

**SUNDAY 23 DECEMBER 2018**  
**Sunday of the Genealogy**  
**Ten Martyrs of Crete C3**  
**30<sup>th</sup> Sunday Tone 5 & Eothinón 8**

**VESPERS**

**Lord I have cried**

Tone 5

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

O Lord, listen to me.

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

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

O Lord, listen to me.

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

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

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

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

O Lord listen to my voice.

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

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

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

### Tone 1

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

But there is forgiveness with you.

O pure Virgin, living palace of our God, you have furnished a home for the *Lord* whom the heavens themselves cannot contain. You will give birth to him in a cave in a manner beyond understanding. He has shared in my poverty and become man so that I might become like God and share in his riches, for I was once impoverished by desire for the bitter fruit.

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.

O Christ, you were registered as a servant at the command of Caesar. O patient Lord and Saviour of our souls, you come in your compassion to grant freedom, life and redemption to your unworthy servants who worship your saving birth..

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

The all-holy and pure Virgin considered the ineffable birth which renews nature and its laws. She cried out to her Son, "O my dearest Child, I am filled with wonder at this great mystery, for I give birth, yet remain a virgin at the same time. O Lord, you can accomplish everything which you desire through your will."

### Tone 8

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

He will redeem Israel from all his offences.

Today, as we celebrate the Forefathers' memory, let us the faithful praise Christ the Redeemer, who glorified them in every nation. He is the Lord who accomplishes marvellous deeds, for he is powerful and mighty. Through them he has revealed to us the Rod of his strength; she is Mary,

the only pure and virgin Maiden of God. Christ bloomed from her; he brought life, eternal salvation and eternal bliss for all.

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

O Master, you rescued the holy youths from the fire and Daniel from the mouths of lions. You blessed Abraham, Isaac your servant and Jacob his son. You consented to become like us by being born from their seed, and to be crucified and buried in order to save our forefathers who fell of old. Therefore, O Christ, King of the ages, you crushed the bonds of death and raise with yourself all the dead from the past ages who worship you.

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

As they walked among the flames as though in a gentle shower of rain, the godly youths rejoiced in the dew of the Spirit. In this they mystically foreshadowed the Trinity and Christ's incarnation. They were wise through faith and quenched the power of fire. So also the just Daniel stopped the mouths of lions. O Saviour, Lover of the human race, through their intercessions we implore you, "Rescue us from the unquenchable and eternal fire; make us worthy of your heavenly kingdom.

Glory: Tone 6

O Lord, Daniel, the man of desires, when he saw you in truth as a stone cut without human hands, foretold that you would be a Child born without seed, the Word incarnate from the Virgin, the unchangeable God and the Saviour of our souls.

Both now: Tone 5

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

**Phos Ilarón**

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory

of the immortal, heavenly, holy, blessed Father,  
 when we come to the setting of the sun  
 and see the light of evening,  
 we praise God: Father, Son and Holy Spirit.

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

### **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 of the Fathers**

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 of the Fathers**

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 of the Fathers**

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 5

O Christ, incarnate Saviour, you were not parted from the heavens. We glorify you with songs of praise, for you accepted the cross and death for the sake of our race. O Lord, Lover of the human race, you overthrew the gates of Hades and rose on the third day to save our souls.

S1: The Lord reigns *and* is clothed with majesty;

the Lord has put on power and clothed himself. Ps 92

O Giver of life, you have poured out streams of forgiveness, life and salvation for everyone by being pierced in the side. You have granted us immortality by accepting death in the flesh. You have freed us by being placed in the tomb and, as God, have raised us with you in glory.

Therefore we cry out, “Glory to you, O Lord, Lover of the human race!”

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

O Lover of the human race, your crucifixion and descent into Hades are awesome. You have captured it and raised the ancient prisoners with you, for you are God in glory. You have opened Paradise and commanded it to take them back. Grant us, who glorify your resurrection on the third day, purification of sins. Make us worthy to be citizens of Paradise, for you alone are merciful.

