

**SUNDAY 14 OCTOBER 2018**  
**Martyrs Nazários, Yervásios, Protásios and Kélsios C1**  
**Bishop and Poet Kosmás of Maioumá C8**  
**Fathers of the Seventh Council**  
**20<sup>th</sup> Sunday Tone 3 & Eothinón 9**

**VESPERS**

**Lord I have cried**

Tone 3

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

O Lord, listen to me.

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

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

O Lord, listen to me.

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

O Lord, listen to me.

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

O Christ our Saviour, the dominion of death has been shattered by your cross and the deception of the Devil has been destroyed. The human race which has been saved by faith always offers you a hymn.

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

O Lord, everything has been enlightened by your resurrection and Paradise has been re-opened. The whole creation praises you and continually offers you a hymn.

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

O Lord listen to my voice.

I glorify the power of the Father and the Son, and I praise the authority of the Holy Spirit, the undivided, uncreated Divinity, the consubstantial Trinity who reigns for all time.

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

O Christ, we bow down in worship before your precious cross. We glorify and praise your resurrection, for we have all been healed by your wounds.

## Tone 6

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

But there is forgiveness with you.

The honourable councils of the fathers were held at various times, but they were now brought together under canon in good order by the Patriarch Yermanós the New who established and recorded their teaching. They offer themselves as watchful intercessors to the Lord for our salvation and are shepherds of the fold with him.

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.

The book of the Law worthily honoured the seventh day for Israel, which lived in the shadow of grace. But you, O fathers, through your participation in the Seventh Council, and through the inspiration of God who completed the world in six days and blessed the seventh, have honoured it more greatly by laying down the bounds of faith.

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

O thrice-blessed fathers, you have enabled all men to come to the knowledge of the Trinity by its works, for you have appeared as champions of the Orthodox word in your mystical speech and proved that the Trinity is truly the Creator of the world.

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

He will redeem Israel from all his offences.

It would have been enough for Elias the prophet to have bent only once to give life to the dead son of the woman; but he knelt and bent seven times. In his foresight he prophesied your gathering which revived in the Church the incarnation of the Word of God, but put to death the Arian heresy.

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

O venerable fathers, in your wisdom you mended the garment of Christ which had been torn by howling dogs, for you could not bear to observe the nakedness of his body, but like Shem and Japheth of old, you

confounded those who would not respect their own Father and foolishly followed the teachings of Arius.

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

The Macedonians, Nestorians, Ephtychians, Dioskorons, Appolinarians, Savellions and Severians were devouring wolves while clothed in the skins of lambs. O fathers, you expelled the vicious heretics from the Saviour's fold. O faithful shepherds, truly you have done well to expose the wicked people. Therefore we all glorify you!

Glory: Tone 6

Today let us praise the mystical trumpets of the Spirit, the God-bearing fathers, who stand in the midst of the Church and sing true theology as they praise the changeless Trinity. They laid low the errors of Arius and upheld the Orthodox faith. They always plead with the Lord to have mercy on our souls.

Both now: Tone 3

All-honoured *Virgin*, how can we not wonder at your giving birth to the *Lord* who is God and man? For, all-pure *Lady* without experience of man, you gave birth to a Son in the flesh who was begotten without mother from the Father before time. He underwent no mingling, change or division, but preserved the attributes of each nature. Therefore, O Lady and virgin Mother, plead with him to save the souls of those who acknowledge you in the Orthodox manner to be the Theotokos.

### **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.

## **Prophecy 1**

From the Book of Genesis (14:14-20)

Abram, having heard that Lot his nephew had been taken captive, numbered his own home-born servants three hundred and eighteen, and pursued them to Dan. <sup>15</sup> Then he came to them by night, he and his servants; he struck them and pursued them as far as Hoba, which is on the left of Damascus. <sup>16</sup> Then he recovered all the cavalry of Sodom, and he recovered Lot his nephew, and all his possessions, and the women and the people. <sup>17</sup> The king of Sodom went out to meet him, after he returned from the slaughter of Chedorlaómer, and the kings with him, to the valley of Saby; this was the plain of the kings. <sup>18</sup> And Melchizedek king of Salem brought out loaves and wine, and he was the priest of the most high God. <sup>19</sup> He blessed Abram, and said: Blessed be Abram of the most high God, who made heaven and earth, <sup>20</sup> and blessed be the most high God who delivered your enemies into your power. Then Abram gave him the tithe of all.

