

**SUNDAY 16 SEPTEMBER 2018**  
**+Sunday Afterfeast**  
**Great Martyr Effimia of Chalcedon C4**  
**16<sup>th</sup> Sunday Tone 7 & Eothinón 5**  
**VESPERS**

**Lord I have cried**

Tone 7

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

O Lord, listen to me.

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

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

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison that I may acknowledge your name.

Come, let us rejoice in the Lord who destroyed the dominion of death and enlightened the human race. Let us sing to him with the bodiless hosts, “Our Maker and Saviour, glory to you!”

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

O Saviour, you endured the cross and burial for our sake. As God you destroyed death by your death. We fall down before your resurrection on the third day. O Lord, glory to you!

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

O Lord listen to my voice.

When the Apostles saw the resurrection of the Maker, they were amazed and sang the angelic praise, “This is the glory of the Church; this is the wealth of the kingdom.” O Lord who suffered for our sake, glory to you!

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

O Christ, you were held by lawless men, but you are my God and I am not ashamed. You were struck on the cheek, but I do not deny you. You were nailed to the cross and I do not conceal it, for I glorify your resurrection

and your death is my life. O almighty Lord, Lover of the human race,  
glory to you!

Tone 6

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

But there is forgiveness with you.

The exalted cross calls all creation to praise the undefiled passion of Christ. He was exalted on it and killed the one who killed us. Christ has brought us back to life, has adorned us and made us worthy to live in the heavens. We rejoice, exalt his name and glorify his condescension.

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 precious cross, Moses prefigured you when he stretched out his hands on high and put Amalek the tyrant to flight. You are the boast of the faithful, help of the suffering, glory of the apostles, champion of the just and the preserver of all the saints. When it sees you raised on high, creation rejoices and celebrates. It glorifies Christ, who in his infinite goodness has joined together through you what was divided.

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.

O most precious cross attended by ranks of rejoicing angels, you are exalted today. By divine command you raise again all those who had been outcast and were sunk in death on account of the stolen fruit. Now we embrace you in faith with heart and lips. We draw sanctification from you and cry, "Exalt the supreme goodness of Christ our God and venerate his divine footstool."

Tone 4

S3: For there is mercy with the Lord  
and abundant redemption with him.

He will redeem Israel from all his offences.

O glorious martyr, you adorned your soul with the beauties of virginity and the blood of martyrdom. You were betrothed to the Creator who has truly preserved you incorrupt for the ages. Therefore, most-praised Effimia, you join the choir with the ranks of archangels, angels, apostles, prophets and martyrs.

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

You were bound to wheels of torture and torn in pieces by wild beasts. Your mind was sharpened with fire and water by the Spirit of God; you courageously drowned the princes of darkness with the streams of your blood. O virgin, you hurried to the spiritual bridal chambers and offered your suffering as a dowry to your bridegroom.

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

O martyr, although you have died, you live for ever and have poured streams of blood in the praise of the Lord. You water the faithful and enlighten them with understanding, but drown the unbelieving enemy. Therefore the divine scroll of the teaching of the Church was given to you; you preserve and hold it for ever.

Glory: Tone 6

All-glorious Effimia, you are adorned with virtues; you are radiant with reason. You are myrrh poured out in the hearts of the faithful; you rose from the east as a shining star. You taught the assembly of the holy fathers by the visitation of the Holy Spirit. Continually plead with the Lord to save our souls.

Both now: Tone 7

O Theotokos, you were revealed as a mother above nature, for you remained a virgin beyond reason and understanding. No tongue can speak about your wonderful childbearing, for the order of nature was overruled by God. O pure *Lady*, your conceiving was most glorious. O Virgin, the manner of your giving birth was ineffable. We know that you are the Mother of God and pray fervently to you, "Plead with him to save 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.

### **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 7

O Saviour of the world, you rose from the tomb and raised the human race with your body. 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

Come and worship *the Lord* who rose from the dead. He has enlightened all creation and saved us from the torments of Hades by his death. He has granted us eternal life and great mercy through his third-day resurrection.

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

O Christ, you descended into Hades and captured death. O Lord, Lover of the human race, you rose again on the third day and have raised us who glorify your all-powerful resurrection.

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

O Lord, when you were placed in the tomb like someone asleep, you appeared awesome. But, when you rose on the third day as the almighty *Lord*, you raised Adam with you. Glory to your resurrection, only Lover of the human race!

