in the
flesh in his love for the human race and rose again as immortal
Lord. O families of nations, come and worship him. We have been
rescued from error by his compassion and have learnt to sing about
one God in three persons.

S7: Let your ears note the voice of my plea.
O unfading Light, we offer you our evening worship. You shone on
the world in the flesh in these last days as though in a glass. You
even descended to Hades to banish its darkness. You have revealed
the light of the resurrection to the nations. Glory to you, O Lord,
Giver of light, glory to you!

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 8

S4: Let Israel hope in the Lord
from morning watch until night,
from morning watch.
S3: For there is mercy with the Lord
and abundant redemption with *him*.
He will redeem Israel from all his offences.

1

O renowned champion *Mamas*, you first put to flight the wild beasts
of the passions, then by divine pleading you stopped the gaping
mouths of lions and the assaults of wild beasts in the arena; you
were unharmed by them. You did not cower in fear before the fire
nor the wrath of the judge, for, O blessed *martyr* you preferred
nothing to the love of Christ. X2

S2: Every nation, praise the Lord;
every people, acclaim him!
O glorious *martyr*, in a young body you put the ancient deceiver to
flight. O blessed *saint*, you received the marks of Christ in your
flesh. Now, all-blessed *Mamas*, you wear a victor's crown and are
continually illuminated by the splendour of the triune Sun. You see
the highest things which you desire with a most pure mind while
you are joined to the choir of the martyrs.

S1: For his mercy is strengthened over us
and the truth of the Lord remains for ever.
O victorious *martyr*, you followed the life-bearing feet of our
incarnate God who cast down the tyrant by the passion of the Cross.
You went with joy to the arena of martyrdom. O martyr, you were
tortured by torments and threw on the ground the boastful *Devil*
who was destroyed by the passion which killed your flesh.

Glory: Tone 2

As the son of those who travelled the way of the Lord, you became
a new shoot of the olive tree at the table of the Lord. For the Lord
blessed you through martyrdom and you see the good things of Zion
above. O marvellous *Mamas*, you continually delight in divine joy
with your parents. Together with them make us partakers of this joy
through your prayers.

Both now: Tone 5

In the Red Sea of old, a type of the virgin Bride was prefigured.
There Moses divided the waters; here Gabriel assisted in the
miracle. There Israel crossed the sea without getting wet; here the
Virgin gave birth to Christ without seed. After Israel's passage, the
sea remained impassable; after Emmanuel's birth, the spotless *Lady*
remained a virgin. O eternally-existing God, O Lord appearing as
man, have mercy on us.

Phos Ilarón

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

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

Prokeimenon

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 5

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.
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 4

O faithful, come and celebrate together the memory of Mamas the martyr. He has been revealed to us as a new Abel, for as Abel became a shepherd of sheep and brought his first lamb to sacrifice and so acquired the victor's crown, the honourable martyr was pre-eminent among herdsmen. He offered himself to Christ as an acceptable sacrifice through martyrdom. Since he has boldness before Christ, he asks peace for the world and great mercy for our souls.

Both now:

O pure Virgin, those who take refuge in your divine temple and who water the ground with tears of repentance, obtain forgiveness of sins and receive grace. For you, O Theotokos, zealously intercede with your Son who is the Master and Saviour of all.

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 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our

salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 4

O Lord our God, your holy martyr Mamas has received an incorruptible crown from you because of his struggle. For since he had your strength, he laid low the tyrants and shattered the powerless audacity of demons. Save our souls through his prayers.

Tone 4

O Theotokos, the mystery hidden from eternity and unknown to the angels, is revealed to those on earth through you. God was incarnate from you in a union without confusion and willingly took up the cross for us. He raised the first-formed man and has saved our souls from death.

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

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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*

Kathisma 1

Tone 5

Let us celebrate the cross of the Lord, honour his sacred tomb with song and glorify the resurrection. For as God, he raised the dead from the tomb, stripped death of its power and the Devil of his strength; he illuminated those in Hades.

Glory:

O Lord, you were called dead, but put death to death. You were laid you in a tomb, but emptied the tomb. The soldiers guarded the sepulchre above, while below you were raising the dead from all the ages. Glory to you, almighty and incomprehensible Lord!