## **Prophecy 2**

From the Book of Deuteronomy (1:8-11, 15-17)

Moses spoke to the sons of Israel: See, God has delivered the land before you; go in and inherit the land, which I swore to your fathers, Abraham, Isaac and Jacob, to give them and to their seed after them. <sup>9</sup> I spoke to you at that time, saying: I will unable by myself to bear you. <sup>10</sup> The Lord your God has increased you, and, see, you are today like the stars of heaven for multitude. <sup>11</sup> May the Lord God of your fathers add to you a thousand-fold more than you are, and bless you as he has spoken to you. <sup>15</sup> So I took from you wise, understanding and prudent men, and I set them to rule over you as rulers of thousands, rulers of hundreds, rulers of fifties, rulers of tens and officers for your judges. <sup>16</sup> I ordered your judges at that time, saying: Hear causes between your brothers, and judge rightly between a man and his brother, and the stranger who is with him. <sup>17</sup> You must not respect status in judgment, but must judge small and great equally. You must not shrink from the standing of a man, for the judgment is God's.

### **Prophecy 3**

From the Book of Deuteronomy (10:14-18, 20-21)

Moses said to the sons of Israel: See, the heaven and the heaven of heavens *belong* to the Lord your God, the earth and everything in it. <sup>15</sup> Also the Lord chose your fathers to love them, and he chose their seed after them, even you, beyond all nations, as on this day. <sup>16</sup> Therefore you must circumcise the hardness of your heart and you must not harden your neck. <sup>17</sup> For the Lord our God, he is the God of gods, and the Lord of lords, the great, mighty and terrible God, who does not show favouritism, nor will he by any means accept a bribe. <sup>18</sup> He executes judgment for the stranger, orphan and widow, and he loves the stranger, giving him food and clothing. <sup>20</sup> You must fear the Lord your God, serve him alone, cling to him and swear by his name. <sup>21</sup> He is your boast, and he is your God, who has accomplished in the midst of you these great and glorious events, which your eyes have seen.

### **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 3

O Christ, you darkened the sun by your passion and enlightened the whole creation with the light of your resurrection. O Lover of the human race, accept our evening hymn.

S1: The Lord reigns *and* is clothed with majesty;  
the Lord has put on power and clothed himself. Ps 92

O Lord, your life-bearing resurrection enlightened the whole inhabited earth and recalled your creation which had become corrupt. Therefore we, who are rescued from the curse of Adam, sing, “O almighty Lord, glory to you!”

S2: For he founded the world which will not be moved. Ps 92  
You are the changeless God, yet were changed by suffering in the flesh. Because creation could not endure seeing you on the cross, it was filled with fear, yet praised your patience. You have granted the world life and great mercy by descending into Hades and rising on the third day.

S3: O Lord, holiness is right for your house to length of days. Ps 92  
O Christ, you endured death in order to rescue our human race from death. You rose from the dead on the third day, raised with you those who knew you as God and enlightened the world. Glory to you!

### Glory: Tone 4

All you Orthodox churches, come and let us celebrate today with faith and true worship the yearly memorial of the divinely-clothed fathers who gathered at Nikea from the whole world! There they refuted the heresy invented by Arius and banished him by a decree of the Council from the Catholic Church. They taught everyone openly to acknowledge the Son of God as consubstantial and co-eternal with the Father. They proclaimed this with precision and true worship in the canon of faith. Therefore, as we faithfully follow their divine doctrine, let us worship the Father, the Son and the most Holy Spirit, the consubstantial Trinity in one Divinity.

### Both now:

O blameless *Lady*, observe the pleas of your servants. Halt all the terrible attacks against us and free us from every affliction, for we have only you

as our sure and firm anchor. O Lady, do not let us be put to shame, for we call on you as our intercessor. Hurry to pray for those who call out in faith, “Hail, O Lady, help of all! You are the joy, shelter and salvation of our souls.”