Glory: Tone 8

Every tongue celebrates the praises of the glorious Effimía. Let everyone, elders, girls and young people, crown the virgin-martyr of Christ with hymns. After she had contended like a man and shaken off the frailty of her human nature, she defeated the hostile tyrant through her ascetic struggles in accordance with the faith. Her head was adorned with a divine and heavenly crown, and she pleads with Christ her Bridegroom to grant our souls great mercy.

Both now: Tone 8

O Christ our God, we poor sinners bow deeply today before your precious cross. Moses himself prefigured it when he defeated Amalek. David the psalmist *referred to it* when he told us to adore your footstool. Therefore with unworthy lips we sing a hymn of praise to you who condescended to be nailed on the cross. We cry out to you with the thief, "O Lord, make us worthy of your kingdom."

### **Song of Simeon**

B/P: O Master, now let your servant depart in peace

according to your word,  
<sup>2</sup> for my eyes have seen your salvation,  
 which you have prepared before all peoples,  
<sup>3</sup> a light of revelation for *the* nations  
 and *the* glory of your people Israel.

## Triságon Prayers

### Apolytikia

#### Tone 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

#### Tone 4

O Jesus, your lamb Effimia, cries out to you with a loud voice, “My Bridegroom, I yearn for you and struggle as I seek you. I am crucified and buried with you in baptism. I die for you so that I may live in you. Receive me as a pure sacrifice since I offer myself with longing.” Save our souls through her prayers, for you are merciful.

#### Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

### 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 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

Tone 4

O Jesus, your lamb Effimia, cries out to you with a loud voice, “My Bridegroom, I yearn for you and struggle as I seek you. I am crucified and buried with you in baptism. I die for you so that I may live in you. Receive me as a pure sacrifice since I offer myself with longing.” Save our souls through her prayers, for you are merciful.

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

### **Small Litany**

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

### **Kathísma 1**

Tone 7

After the Life had been laid in the tomb and the seal had been placed on the stone, the soldiers guarded Christ like a sleeping King. The angels glorified him as the immortal God and the women cried out, “The Lord has risen and granted the world great mercy.”

Glory:

You have despoiled death by your three days’ burial in the tomb. You have raised corrupt man by your life-bearing resurrection. Glory to you, O Christ our God, Lover of the human race!

Both now: Tone 1

O Lover of the human race, we venerate the wood of your cross, for you, the Life of all, were nailed on it. O Saviour, you opened Paradise to the thief who turned to you in faith. You counted him worthy of blessedness when he confessed to you and cried, "O Lord, remember me." Accept us like him, as we cry, "We have sinned; do not despise us in your steadfast love."

### **Kathísma 2**

O Christ our God, while the sepulchre was sealed, you rose from the tomb as Life. While the doors were closed, you stood in the midst of your disciples. O Resurrection of all, you renew a right Spirit within us through them, for you are great in mercy.

Glory:

O King of all, the women ran to the tomb with tears and carried spices, while the soldiers kept their watch over you. They said to one another, "Who will roll away the stone for us?" The Angel of Great Counsel has risen and tramples down death. Glory to you, almighty Lord!

Both now: Tone 6

O Christ our Lord, no sooner was the wood of your cross set up than the foundations of death were shaken. What Hades had swallowed in eagerness, it now let go with trembling. O holy *Lord*, you have shown us your salvation and we glorify you. O Son of God, have mercy on us.

### **Evlogitária**

Blessed are you, O Lord; teach me your statutes.  
The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.  
The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes.



The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.

The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them, Why do you number the Living among the dead? As God he has risen from the tomb."

Glory:

We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

Both now:

O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)

O our God and our hope, glory to you.

### **Small Litany**

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

### **Ypakói**

*Read without note*

O Christ our God, you have put on our human form and endured the cross in the body. Save me by your resurrection, for you are the Lover of the human race.

### **Anaváthmi Tone 7**

Antiphon 1 Ps 125

O Saviour, since you turned the captivity of Zion from error,  
make me also live and raise me from slavery to passions.

The man who sows tribulation in the South with tears of fasting  
will reap sheaves of eternal life-giving food.

Glory: Both now:

The fountain of divine treasury is in the Holy Spirit,  
from whom come wisdom, understanding and fear;  
praise, honour, glory and might are his due.

