

SUNDAY 9 SEPTEMBER 2018
+Afterfeast
Forebears of God Joachim (Yoakim) and Anna
Martyr Sevirianós (Severian) of Armenia C4
Before Exaltation
15th Sunday Tone 6 & Eothinón 4

VESPERS

Lord I have cried

Tone 6

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 were victorious over Hades. You ascended the cross
and raised with you those who sat in the shadow of death, for you
are free among the dead and pour out life from your light. O
almighty Saviour, have mercy on us.

S9: The just will wait for me until you reward me.
Today Christ has trampled on death, for he has risen as he said and
granted joy to the world, so that we may all sing this hymn, "O
unapproachable Light, Source of life, almighty Saviour, have mercy
on us."

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O Lord, where shall we sinners flee from you, for you are in all
creation? In Heaven? It is there that you live. In Hades? It is there
that you trampled on death. In the depths of the sea? Even there is
your hand, O Master. As we flee to you and fall down before you,
we pray, "You rose from the dead; have mercy on us."

S7: Let your ears note the voice of my plea.
O Christ, we glory in your cross. We sing and honour your
resurrection. For you are our God and we know no one else apart
from you.

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
We will always bless the Lord and sing about his resurrection, for
he endured the cross, and trampled down death by death.

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 Lord, your might is great, for you overthrew the one with the
power of death! You have renewed us by your cross, and grant us
life and incorruption.

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.
Tone 4

O lovers of the feasts of the Church, come and rejoice in song and
celebrate in faith the memory of the blessed forebears, Joachim and
Anna, the venerable couple who gave birth to the holy virgin
Mother of God for us. Now they have left behind this passing life
for the eternal homes, they continually pray that we may be saved.
X2

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

1

All-praised Theotokos, today all creation rejoices with gladness and
unites to celebrate the annual memory of your parents. Joachim and
Anna sing together about the wonder; they have been filled with joy
by your birth. Our hope, the Mother of Light and the nourisher of
our life, has bloomed from them.

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

Today Anna's spirit leaps for joy. She rejoices now that she has
attained her desire. Just as her namesake believed and was blessed
with children of old, so she has borne the fruit of the promise, the
divine blessing, the all-pure Mary who gave birth to our God. From
her the Sun has risen on those who sat in darkness.

Glory: Tone 5

O blessed couple, you are exalted above all other parents, for the
one who is above all creation bloomed from you. O Joachim, you
are happy indeed to be called the father of such a child. O mother
Anna, joy is yours, for the mother of our Life came from your
womb. Blessed are her breasts which nourish the one who feeds
everything that breathes. All-blessed *couple*, implore him to have
mercy on our souls.

Both now: Tone 6

Most holy Virgin, who will not bless you? Who will not sing about
your most pure childbearing? O pure *Lady*, the uniquely-fathered
Son shone timelessly from the Father, but was ineffably incarnate
from you. He was God by nature, but became man for our sake. He
was not divided into two persons, but known as one in two natures.
O honourable and all-blessed Lady, 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 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.

Ekteni

Prayer

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

Plirotiká

Prayer

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

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

Apósticha

Tone 6

O Christ our Saviour, the angels in heaven sing hymns to your resurrection. Enable us who are on earth to glorify you with purity of heart.

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92
You destroyed the gates of brass, broke the chains of Hades and raised the fallen human race, for you were almighty God. Therefore we cry out in unison, "O Lord, glory to you who rose from the dead!"

S2: For he founded the world which will not be moved. Ps 92
Christ who desired to restore us after our fall, was nailed to the cross and placed in a tomb. The myrrhbearing women sought him with tears and cried, "Woe to us, O Saviour! How do you stoop to live in the tomb? What place can hide your life bearing body? Come to us as you promised; take away our lamentation and tears." Then the angel appeared to them and cried, "End your lamentation. Go and proclaim to the apostles that the Lord has risen; he grants us pardon and great mercy."

S3: O Lord, holiness is right for your house to length of days. Ps 92
O Christ, you have been crucified as you determined and you captured death by your burial. You rose on the third day as God in glory, and have granted the world eternal life and great mercy.