### **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.

### **Triságion Prayers**

#### **Apolytíkiá**

Tone 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

Tone 8

Most glorious are you, O Christ our God! You have established the holy fathers as lights over the earth. Through them you have guided us to the true faith. O greatly compassionate *Lord*, glory to you!

Tone 8

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, despoiled death through death and as God you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful One, show forth your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, as an intercessor and save your despairing people.

**Dismissal**

**ORTHROS**

## God is the Lord Ps 117

R: God is the Lord and has appeared to us.

Blessed is the one who comes in the Lord's name. *Ps 117*

S1: Thank the Lord, for he is good,  
for his mercy lasts for ever.

S2: All the nations surrounded me,  
but I opposed them in the Lord's name.

S3: This *is* the Lord's doing  
and it is wonderful in our eyes.

## Apolytikia

Tone 3

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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 3

Christ is risen from the dead, the firstfruits of those who sleep. He is the firstborn of all creation and the Maker of everything created. He restored

the corrupt nature of our race in himself. O Death, you will reign no more, for the Master of all has destroyed your power.

Glory:

O Lord, after you had tasted death in the flesh, you emptied death of its sting through your resurrection. You have strengthened the human race against death and proclaimed the abolition of the ancient curse. Glory to you, O Lord, Protector of our lives!

Both now:

O Theotokos, Gabriel marvelled at the beauty of your virginity and at the great brightness of your purity, as he cried to you, “What praise can I offer which is fitting for you? By what name can I call you? I am troubled and afraid. Therefore, as I was commanded, I raise my cry, ‘Hail, O Full of Grace.’”

### **Kathísma 2**

O Lord, Hades was dismayed when it saw your unchanging divinity, yet observed your voluntary passion. It mourned and said, “I tremble before the flesh of the incorruptible Person. I see the one who cannot be seen as he mysteriously fights me, while those I hold in my power are crying out, ‘O Christ, glory to your resurrection!’”

Glory:

O faithful, when we speak about divine matters, we touch on an ineffable mystery, the incomprehensible crucifixion and the inexplicable resurrection. For today death and Hades are plundered while the human race is clothed with incorruption. Therefore we cry aloud with thanksgiving, “Glory to your resurrection, O Christ!”

Both now:

O Theotokos, you mysteriously held in your womb the Lord whom no one can comprehend and nothing can contain. He is one in essence with the Father and the Spirit. Through your childbearing we have come to realise that the one and only Energy of the Trinity is glorified without confusion in the world. Therefore we cry aloud to you with thanksgiving, “Hail, O Full of Grace!”

### **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 radiant angel caused amazement through his appearance and brought dew by his words to the myrrhbearing women, “Why do you seek the Living in a grave? The one who has emptied the tomb has risen and has changed corruption, *for he is the Lord* without change. Say to God, ‘How fearful are your works, for you have saved the human race!’”

### **Anaváthmi Tone 3**

#### Antiphon 1 Ps 125

O Word, you freed the captivity of Zion from Babylon,  
so pull me from the passions of life in the same way.  
Those who sow divine tears in the South  
will reap everlasting sheaves with joy.

Glory: Both now:

Every good gift comes from the Holy Spirit,  
for he is radiant, together with the Father and the Son;  
everything lives and moves in him.

#### Antiphon 2 Ps 126

If the Lord had not built the house of virtues,  
then we would labour in vain;  
while he protects the soul no one destroys our city.  
The saints are always like the fruit of the womb for you;  
O Christ, they have been adopted as sons by the Father  
through the inspiration of the Holy Spirit.

Glory: Both now:

All wisdom and holiness are observed in the Holy Spirit,  
for he is the essence of all creation.  
Let us worship him with the Father and the Word,  
for he is God.

#### Antiphon 3 Ps 127

Happy are those who fear the Lord and walk in his ways;  
for they eat the life-giving fruits of the commandments.  
O chief Shepherd, rejoice as you see your children  
who carry branches of good deeds around your table.