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

O Lover of the human race, you accepted death in the flesh for our sake and rose from the dead on the third day. Heal us from our earthly passions, restore us from our evil offences and save us.

Glory: Tone 8

Hail, O honourable prophets, you properly laid the foundation of the Lord's Law and were revealed as firm and immoveable pillars of faith! You have truly become the mediators of Christ's new covenant. Since, therefore, you have been taken up to heaven, plead with him to grant peace to the world and salvation to our souls.

Both now:

See, the time of our salvation is close! Prepare yourself, O cave, for the Virgin approaches to give birth to her Son. Be glad and rejoice, O Bethlehem in the land of Judah, for our Lord shines like the dawn from you. Listen, O mountains, hills and every land around Judea, for Christ is coming to save the human race whom he created and loves.

### **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**

#### **Apolytíkiá**

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 2

Great are the accomplishments of faith, for the three holy youths rejoiced in the flames as though they were at the waters of rest. The prophet Daniel appeared as a shepherd to the lions as though they were sheep. O Christ our God, save our souls through their prayers.

Tone 4

O Bethlehem, prepare, for Eden has been opened to all. O Ephratha, adorn yourself, for the Tree of Life blossoms from the Virgin in the cave.

Her womb is a spiritual Paradise planted with the divine fruit. If we eat from it, we will live for ever and not die like Adam. Christ comes to restore the image which he made in the beginning.

### **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 5**

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

#### **Tone 2**

Great are the accomplishments of faith, for the three holy youths rejoiced in the flames as though they were at the waters of rest. The prophet Daniel appeared as a shepherd to the lions as though they were sheep. O Christ our God, save our souls through their prayers.

#### **Tone 4**

O Bethlehem, prepare, for Eden has been opened to all. O Ephratha, adorn yourself, for the Tree of Life blossoms from the Virgin in the cave. Her womb is a spiritual Paradise planted with the divine fruit. If we eat from it, we will live for ever and not die like Adam. Christ comes to restore the image which he made in the beginning.

### **Small Litany**

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

### **Kathisma 1**

Tone 5

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

Glory:

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

Both now: Tone 6

The sayings of the prophets are now fulfilled. Tomorrow our God will be born ineffably from the Virgin Mary. Yet he will remain as he was before his birth. The Wise Men hurry together and bear gifts. The shepherds stay in the fields and we sing together with them, “O Lord born from a virgin, glory to you!”

### **Kathisma 2**

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

Glory:

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

Both now: Tone 8

As shepherds were piping songs, a host of angels stopped them. They called out and said, "Listen, as you stay in the fields at the head of your flocks. Cry out and sing that Christ the Lord is born. He is our God, who takes delight in saving the human race."

### **Evlogitária**

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

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

Blessed are you, O Lord; teach me your statutes.  
The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.  
The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them: Why do you number the Living among the dead? As God he has risen from the tomb.

Glory:

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

Both now:

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

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

O our God and our hope, glory to you.

### **Small Litany**

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

### **Ypakói**

*Read without note*

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

### **Anaváthmi Tone 5**

Antiphon 1 Ps 131

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

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

Glory: Both now:

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

Antiphone 2 Ps 120

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

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

Glory: both now:

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

Antiphon 3 Ps 121

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

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

Glory: Both now:

The government of life belongs to the Holy Spirit

and every creature is given the breath of life through him  
as also in the Father and the Word.

### **Prokeímenon Ps 9**

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

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

### **Small Litany**

For you are the King of Peace and Saviour of our souls, and we send up  
glory to you, to the Father, the Son and the Holy Spirit, always, now and  
for ever, and to the ages of ages. *Amen*

### **Kontákion**

Rejoice, O Bethlehem! Be prepared, O Ephrata! See the Ewe is  
approaching to give birth to the Chief High Shepherd whom she carries in  
her womb. When they see this, the God-bearing fathers rejoice and sing  
with the shepherds, “The Virgin nourishes the Creator with her own milk.”