Glory: Both now: Tone 8

O Joachim and Anna, holy couple, a holy root has sprung from your infertility from which Christ our God, the Saviour of the world, has shone. You have gone to live in the heavenly mansions and to join the most pure Virgin, your daughter. You dance with the angels as you pray for the world. We gather this day to praise your justice with song. Through all-holy Mary, the child of God, you became forebears to Christ. Intercede with him to save our souls.

Song of Simeon

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

Triságon Prayers

Apolytikia

Tone 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 8

O Lord, we celebrate the memory of your holy forebears and implore you to save our souls through them.

Tone 4

O Theotokos, your birth has proclaimed joy to the whole inhabited earth, for the Sun of Justice, Christ our God, has shone from you. He granted a blessing by annulling the curse and has given us eternal life by destroying 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

Tone 6

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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 6

When the tomb was opened, Hades lamented and Mary cried to the Apostles *who were* in hiding, "O workers of the vineyard, come out and proclaim the word of the resurrection, 'The Lord has risen and grants the world great mercy.'"

Glory:

Mary Magdalene stood beside your tomb and, because she thought that you were the gardener, said with loud lamentation, "Where have you hidden the Eternal Life? Where have you laid the one who sits on the throne of the Cherubim? Those who were guarding him have died with fright. Either give me my Lord or cry out with me, 'Glory to you, for you were among the dead, yet you made the dead rise!'"

Both now: Tone 4

O David, what has God sworn to you? Cry out, "What God swore to me he has now fulfilled." He said, "He has given the Virgin from the fruit of my loins. From her the Creator, Christ, the new Adam, is born. He is the King to sit on my throne." Today the one reigns whose rule cannot be shaken. The infertile woman gives birth to the Theotokos, the nourisher of our life.

Kathisma 2

Life lay in the tomb and the seal lay over the stone. The soldiers guarded Christ like a sleeping King. When he had invisibly struck his enemies, the Lord rose.

Glory:

O immortal Lord, Jonah prefigured your burial and Simeon foretold your divine resurrection. For you went down as a corpse into the tomb and shattered the gates of Hades. O Christ our God, Enlightener of those in darkness, you rose as Master without corruption for the salvation of the world.

Both now: Tone 4

From the root of Jesse and from the loins of David, Mary, the child of God, is born to us today. The whole creation is renewed and made divine. Rejoice together, O heaven and earth! Praise her, O

people of all nations. Joachim is glad and Anna rejoices, crying, "The infertile woman gives birth to the Theotokos, the nourisher of our life."

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, you have shattered the gates of Hades as God and have opened to us the former Paradise by your voluntary and life-giving death. You have saved our lives from corruption by rising from the dead.

Anaváthmi Tone 6

Antiphon 1 Ps 122
O Word, I raise my eyes to you in heaven;
have pity on me so that I may live for you.
O Lord, have mercy on us who are of no worth
and restore your vessels for service.
Glory: Both now:
The cause of salvation is in the Holy Spirit;
if he decides to breathe on one of these,
he quickly raises him from earthly things, gives him wings,
makes him grow and gives him standing above.

Antiphon 2 Ps 123
If the Lord had not been among us,
none of us could have firmly struggled with the enemy,
but the victors will be exalted.
O Word, do not let my soul be taken like a sparrow in their teeth.
Alas! How can I, a lover of sin, be set free from the enemies?
Glory: Both now:
Everyone is made divine
and given joy, peace and blessing through the Holy Spirit,

for he is equally active with the Father and the Lord.

Antiphon 3 Ps 124

Those who trust in the Lord are fearful to their enemies
and objects of wonder to everyone,
for their vision is above.
O Saviour, the land of the just has you for helper
and will not extend its hands to do wrong.

Glory: Both now:
The power over everyone is vested in the Holy Spirit;
the hosts of heaven worship him as also every earthly breath.

Prokeimenon Ps 79

R: O Lord, stir up your power and come to save us.
S: O Shepherd of Israel, listen.

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

When Christ our God, the Giver of life, raised all the dead from the valleys of misery with his mighty hand, he granted resurrection to the human race. He is the Saviour of all, the Resurrection, Life and God of all.