Glory: Both now:

All richness of glory is the Holy Spirit’s  
and from him come grace and life for all creation,  
for he is praised with the Father and the Word.

### **Prokeimenon Ps 95**

R: Say among the nations that the Lord reigns,  
and has founded the world which will not be moved.

S: Sing to the Lord a new song.

### **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**

Tone 6

The Son who rose from the Father like the sun, was ineffably born in two natures from a woman. Because we have known him, we cannot deny the icon of his likeness, but rather portray and honour it with faith. Therefore as it keeps the true faith the Church venerates the icon of the incarnate Christ.

### **Íkos**

Because he wanted us continually to keep the memory of his incarnation, the compassionate God inspired men with the idea of representing his venerable features by painting icons. In this way as we see them with our eyes, we may believe what his word has taught us. We can clearly recognise the name, feature, work and actions of the holy people and of the Judge of every combat, Christ, who grants crowns to the holy martyred athletes. The Church has continued ever more clearly to keep the true faith through these images and venerates the icon of the incarnate Christ.

### **Synaarion**

Today we remember the holy martyrs Nazários, Yervásios, Prostásios and Kélsios of Milan who lived during the First Century. On the Fourteenth they were killed, but they crushed the devil while they fought the good fight.

On the same day we commemorate our renowned father and hymnographer Kosmás, Bishop of Maioumá who lived in the Eighth Century. When he departed for the promised land he left behind melodies which delight the Church.

Together with them we remember:

Monk Eftymios the New of Athos C9

Paraskeví of Serbia C11

Prince and Wonderworker Nicholas of the Kiev Caves C 12

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

### **Ypómнима**

Today we remember the holy and blessed fathers who assembled the second time in Nikea in the year 787. We also commemorate the just Constantine and Irini who loved Christ. The teaching about the holy icons was formulated.

### **Katavasías**

1: I will open my mouth and be filled with the spirit. I will sing a song to the Queen and Mother. I will come, rejoice in the feast and praise all her glory.

3: O Theotokos, living and inexhaustible fountain, strengthen those who are united in spiritual fellowship and who sing your praises. Make them worthy *to receive* crowns of glory in your divine glory.

4: The counsel of God cannot be scrutinised. The Most High was incarnate from a Virgin. The prophet Habakkuk foresaw this and cried, “Glory to your power, O God!”

5: O Virgin, all creation was amazed at your divine glory, for you knew no man. You held thee God of all in your womb and gave birth to the eternal Son. You order salvation for all those who praise you.

6: O devout people, come and clap hands while we observe this divine and most precious feast of the Mother of God. Let us glorify God who was born from her.

7: The devout youths worshipped the Creator rather than created things. They courageously trampled on the threatening fire and joyfully sang, “Blessed are you, most praised Lord, the God of our fathers.”

8: Let us praise, bless and worship the Lord.

The *Lord* who was born from the Theotokos saved the holy children in the furnace. The one who was then prefigured has now been born on earth and gathers the whole inhabited earth to sing, "All you works of the Lord, bless the Lord and exalt him above all for ever.

### **Gospel Dialogue**

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen.*

R: Let everything with breath praise the Lord. *X3*

Praise God in his saints;

praise him in his mighty firmament. Ps 50

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

P: Peace be with you all. *And with your spirit*

P: A reading from the Holy Gospel according to John.

P/D: Let us attend

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

### **Eothinón Gospel 9**

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

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." <sup>20</sup> When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. <sup>21</sup> Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." <sup>22</sup> And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. <sup>23</sup> If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." <sup>24</sup> Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. <sup>25</sup> So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe." <sup>26</sup> Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." <sup>27</sup> Then he said to Thomas, "Put your finger here, and see my hands;

and put out your hand, and place it in my side; do not be faithless, but believing.”<sup>28</sup> Thomas answered him, "My Lord and my God!"<sup>29</sup> Jesus said to him, "Have you believed because you have seen me, Thomas? Blessed are those who have not seen and yet believe.”<sup>30</sup> Now Jesus did many other signs in the presence of the disciples, which are not written in this book;<sup>31</sup> but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