Both now:

Hail, O sacred mountain, where God has walked! Hail, O living bush which was not consumed by fire! Hail, only bridge between the world and God leading the dead to eternal life! Hail, O

undefiled Maiden, for you gave birth to the Salvation of our souls without knowing a man!

Kathisma 2

O Lord, after your resurrection on the third day when the Apostles had worshipped you, Peter called out to you, "The women boldly ventured out, while I was a coward. The Thief acknowledges God, while I denied him. Will you continue to call me a disciple? Will you not make me again a fisherman of the sea? But, O God, accept me as a penitent and save me."

Glory:

O merciful Lord, the lawless ones nailed you between those who were condemned and pierced your side with a spear. You accepted the tomb, demolished the gates of Hades and rose on the third day. The women ran to see you and announced your resurrection to the Apostles. O Lord, highly exalted Saviour, the angels sing your praises; glory to you!

Both now:

Unwedded Bride, you gave birth to God *and* have turned Eve's grief to joy. The faithful sing your praises and venerate you because you have led us away from the ancient curse. O honourable *and* all-holy *Lady*, pray continually that we may be saved.

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

The sight of the angel dazzled the minds of the myrrhbearing women and their spirits were enlightened by your divine Resurrection. They preached the good news to the Apostles, "Announce to the nations the Lord's Resurrection. He has worked wonders and grants us great mercy!"

Anaváthmi Tone 5

Antiphon 1 Ps 131

My Saviour, I sing to you like David in my trouble; save my soul from crafty speech.

The life of those who live in the desert is blessed; they are supported by divine passion.

Glory: Both now:

Everything seen and unseen is preserved by the Holy Spirit, for he has power in himself as truly one of the Trinity.

Antiphone 2 Ps 120

My soul, let us ascend the mountains; come to the place where help is found.

O Christ, let your right hand rush to guard me from everything sinister.

Glory: both now:

As we speak about divine matters through the Holy Spirit, we say, "You are God, life, desire, light and mind. You are goodness and reign for ever.

Antiphon 3 Ps 121

I offer my prayer for those who said to me, "Let us go to the courts of the Lord, filled with great joy."

Fearful things will be done to the house of David, for a fire there will consume every shameful thought.

Glory: Both now:

The government of life belongs to the Holy Spirit and every creature is given the breath of life through him as also in the Father and the Word.

Prokeímenon Ps 9

R: O Lord my God, rise, for you reign for ever.

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

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*

Kontakion

Read without note

O Christ my Saviour, you descended into Hades, shattered its gates as the almighty *Lord*, raised the dead as Creator and destroyed the sting of death. O Lover of the human race, you have rescued Adam from the curse; we all cry to you, "O Lord, save us!"

Ikos

The women set aside their weeping when they heard the words of the angel and saw the resurrection with awe and joy. See, Christ drew near to them and said, "Hail, take courage, for I have overcome the world and set the prisoners free! Go quickly to the disciples and say that I will go before you to Galilee in order to proclaim the good news." Therefore we all cry to you, "O Lord, save us!"

Synaxáριον

Today we remember the holy martyr Mamas who lived in the Third Century. He was a shepherd boy who was arrested at Caesarea in Cappadokia. On the Second he was pierced with three wounds from a trident and went to the Lord.

On the same day we commemorate our father among the saints, John the Faster, Patriarch of Constantinople, who lived in the Sixth Century. O holy John you fasted from passing pleasure, so now you taste eternal joy.

Together with them we remember:

Eleazar the Just and his Son Phineas C1200 BC

Theódotos and Roufina, parents of Mammias C3

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

Katavasia

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 3

From the Holy Gospel according to Mark (16:9-20)

When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons. ¹⁰ She went and told those who had been with him, as they mourned and wept. ¹¹ But when they heard that he was alive and had been seen by her, they would not believe it. ¹² After this he appeared in another form to two of them, as they were walking into the country. ¹³ And they went back and told the rest, but they did not believe them. ¹⁴ Afterward he appeared to the eleven themselves as they sat at table; and he upbraided them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. ¹⁵ And he said to them, "Go into all the world and preach the gospel to the whole creation. ¹⁶ He who believes and is baptized will be saved; but he who does not believe will be condemned. ¹⁷

And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; ¹⁸ they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." ¹⁹ So then the Lord Jesus, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God. ²⁰ And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. Amen.