Íkos

O faithful, let us praise and venerate the tomb of the Giver of Life. For you, immortal *Lord*, have bound Hades as Almighty God and raised the dead. You have destroyed death and shattered the gates of Hades. Therefore those of us who live on earth glorify you with love, for you have risen, overthrown the might of the all-destroying enemy, raised all those who have put their faith in you and rescued the world from the sting of the serpent. O Almighty *Lord*, you have saved us from the deceit of the enemy. Therefore we sing the praises of your resurrection through which you, who are the Resurrection, Life, and God of all, have saved us.

Synaxáριον

Today we remember the just Joachim and Anna. They rejoice today because the salvation of the world is near. On the Ninth the forebears of the one who frees us from evil have their festive day.

On the same day we also commemorate the holy martyr Sevirianós of Armenia who lived in the Fourth Century.

Together with them we remember:

Confessor Theophánis C4
Fathers of the Third Ecumenical Council C5
Holy Kieran of Clonmacnois C6
Abbot Joseph of Volokolamsk C16
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 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 4

From the Holy Gospel according to Luke (24:1-12)

On the first day of the week, at early dawn, the women went to the tomb, taking the spices which they had prepared. ² And they found the stone rolled away from the tomb, ³ but when they went in they did not find the body. ⁴ While they were perplexed about this, behold, two men stood by them in dazzling apparel; ⁵ and as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead?" ⁶ Remember how he told you, while he was still in Galilee, ⁷ that the Son of man must be delivered into the hands of sinful men, and be crucified, and on the third day rise." ⁸ And they remembered his words, ⁹ and returning from the tomb they told all this to the eleven and to all the rest. ¹⁰ Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the apostles; ¹¹ but these words seemed to them an idle tale, and they did not believe them. ¹² But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

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 just Joachim and Anna, 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 4

Let us be radiant and shine with virtues while we see the angel in brilliant clothing as he stands inside the tomb. He brought life to the downcast faces of the myrrhbearing women. Let us learn about the resurrection of the Lord of heaven. Let us hurry to the tomb with Peter and wonder at the great event. Let us wait to see Christ the Life.

O Adam and Eve, be clothed with a new glory! O prophets, together with the holy apostles, sing and rejoice with all the just. Let there be a united joy among angels and men, for on this festive day the just Joachim and Anna have brought into the world the mother of our God.

Praises

Tone 6

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, your cross is life and resurrection for your people. We place our trust in it and praise you as our risen God. Have mercy on us.

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

O Master, your burial has opened Paradise for the human race. We have been rescued from corruption and praise you, our risen God. Have mercy on us.

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

Let us praise Christ, together with the Father and the Spirit, *for he* has risen from the dead. Let us cry to him, "You are our Life and Resurrection, have mercy on us."

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

O Christ, you rose from the grave on the third day according to the Scriptures; you raised our forefather with you. Therefore the whole human race glorifies you and praises your resurrection.

Tone 1

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

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

Let everything with breath praise the Lord.

Most strange wonder! The fountain of Life is born to the infertile Anna and the grace of fulfilment begins. Hail, O Joachim, father of the Theotokos! No father on earth is more pleasing to God than you, for through you the handmaid of God has been given to us. *She is* the dwelling place of God and the holy mountain. X2

S2: O daughter, listen, see and incline your ear;
forget your own people and your father's house. Ps 44

Most strange wonder! At the all-powerful Creator's command the fruit which has come from the infertile womb has ended the infertility of good things in this world. O Mothers, rejoice with the Mother of the Theotokos and cry out, "Hail, O Full of grace, the Lord is with you and grants the world great mercy.

S1: The daughters of Tyre will adore him with gifts
and the rich people beg your favour.

Since Anna, a living tower of chastity, was joyful with grace, she gave birth to the crown of virginity. She is the holy Flower, the gift to all virgins who grants great mercy to the faithful.

Glory: Both now: Tone 6

Hail, O people! This is the day of the Lord. The palace of the Light, the scroll of the Word of life comes today from the womb; the gate facing the east is born. She awaits the entrance of the great High Priest. She alone admits Christ into the inhabited earth for the salvation of our souls.