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

### **Resurrection Ode**

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

### **Psalm 50**

O God, have mercy on me in your abundant mercy  
and wipe out my offence through your great pity.  
<sup>4</sup> Wash me thoroughly from my lawless act  
and cleanse me from my sin,  
<sup>5</sup> for I know my lawlessness  
and my sin is always before me.  
<sup>6</sup> I have sinned against you alone  
and done what is evil before you  
<sup>6b</sup> so that you might be right in your words  
and overcome when you are judged,  
<sup>7</sup> for see, I was conceived in lawlessness  
and my mother desired me in sin,  
<sup>8</sup> for see, you have loved truth  
and shown me the mysteries and secrets of your wisdom.  
<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.  
<sup>10</sup> You will make me hear about joy and gladness;  
humbled bones will rejoice.

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

Glory: Tone 6

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

Both now:

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

Have mercy:

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

### **Intercession**

*Short form*

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

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy martyrs Nazários, Yervásios, Prostásios and Kélsios, our renowned father and hymnographer Kosmás, and of all the saints. We ask you, only merciful Lord, “Listen to us sinners as we pray to you, and have mercy on us.”

*Lord have mercy. XI2*

Through the mercy, compassion and love for the human race of your only-begotten Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

### Ode 9

My soul glorifies the Lord  
and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim  
and beyond compare more glorious than the Seraphim.  
You gave birth to God the Word without defilement;  
O true Theotokos, we glorify you.

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

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

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

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

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

He has satisfied the hungry with good *things*

and dismissed the rich with nothing. R:  
<sup>6</sup> He has helped his servant Israel  
 in remembering his mercy,  
 as he spoke to our fathers,  
 to Abraham and his seed for ever. R:

9: Let every earthborn mortal spiritually rejoice and carry lamps. be  
 radiant and spiritually leap for joy. Let the ranks of angelic powers  
 celebrate as they honour the sacred wonders of the Theotokos and cry,  
 “Hail, O pure and blessed Ever-virgin who gave birth to God!”

### **Small Litany**

P: For all the powers of heaven praise you, and to you we send up glory, to  
 the Father and to the Son and to the Holy Spirit, now and ever and to the  
 ages of ages. *Amen*

### **Holy is the Lord**

Holy is the Lord our God. X3  
 Exalt the Lord our God and worship at his footstool.  
 for he is holy.

### **Exaposteilária**

Tone 5

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

Tone 3

O heavenly minded fathers gathered in the Seventh Council, continually  
 raise your pleas to the Trinity to save from every heresy and eternal  
 condemnation those who praise your divine assembly, so that they may  
 receive the Kingdom of Heaven.

O Lord of great goodness, establish the Church through the prayers of your  
 mother and the intercessions of the fathers of the seven councils. Confirm  
 the faith and make us partakers of the Kingdom of Heaven when you come  
 to earth to judge the whole creation.

### **Praises**

## Tone 3

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.  
 Come, every nation, and learn the power of the awesome mystery, for  
 Christ our Saviour, who is the Word from the beginning, was crucified and  
 willingly suffered burial for our sake. He rose from the dead so that he  
 might save all things; let us worship him.

S7: Praise God in his saints;  
 praise him in his mighty firmament.  
 O Lord, your guards spoke about all the wonders, but the deluded council  
 filled their right hands with gifts, imagining that they would then conceal  
 your resurrection which the world glorifies. Have mercy on us!

S6: Praise him for his mighty *deeds*;  
 praise him for the abundance of his majesty.  
 Everything was filled with joy on learning the proof of the resurrection.  
 Mary Magdalene came to the tomb and found an angel in radiant clothing  
 sitting on the stone. He said, "Why do you seek the living among the  
 dead? He is not here, but is risen as he foretold; he goes ahead of you to  
 Galilee."

S5: Praise him with the trumpet sound;  
 praise him with lute and harp.  
 O Master, we see light in your light. For you have risen from the dead  
 and, as the Lover of the human race, grant salvation to man, so that the  
 whole creation may glorify you, the only sinless *Lord*. Have mercy on us!

## Tone 6

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.