**Antiphon 2 Ps 126**

If the Lord does not build the house of the soul,  
we labour in vain,  
for no work or word is perfected without him.  
The saints from the fruit of the womb, who are spiritually moved,  
produce the fatherly teaching of adoption as sons.  
Glory: Both now:  
Everything has its being through the Holy Spirit,  
for he is God before all, Master of all,  
unapproachable Light and Life of all.

**Antiphon 3 Ps 127**

Those who fear the Lord and find the way of life  
are blessed with undefiled glory both now and forever.  
As you see your offspring like saplings around your table,  
rejoice and exult when you offer them to Christ,  
the Chief Shepherd.  
Glory: Both now:  
An abundance of graces, the wealth of glory  
and the great depth of judgments are in the Holy Spirit.  
We must worship him with the same glory  
as the Father and the Son.

**Prokeímenon Ps 9**

R: O Lord my God, arise, let your hand be raised;  
*and* never forget the needy.  
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*

**Kontákion**

*Read without note*

The dominion of death can no longer hold the human race captive, for Christ descended; he shattered and destroyed its powers. Hades is bound, while the prophets rejoice and cry with one voice, “The Saviour has come to those with faith; O faithful, enter the resurrection.”

### **Íkos**

Today death, Hades and the lowest depths of the earth quake with terror at the presence of one of the Trinity. The earth shakes and the gatekeepers of Hades are struck with terror at seeing you. But all creation rejoices with the prophets and sings a song of victory to you, our Redeemer and God, for you destroyed the power of death. Let us also shout and cry aloud to Adam and to those who are sprung from him, “He has introduced the cross to him; O faithful, enter the resurrection.”

### **Synaxáron**

Today we remember the holy and renowned great martyr Effimia who lived in the Fourth Century. She was a young Christian of Chalcedon who refused to honour its pagan god Ares at a festival. When September had passed half its days, she passed over to live near Christ for ever.

Together with her we remember:

Hermit Dorotheos of Egypt C4

Bishop Ninian of Whithorn C5

Martyr Ludmilla of Czechia C10

Nun Edith of Wilton C10

Metropolitan Cyprian of Moscow C15

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 5**

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

At that time Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened. <sup>13</sup> That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, <sup>14</sup> and talking with each other about all these things that had happened. <sup>15</sup> While they were talking and discussing together, Jesus himself drew near and went with them. <sup>16</sup> But their eyes were kept from recognizing him. <sup>17</sup> And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. <sup>18</sup> Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" <sup>19</sup> And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, <sup>20</sup> and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. <sup>21</sup> But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. <sup>22</sup> Moreover, some women of our company amazed us. They were at the tomb early in the morning <sup>23</sup> and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. <sup>24</sup> Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see." <sup>25</sup> And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! <sup>26</sup> Was it not necessary that the Christ should suffer these things and enter into his glory?" <sup>27</sup> And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. <sup>28</sup> So they drew near to the village to which they were going. He appeared to be going further, <sup>29</sup> but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. <sup>30</sup> When he

was at table with them, he took the bread and blessed, and broke it, and gave it to them. <sup>31</sup> And their eyes were opened and they recognized him; and he vanished out of their sight. <sup>32</sup> They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" <sup>33</sup> And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, <sup>34</sup> who said, "The Lord has risen indeed, and has appeared to Simon!" <sup>35</sup> Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

R: Glory to you, O Lord, glory to you.

### **Resurrection Ode**

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

### **Psalm 50**

O God, have mercy on me in your abundant mercy  
and wipe out my offence through your great pity.  
<sup>4</sup> Wash me thoroughly from my lawless act  
and cleanse me from my sin,  
<sup>5</sup> for I know my lawlessness  
and my sin is always before me.  
<sup>6</sup> I have sinned against you alone  
and done what is evil before you  
<sup>6b</sup> so that you might be right in your words  
and overcome when you are judged,  
<sup>7</sup> for see, I was conceived in lawlessness  
and my mother desired me in sin,  
<sup>8</sup> for see, you have loved truth  
and shown me the mysteries and secrets of your wisdom.  
<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.