### **Íkos**

O Virgin, when they see the majestic radiance of your childbearing,  
Abraham, the lover of God, and the renowned Isaac rejoice with the whole  
choir of saints assembled by God. They bring creation out to meet you  
with joyful greetings. For the woman who brings joy to all is revealed.  
She has conceived in her womb the Lord who was once seen in Babylon  
and preserved beyond understanding the youths who had been unjustly  
thrown into the furnace. Therefore they will produce a song to the One  
who is seen in the hands of the Maiden and will glorify the Virgin who  
nurses him.

### **Synaxáron**

Today we remember the ten holy martyrs of Crete who lived in the Third  
Century. These lambs of Christ were taken to the sheepfold of the martyrs  
in the presence of their Creator. On the Twenty Third they were beheaded.

Together with them we remember:

Bishop Níphon of Cyprus C4

Dedication of Holy Wisdom in Constantinople C4

Wonderworker Nahum of Ohrid, Enlightener of the Slavs C9

## Archbishop Theoktistos of Novgorod C14

### **Ypómnia**

Today we remember the genealogy of Jesus Christ, the son of David, the son of Abraham. There are 21 generations between Adam and Abraham. There are 15 generations between Abraham and David. There are 15 generations between David and the Babylonian Exile. There are 12 generations between the Babylonian Exile and Joseph, the betrothed of the Holy Virgin. Through the intercessions of your holy ancestors and of all the just who proceeded your coming into the world, O Lord Jesus Christ, have mercy on us. Amen.

### **Katavasías**

1: Christ is born, glorify him! Christ is from heaven, receive him! Christ is on earth, be raised! All the earth, sing to the Lord! All you people, praise him with joy, for he has been glorified!

3: Let us cry out to Christ our God, to the Son begotten of the Father before all ages and incarnate from the Virgin without seed in these latter days, “O Lord, you have raised our horn and are holy.”

4: O Rod of the stem of Jesse and Flower which bloomed from a virgin, O all-praised Christ, you have come from the mountain covered with darkness. You have been made flesh from the one who did not know marriage. O God not formed from matter, O Lord, glory to your might!

5: God of peace and Father of mercies, you have sent us the Angel of great council who grants us peace. So we are guided to the light of the knowledge of God. O Lover of the human race, we wake early from the night and praise you.

6: The sea-monster spewed Jonah unharmed as it had received him, like a baby from the womb. When the Word came to live in the Virgin and was made flesh, he came out, yet preserved her incorrupt, for he himself was not subject to decay and kept his mother free from harm.

7: The children brought up together in godliness, despised the unjust command, and were not afraid of the threat of fire, but as they stood in the midst of the flames, they sang, “Blessed are you, O God of our fathers!”

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

The furnace which was moist with dew, was the image of a wonder beyond nature, for it did not burn the children whom it had received, just as the Fire of Divinity did not consume the Virgin's womb when it entered. So let us raise the song, "Let the entire creation 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 8

From the Holy Gospel according to John (20:11-18)

At that time Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; <sup>12</sup> and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. <sup>13</sup>

They said to her, "Woman, why are you weeping?" She said to them,

"Because they have taken away my Lord, and I do not know where they have laid him." <sup>14</sup> Saying this, she turned round and saw Jesus standing,

but she did not know that it was Jesus. <sup>15</sup> Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing him to be the

gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." <sup>16</sup> Jesus said to her,

"Mary." She turned and said to him in Hebrew, "Rabboni!" (which means Teacher). <sup>17</sup> Jesus said to her, "Do not hold me, for I have not yet

ascended to the Father; but go to my brothers and say to them, I am

ascending to my Father and your Father, to my God and your God.”<sup>18</sup>  
 Mary Magdalene went and said to the disciples, "I have seen the Lord";  
 and she told them that he had said these things to her.

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 ten holy martyrs of Crete, 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: I see a strange and most glorious mystery. Heaven is the cave and the cherubic throne is the Virgin. The manger is the place where Christ lay. *He* is the God who cannot be contained and whom we glorify in song.