Glory: Both now: Tone 2

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

Great Doxology

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

Peace on earth and goodwill to men!

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

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

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

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

Triságion

Resurrection Troparion

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

LITURGY

Antiphon 1 Ps 131, 86 & 45 Tone 8

R: Through the prayers of the Theotokos, Saviour, save us.

S1: O Lord, remember David
 and all his humility.
 S2: See, we heard about it in Ephratha
and found it in the plains of the wood.
 S3: O City of God,
 glorious things are spoken about you.
 S4: God is within her *and* she will not be moved;
 God will help her before the morning.
 S5: Glory: Both now:

Antiphon 2 Ps 131 Tone 8

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

S1: The Lord has sworn in truth to David
 and will not set it aside,
 S2: "I will place *a king* on your throne
 from the fruit of your loins.
 S3: "I will make a horn grow there for David
 and have prepared a lamp for my anointed.
 S4: For the Lord has selected Zion
and chosen her to be his home.
 S5: Glory: Both now:
Monogenes

Antiphon 3 Ps 131, 45 & 64 Tone 4

R: O Theotokos, your birth has proclaimed joy to all the inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a blessing by annulling the curse and has granted us eternal life by destroying death.

S1: This is my resting-place for ever;

I will settle here for I have chosen her.
 S2: The Most High
 has made his tabernacle holy.
 S3: Your temple is holy
and you are marvellous in justice.

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!"

Apolytikion

Tone 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 8

O Lord, we celebrate the memory of your holy forebears and implore you to save our souls through them.

Tone 4

O Theotokos, your birth has proclaimed joy to the whole inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a blessing by annulling the curse and has given us eternal life by destroying death.
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

Antiphon 1 Ps 102 Tone 2

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

S1: Bless the Lord, O my soul
 and everything within me bless his holy name.
 S2: Bless the Lord, O my soul,
 and do not forget all his rewards.
 S3: The Lord has prepared his throne in heaven
 and his kingdom rules over all.
 S4: Glory: Both now:

Antiphon 2 Ps 145 Own Tone

R: Save us, O Son of God.
 You are wonderful in your saints.
 We sing to you, "Alleluia!"

S1: Praise the Lord, O my soul;
 I will praise the Lord throughout my life
and make melody to my God as long as I live.
 S2: Blessed is the one whose helper is the God of Jacob,
 whose hope is in the Lord his God.
 S3: The Lord will reign for ever,
 your God, O Zion, from generation to generation.
 S4: Glory: Both now:
Monogenes

Antiphon 3 Ps 117 Tone 2

R: *Resurrection Apolytikion of Tone*

S1: This *is* the day which the Lord has made;
 let us rejoice and be glad in it. Ps 117
 S2: O Lord, save now;

O Lord, send prosperity at this time.

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!"

Trisagion

Prokeimenon Ps 27 Tone 6

R: O Lord, save your people and bless your inheritance;
guide them and exalt them for ever.
S: O Lord, I have cried to you;
O my God, do not be silent with me.

Apostolos – Sunday before Exaltation

From the Letter of Paul to the Galatians (6:11-18)
Brothers, see what large letters I use as I write to you with my own hand! Those who want to make a good impression outwardly are trying to compel you to be circumcised. The only reason they do this is to avoid being persecuted for the cross of Christ. Not even those who are circumcised obey the law, yet they want you to be circumcised that they may boast about your flesh. May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. Neither circumcision nor uncircumcision means anything; what counts is a new creation. Peace and mercy to all who follow this rule, even to the Israel of God. Finally, let no-one cause me trouble, for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brothers. Amen.

Alleluia Ps 88 Tone 1

S1: I have granted help to a champion
and exalted a man chosen from my people.
S2: For my hand will be an ally for him
and my arm strengthen him.

Gospel – Sunday before Exaltation

From the Holy Gospel according to John (3:13-17)
The Lord said: No-one has ever gone into heaven except the one who came from heaven - the Son of Man. Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

Communion Ps 148

Praise the Lord from heaven.
Praise him in the heights. Alleluia!

Communion Ps 148

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