- <sup>10</sup> You will make me hear about joy and gladness;  
humbled bones will rejoice.
- <sup>11</sup> Turn your face from my sins  
and wipe out all my lawlessness.
- <sup>12</sup> O God, make a pure heart within me  
and renew an upright spirit within me.
- <sup>13</sup> Do not banish me from your presence  
or remove your Holy Spirit from me.
- <sup>14</sup> Restore your saving joy to me  
and strengthen me with your directing Spirit.
- <sup>15</sup> I will teach the lawless your ways  
and the ungodly will return to you.
- <sup>16</sup> O God, God of my salvation, free me from bloodshed,  
*then* my tongue will rejoice in your justice.
- <sup>17</sup> O Lord, you will open my lips  
and my mouth will announce your praise,
- <sup>18</sup> for if you had wanted sacrifice, I would have given it;  
you will not be pleased with burnt offerings.
- <sup>19</sup> Sacrifice for God is a broken spirit;  
God will not despise a broken and humbled heart.
- <sup>20</sup> O Lord, be good to Zion in your pleasure  
and let the walls of Jerusalem be built,
- <sup>21</sup> then you will be pleased with a just sacrifice,  
with an offering and burnt sacrifices;  
then they will offer calves on your altar.

Glory: Tone 6

O merciful *Lord*, blot out the abundance of our offences through the prayers of the apostles.

Both now:

O merciful *Lord*, blot out the abundance of our offences through the prayers of the Theotokos.

Have mercy:

Jesus has risen from the tomb as he foretold  
and grants us eternal life and great mercy.

**Intercession**

*Short form*

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of great martyr Effimia, 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.

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

<sup>3</sup> For the Almighty has accomplished great *things* for me  
and his name is holy.

His mercy is from generation to generation  
on those who fear him. R:

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

<sup>5</sup> He has put down the mighty from *their* thrones  
and exalted the humble.



He has satisfied the hungry with good *things*  
and dismissed the rich with nothing. R:

<sup>6</sup> He has helped his servant Israel  
in remembering his mercy,  
as he spoke to our fathers,  
to Abraham and his seed for ever. R:

9: 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.

### **Exposteilária**

Tone 5

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

Tone 3

Let us all celebrate together the memory of the renowned Effimia. She  
received the definition of Orthodoxy from the fathers. Through grasping it  
she plainly revealed those who acknowledged the true faith.

The cross is the salvation of the whole inhabited earth! The cross is the  
staff and support of all the saints! The cross is the sceptre and power of  
kings! The cross is the refuge and castle of believers! The cross is the  
strength of the entire human race!

### **Praises**

## Tone 7

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.  
 Christ is risen from the dead; he has shattered the chains of death. O earth,  
 proclaim great joy; O heavens, praise the glory of God.

S7: Praise God in his saints;  
 praise him in his mighty firmament.  
 Now that we have seen the resurrection of Christ, let us worship the holy  
 Lord Jesus, the only sinless *being*.

S6: Praise him for his mighty deeds;  
 praise him for the abundance of his majesty.  
 Most strange wonder! The cross which carried the Most High as a cluster  
 of grapes full of life, is seen today exalted high above the earth. Through  
 the cross we are all drawn to God and death has been swallowed up for  
 ever. O undefiled wood, we enjoy the immortal fruit of Eden through you  
 as we glorify Christ.

## Tone 8

S5: Praise him with the trumpet sound;  
 praise him with lute and harp.  
 Most strange wonder! The length and breadth of the cross spans the  
 heavens for it sanctifies the whole world by divine grace. By the cross  
 godless nations are conquered; by the cross rule and justice are confirmed.  
 O divine ladder, through you we go up to heaven as we exalt Christ the  
 Lord in song.

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

What shall we give to the Lord in return for all his bounty to us? For our sake God came and lived among men. The Word became flesh and lived among us because of our corrupt nature. He is the Benefactor of the ungrateful, the Rescuer of captives, the Sun of justice of those sitting in darkness, the passionless *Lord* on the cross, the Light in Hades and the Resurrection for the fallen. Let us cry out to him, "Our God, glory to you!"

### Tone 3

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

Let everything with breath praise the Lord.