After they had united all spiritual knowledge and carefully pondered all things through the Holy Spirit, the noble fathers composed the symbol of faith in letters which were divinely inscribed. They clearly proclaim the Word as co-eternal and consubstantial with the Father and unerringly follow the apostolic faith. X2

S2: My mouth will speak about wisdom;

the meditation of my heart will be about understanding. Ps 48

The blessed preachers of Christ received the torch of the Holy Spirit. They spoke with divine inspiration and used few words with great meaning. They boldly proclaimed the doctrines of the Gospel and the traditions of justice. Clearly they have been illuminated with truth from above. They have made the foundations of the faith as firm as a strong mountain.

S1: I will clothe her priests with salvation

and her holy ones will rejoice with gladness. Ps 131

The chosen servants of God, after they had been enlightened with the understanding of divine mysteries, cast out the devouring wolves from the sheepfold of the Church. They were faithful shepherds who were ablaze with the fury of just judgment. They have slain the destroyers with the mighty sword of the Spirit.

Glory: Tone 8

The council of the holy fathers gathered from the ends of the earth. They believed in one substance and nature of the Father, Son and Holy Spirit. They defined the mystery plainly as they spoke to the Church with theology. Therefore we bless and praise them in faith, “O soldiers of God’s army, shining lights of the eternal firmament, invincible towers of the heavenly Zion, scented flowers of Paradise, golden lamps of the Word, treasure and delight of the inhabited earth, continually pray for our souls.”

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 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*

### **Antíphon 3 Ps 94**

S1: Come, let us rejoice in the Lord,  
and shout with joy to God our Saviour.

R: Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

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 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

Tone 8

Most glorious are you, O Christ our God! You have established the holy fathers as lights over the earth. Through them you have guided us to the true faith. O greatly compassionate *Lord*, glory to you!

*Of the Church*

### **Kontákion**

O unfailing protection of Christians and unchanging mediator before the Creator, do not despise the prayers of us sinners, but in your goodness extend your help to those of us who faithfully cry to you, “O Theotokos, you always protect those who honour you, so hurry to intercede for us and hasten to plead for us.”

## **Trisagion**

### **Prokeimenon Dan 3 Tone 4**

R: Blessed are you, O Lord God of our fathers.

S: For you are just in everything that you have done for us.

### **Apostolos of Fathers**

From the Letter of Paul to Titus (3:8-15)

My son, Timothy, this is a trustworthy saying. And I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good. These things are excellent and profitable for everyone. But avoid foolish controversies and genealogies and arguments and quarrels about the law, because these are unprofitable and useless. Warn a divisive person once, and then warn him a second time. After that, have nothing to do with him. You may be sure that such a man is warped and sinful; he is self-condemned. As soon as I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, because I have decided to winter there. Do everything you can to help Zenas the lawyer and Apollos on their way and see that they have everything they need. Our people must learn to devote themselves to doing what is good, in order that they may provide for daily necessities and not live unproductive lives. Everyone with me sends you greetings. Greet those who love us in the faith. Grace be with you all.

### **Alleluia Ps 43 & 33 Tone 4**

S1: O God, we have heard with our ears.

S2: The just cried and the Lord heard them.

### **Gospel**

Gospel according to Luke (8:5-15)

The Lord spoke this parable: "A sower went out to sow his seed. As he was scattering the seed, some fell along the path; it was trampled on, and the birds of the air ate it up. Some fell on rock, and when it came up, the plants withered because they had no moisture. Other seed fell among thorns, which grew up with it and choked the plants. Still other seed fell on good soil. It came up and yielded a crop, a hundred times more than was sown." When he said this, he called out, "He who has ears to hear, let him hear." His disciples asked him what this parable meant. He said,

"The knowledge of the secrets of the kingdom of God has been given to you, but to others I speak in parables, so that, "though seeing, they may not see; though hearing, they may not understand.' This is the meaning of the parable: The seed is the word of God. Those along the path are the ones who hear, and then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. Those on the rock are the ones who receive the word with joy when they hear it, but they have no root. They believe for a while, but in the time of testing they fall away. The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature. But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.

### **Communion Ps 148**

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