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 Mamas, of our father among the saints, John the
Faster, Patriarch of Constantinople, 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

Christ is risen indeed! Let no one doubt or question. He appeared
to Mary, then to those who were fishing. After that he appeared to
his eleven disciples as they sat at table. He sent them to baptise,

then he ascended to heaven from which he had descended; he
confirmed the message by the signs which attended it.

O martyr *Mamas*, you were nourished by the milk of deer and lived
among sheep, but in the arena you were a nobleman, for you
struggled most eagerly. You raised the prize of victory and stand at
the side of God.

O Virgin, the one who once envied my divine life and pleasure in
Paradise, the scheming and cruel enemy who caused my exile from
Eden, has been put to death by your motherhood.

Praises

Tone 5

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, you came out from the grave, which had been sealed by
lawless men, just as you were born from the Theotokos. Your
bodiless angels did not know how you were incarnate; the soldiers
did not see the moment of your resurrection. These two marvels
were concealed from curious minds, but were revealed to those who
worshipped with faith the mystery about which we sing. Grant us
joy and great mercy as we offer you praise.

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

O Lord, you demolished the eternal bars and broke apart the chains
of the grave. You rose from the tomb and left your wrappings in the
grave as a witness to your three-day burial. You left the guards
watching at the tomb and went before your disciples to Galilee. O
incomprehensible Saviour, great is your mercy; have mercy on us!

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

O Lord Christ, you suffered for us and the women hurried to your
tomb to see you. When they approached with fear, they saw an
angel sitting on the stone which had been rolled away. He cried to
them "The Lord is risen. Go and tell the disciples that the Saviour
of our souls has risen from the dead."

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

O Lord, you came into the midst of your disciples, although the
doors were shut, just as you came from the sealed tomb. O long-
suffering Saviour, you revealed the sufferings of the body which
you had accepted, for you endured wounds as the Seed of David,
but saved the world as Son of God. O incomprehensible Saviour,
your mercy is great; have mercy on us.

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

O Lord, King of the ages and Creator of all, you accepted
crucifixion and burial in the flesh for our sake in order to rescue us
all from Hades. You are our God and we do not know anyone apart
from you.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.
Let everything with breath praise the Lord.

O Lord God, who will proclaim your radiant wonders or declare
your divine mysteries? For you were willingly incarnate for our
sake and revealed your powerful might. You opened Paradise to the
thief by your cross. You crushed the bars and bolts of Hades by

your death. You enriched all creation by your resurrection. O compassionate *Lord*, glory to you!

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

O immortal Word and God, the myrrhbearing women reached your tomb very early in the morning because they wanted to anoint you. O Life of all, after they had been instructed by the words of the angel, they turned back with joy to tell the Apostles clearly that you had risen, and granted the world forgiveness and great mercy.

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

The guards of the tomb which had received God said to the Jews, "How deluded was the thought behind your plan! You laboured in vain as you tried to guard the boundless Lord. You appeared publicly because you wanted to hide the resurrection of the crucified *Lord*. How deluded was the thought of your assembly! Why do you consult together again to hide what cannot be hidden? Listen rather to us and choose to believe the truth of what has happened. A radiant angel came down from heaven and rolled away the stone. We were held fast through the dread of him as though we were dead. He raised his voice and spoke to the myrrh-bearing women, 'Do you not see the death of the guards, the rupturing of the seals and the emptying of Hades? Why do you search for the Lord who made the victory of Hades of no effect and smashed the sting of death as though he were mortal? Go quickly to the apostles and announce the good news of the resurrection. Cry without fear, "The Lord who has great mercy has truly risen."' "

Glory: Tone 3

The disciples were rebuked for their hardness of heart because they did not believe Mary Magdalene when she proclaimed the Saviour's resurrection and his appearance to her. Yet they were sent out to preach armed with miracles and wonders. O Lord, you ascended to your Father, the Source of light. Then the disciples preached in every place; they confirmed their words with wonders and miracles. O Lover of the human race, we are enlightened by them and glorify your resurrection from the dead.

Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the One who was born of you, Hades has been captured and Adam recalled. The curse has been annulled, and Eve set free. Death has been slain, so we are given life. Blessed is Christ our God, whose good will it was. Glory to you!

Great Doxology

Glory to you who have shown us the light!
glory to God in the highest!

Peace on earth and goodwill to men!

² We praise you, we bless you, we worship you,
we glorify you, we thank you for your great glory,

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

⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;
have mercy on us,

for you take away the sin of the world.

⁵ Receive our prayer,
for you sit on the right of the Father,
and have mercy on us.

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

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

⁸ O Lord, allow us this day
to be guarded from sin.

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

¹⁰ O Lord, let your mercy be on us,
for we have hoped in you. Ps 32.

¹⁶ Blessed are you, O Lord!

Teach me your statutes. X3 Ps 118

¹² O Lord, you have been our refuge
from generation to generation. Ps 89

I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40

¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142

¹⁵ For with you is the source of life
and in your light we will see light. Ps 35

¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságon

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. 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 faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

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 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our

salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 4

O Lord our God, your holy martyr Mámas has received an incorruptible crown from you because of his struggle. For since he had your strength, he laid low the tyrants and shattered the powerless audacity of demons. Save our souls through his prayers.

Of the Church

Kontákion

Tone 4

O most pure Virgin, Joachim and Anna are freed from barrenness through your birth. Adam and Eve *are freed* from the corruption of death and we, your people, who are freed from the guilt of sin, celebrate and sing to you, "The infertile woman gives birth to the Theotokos, the nourisher of our life."

Triságion

Prokeímenon Ps 11 Tone 5

R: O Lord, you will guard us;
you will keep us from this generation for ever.
S: O Lord, save me, for the devout man has failed;
true words have become few among the sons of men.

Apóstolos

Why the Apostle changed his plans.

From the Second Letter of Paul to the Corinthians (1:21-2:4)
Brothers, it is God who establishes us with you in Christ, and has commissioned us; ²² he has put his seal upon us and given us his Spirit in our hearts as a guarantee. ²³ But I call God to witness against me -- it was to spare you that I refrained from coming to Corinth. ²⁴ Not that we lord it over your faith; we work with you for your joy, for you stand firm in your faith. ¹ For I made up my mind not to make you another painful visit. ² For if I cause you pain, who is there to make me glad but the one whom I have pained? ³ And I wrote as I did, so that when I came I might not suffer pain from those who should have made me rejoice, for I felt sure of all of you, that my joy would be the joy of you all. ⁴ For I wrote to you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.

Alleluia Ps 88 Tone 5

S1: O Lord, I will sing about your mercies for ever;
I will announce your truth with my mouth to all generations.
S2: For you have said: Mercy will be built up for ever;
your truth will be prepared in the heavens.

Sunday Matthew 14

From the Holy Gospel according to Matthew (22:2-14)
The Lord spoke this parable, "The kingdom of heaven may be compared to a king who gave a marriage feast for his son, ³ and sent his servants to call those who were invited to the marriage feast; but they would not come. ⁴ Again he sent other servants, saying, 'Tell those who are invited, Behold, I have made ready my dinner, my oxen and my fat calves are killed, and everything is ready; come to the marriage feast.'⁵ But they made light of it and went off, one to his farm, another to his business, ⁶ while the rest seized his servants, treated them shamefully, and killed them. ⁷ The king was angry, and he sent his troops and destroyed those murderers and burned their city. ⁸ Then he said to his servants, 'The wedding is ready, but those invited were not worthy. ⁹ Go therefore to the thoroughfares, and invite to the marriage feast as many as you find.'¹⁰ And those servants went out into the streets and gathered all whom they found, both bad and good; so the wedding hall was filled with guests. ¹¹ "But when the king came in to look at the guests, he saw there a man who had no wedding garment; ¹² and he said to him, 'Friend, how did you get in here without a wedding garment?' And he was speechless. ¹³ Then the king said to the attendants, 'Bind him hand

and foot, and cast him into the outer darkness; there men will weep and gnash their teeth.'¹⁴ For many are called, but few are chosen."

Communion Ps 148

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