### **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 8

Mary was truly amazed when she saw two angels in the tomb. She did not recognise Christ, but thought he was the gardener and said to him, “Sir, where have you placed the body of Jesus?” But she knew from his voice that he was the Saviour and obeyed him when he said, “Do not touch me, for I have not yet ascended to the Father, but go and tell my brothers.”

Tone 2

The leaders of the patriarchs and fathers who came before the Law, Abraham, Isaac and Jacob, shone with faith like stars. All the prophets and just were enlightened by them. They were shining lamps and the rays of their honourable prophecy enlightened the whole darkened creation.

Tone 2

Rejoice, O Bethlehem! Be prepared, O Ephrata! The Theotokos is on her way to a cave and a manger to give birth to God in an ineffable manner. What an awe-inspiring mystery, for he existed even before the patriarchs Abraham, Isaac and Jacob, as well as the prophets. Together with the angels the human race will celebrate his birth with great joy.

### **Praises**

Tone 5

Let everything with breath

praise the Lord.

Praise the Lord from the heavens;  
praise him in the heights.  
To you, O God, is due a song.

Praise him, all his angels;  
praise him, all his powers.  
To you, O God, is due a song.

S8: This glory will be for all his holy ones.

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

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

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

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

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

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

O Lord, you came into the midst of your disciples, although the doors were shut, just as you came from the sealed tomb. O long-suffering Saviour, you revealed the sufferings of the body which you had accepted, for you

endured wounds as the Seed of David, but saved the world as Son of God. O incomprehensible Saviour, your mercy is great; have mercy on us.

Tone 5

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.

Raise your voice, O Zion, divine city of God! Proclaim the divine memory of the fathers. Honour Abraham, Isaac and Jacob. See, together with Judah and Levi, we glorify the great Moses and the wonder-working Aaron. Together with David, we celebrate the memory of Joshua and Samuel. We invite them all with divine songs and praises to the Forefeast of Christ's Birth. We pray that we may receive his goodness, for he is the *Lord* who grants the world great mercy. X2

S2: Blessed are you, O Lord, God of our fathers,

*who* must be praised and greatly exalted for ever. Dan 3

Come, O Elijah, for you ascended the divine chariot of fire in days of old! O divinely wise Elisha, rejoice together with Ezekiel and Joseph. O honourable company of the twelve prophets inspired by God, exchange good news with them on the birth of the Saviour. All you just. O holy children, you quench the flames of the fire with the dew of the Spirit, so pray for us. Plead with Christ that he will grant our souls great mercy.

S1: For you are just in everything that you have done for us

and all your works are true. Dan 3

The Theotokos has truly been revealed on the earth and proclaimed by the words of the prophets of old. *She was* foretold by the wise patriarchs and the company of the just. She will exchange good news with the honourable women, Sarah, Rebecca, glorious Anna, and Miriam, the sister of Moses. All the ends of the earth will rejoice with them together with the whole creation, for God will come to be born in the flesh and to grant the world great mercy.

Glory: Tone 8

The whole of the Mosaic teaching truly revealed the divine birth of Christ in the flesh to all who heard the preaching of grace which precedes the law

and transcends the law by faith. Therefore, O Lord, since your birth brought salvation from corruption, they foretold your resurrection to the souls imprisoned in Hades. Glory to you!

Glory: Tone 8

O Jesus, Mary's ardent tears were not shed in vain. See, she has been worthy to learn from the angels and to gaze at your face. O Christ, she was weak, thought of earthly things and was held back from touching you. Yet she was sent to proclaim the good news to the disciples and to speak about your ascension to the heavenly kingdom. O Lord, together with her, make us worthy of your appearing.

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*

**Antiphon 3 Ps 94 Tone 5**

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

R: O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

S2: Let us enter his presence with thanksgiving  
and gladly cry to him with psalms,

S3: For the Lord is a great God  
and a high king over all the earth.

**Entrance Ps 94**

Come, let us worship and fall down before Christ.  
Save us, O Son of God.  
You arose from the dead.  
We sing to you, “Alleluia!”