O brothers, on the feast of the holy martyr Effimia let us sing in gratitude to God who is marvellous in his wisdom,. He has conquered the enemy through this woman and revealed his power through female weakness. May he grant our souls great mercy through her prayers. X2

S2: Exalt the Lord our God

and worship at his footstool, for he is holy. Ps 98

The renowned martyr of Christ has mixed the cup of truth with her blood. She calls out to the children of the Church, "Drink the cup of salvation. It is a pure protecting sign of the resurrection which preserves those who say to the Saviour, 'You have filled us with the living water of the Spirit. Now save us.'"

S1: God *was* our king in the past;

he has accomplished salvation in the midst of the earth. Ps 73

Let those who have been sealed with the blood of Christ against the day of redemption, now joyfully praise the blood of the martyrs, for it proclaims the Saviour's passion and eternal glory. Let us say to him, "O Lord, you are marvellous in your saints. Save us through the prayers of the renowned martyr Effimia."

### Glory: Tone 5

O Christ, how wise are your judgments! You allowed Peter to understand your resurrection through the linen clothes alone, but you talked with Luke and Cleopas while you walked with them. You did not reveal yourself and were taunted as being the only stranger in Jerusalem who did not know what had happened there. Since you order all things in accordance with

your creation, you explained to them what the prophets had taught about you. They recognised you in the breaking of the bread when their hearts were burning for your knowledge. When they found the disciples, they openly proclaimed the resurrection. Through it we plead with you to have mercy on us.

Both now: Tone 2

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

### Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

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

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

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

have mercy on us,

*for* you take away the sin of the world.

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

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

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

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

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

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

<sup>16</sup> Blessed are you, O Lord!

Teach me your statutes. X3 Ps 118

<sup>12</sup> O Lord, you have been our refuge  
from generation to generation. Ps 89

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

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

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

<sup>16</sup> Stretch out your mercy  
to those who know you. Ps 35

## Triságion

### Resurrection Troparion

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

## LITURGY

### Antiphon 1 Ps 131, 86 & 45 Tone 8

S1: O Lord, remember David and all his humility.

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

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.

S5: Glory: Both now:

### Antiphon 2 Ps 131 Tone 8

S1: The Lord has sworn in truth to David  
and will not set it aside.

R: Save us, O Son of God.  
You were crucified in the flesh.  
We sing to you, "Alleluia!"

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**

S1: I will settle here for I have chosen her.

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.

S2: The Most High has made his tabernacle holy.

S3: Your temple is holy, wonderful 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!"

### **Apolytikia**

Tone 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

Tone 4

O Jesus, your lamb Effimia, cries out to you with a loud voice, “My Bridegroom, I yearn for you and struggle as I seek you. I am crucified and buried with you in baptism. I die for you so that I may live in you. Receive me as a pure sacrifice since I offer myself with longing.” Save our souls through her prayers, for you are merciful.

*Of the Church*

**Kontákion**

Tone 4

O Christ our God, since you were willingly raised on the cross, grant mercies to your new community called by your name. Make firm our faithful rulers with your power and grant them victories over their enemies. May your help be a weapon of peace and an invincible trophy.

**Triságion**

**Prokeímenon Ps 28 Tone 7**

R: The Lord will give strength to his people;  
the Lord will bless his people with peace.

S: Bring to the Lord, O sons of God;  
Bring to the Lord glory and honour.

**Apóstolos – Sunday after Exaltation**

From the Letter of Paul to the Galatians (2:16-20)

Brothers, we know that a man is not made just by works of the law, but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be made just by faith in Christ, and not by works of the law, because no one will be made just by works of the law. <sup>17</sup> But if, in our endeavour to be made just in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! <sup>18</sup> But if I build up again those things which I tore down, then I prove myself an offender. <sup>19</sup> For I died to the law through the law, so that I might live for God. <sup>20</sup> I have been crucified with Christ; it is no longer I who live, but Christ who lives in me. The life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

**Prokeímenon Ps 28 Tone 7**

R: The Lord will give strength to his people;

the Lord will bless his people with peace.

S: Bring to the Lord, O sons of God;  
Bring to the Lord glory and honour.

### **Gospel – Sunday after Exaltation**

From the Holy Gospel according to Mark (8:34-9:1)

The Lord said, “If any man would come after me, let him deny himself and take up his cross and follow me. <sup>35</sup> For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. <sup>36</sup> For what does it profit a man, to gain the whole world and forfeit his life? <sup>37</sup> For what can a man give in return for his life? <sup>38</sup> For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” <sup>1</sup> And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power.”

### **Communion Ps 148**

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