**Apolytikia**

Tone 5

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

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

### Tone 2

Great are the accomplishments of faith, for the three holy youths rejoiced in the flames as though they were at the waters of rest. The prophet Daniel appeared as a shepherd to the lions as though they were sheep. O Christ our God, save our souls through their prayers.

### Tone 4

O Bethlehem, prepare, for Eden has been opened to all. O Ephratha, adorn yourself, for the Tree of Life blossoms from the Virgin in the cave. Her womb is a spiritual Paradise planted with the divine fruit. If we eat from it, we will live for ever and not die like Adam. Christ comes to restore the image which he made in the beginning.

### *Of the Church*

#### **Kontákion**

### Tone 3

Today the Virgin comes to the cave where she will ineffably give birth to the pre-eternal Word. O inhabited earth, rejoice when you hear the news! Glorify with the angels and shepherds the one who chose to be revealed as a new born Child, *yet was* God before the ages.

#### **Triságion**

#### **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.

#### **Apóstolos of Sunday of Forefeast**

From the Letter of Paul to the Hebrews (11:9-10, 32-40)

Brothers by faith Abraham made his home in the promised land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he was looking forward to the city with foundations, whose architect and builder is God. And what more shall I say? I do not have time to tell about Gideon, Barak, Samson, Jephthah, David, Samuel and the prophets, who through faith conquered

kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. Women received back their dead, raised to life again. Others were tortured and refused to be released, so that they might gain a better resurrection. Some faced jeers and flogging, while still others were chained and put in prison. They were stoned; they were sawn in two; they were put to death by the sword. They went about in sheepskins and goatskins, destitute, persecuted and ill-treated -the world was not worthy of them. They wandered in deserts and mountains, and in caves and holes in the ground. These were all commended for their faith, yet none of them received what had been promised. God had planned something better for us so that only together with us would they be made perfect.

#### **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 of Sunday of Forefeast**

From the Holy Gospel according to Matthew (1:1-25)

A record of the genealogy of Jesus Christ the son of David, the son of Abraham. Abraham was the father of Isaac, Isaac the father of Jacob, Jacob the father of Judah and his brothers, Judah the father of Perez and Zerah, whose mother was Tamar, Perez the father of Hezron, Hezron the father of Ram, Ram the father of Amminadab, Amminadab the father of Nahshon, Nahshon the father of Salmon, Salmon the father of Boaz, whose mother was Rahab, Boaz the father of Obed, whose mother was Ruth, Obed the father of Jesse, and Jesse the father of King David.

David was the father of Solomon, whose mother had been Uriah's wife, Solomon the father of Rehoboam, Rehoboam the father of Abijah, Abijah the father of Asa, Asa the father of Jehoshaphat, Jehoshaphat the father of Jehoram, Jehoram the father of Uzziah, Uzziah the father of Jotham, Jotham the father of Ahaz, Ahaz the father of Hezekiah, Hezekiah the father of Manasseh, Manasseh the father of Amon, Amon the father of Josiah, and Josiah the father of Jeconiah and his brothers at the time of the exile to Babylon.

After the exile to Babylon: Jeconiah was the father of Shealtiel, Shealtiel the father of Zerubbabel, Zerubbabel the father of Abiud, Abiud the father of Eliakim, Eliakim the father of Azor, Azor the father of Zadok, Zadok the father of Akim, Akim the father of Eliud, Eliud the father of Eleazar, Eleazar the father of Matthan, Matthan the father of Jacob, and Jacob the father of Joseph, the husband of Mary, of whom was born Jesus, who is called Christ. Thus there were fourteen generations in all from Abraham to David, fourteen from David to the exile to Babylon, and fourteen from the exile to the Christ.

This is how the birth of Jesus Christ came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be with child through the Holy Spirit. Because Joseph her husband was a righteous man and did not want to expose her to public disgrace, he had in mind to divorce her quietly. But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins." All this took place to fulfil what the Lord had said through the prophet: The virgin will be with child and will give birth to a son, and they will call him Emmanuel" - which means, "God with us." When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. But he did not know her until she gave birth to a son. And he gave him the name Jesus.

### **Communion Ps 148**

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