

**SUNDAY 10 MARCH 2019**  
**Martyr Kodrátos and Companions of Corinth C3**  
**+ Sunday of Cheeseafare**  
**41<sup>st</sup> Sunday Tone 8 & Eothinón 8**

**VESPERS**

**Lord I have cried**

Tone 8

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, we offer you our evening hymn and reasonable worship,  
 for you were pleased to have mercy on us by your resurrection.

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

O Lord *our* Lord, do not banish us from your face, but be pleased to  
 have mercy on us by the resurrection.

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

O Lord listen to my voice.

Rejoice, O holy Zion, mother of the churches, dwelling place of  
 God! For you were the first to receive remission of sins by the  
 resurrection.

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

The Word of God the Father, begotten before the ages, was  
 incarnate in the latter times from the *woman* who was ignorant of  
 marriage. He willingly endured crucifixion until death. By his  
 resurrection he has saved man who was dead from the past.

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

But there is forgiveness with you.

O Christ, we glorify your resurrection from the dead by which you  
 have freed the race of Adam from the tortures of Hades. As God  
 you have granted the world eternal life and great mercy.

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.

Glory to you, O Saviour Christ, only begotten Son of God! You  
 were nailed to the cross and raised from the tomb on the third day!

Tone 6

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

My Creator and Lord took me as dust from the earth, formed me  
 into a living creature, breathed into me the breath of life and gave  
 me a soul. He honoured me when he established me as a ruler on  
 earth over every visible thing and made me a companion of the  
 angels. However, the deceiver Satan used the snake as his  
 instrument, enticed me with food, separated me from the glory of  
 God and handed me over to the earth, to the lowest depths of death.  
 O Master, recall me in your compassion.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

O Lord, when the enemy tempted me, I disobeyed your command. I  
 exchanged the glory of my immortal body for shame and nakedness.  
 Now I must wear garments of skins and fig-leaves and I am  
 condemned to eat the bread of bitter hardship by the sweat of my  
 brow. The earth is cursed and produces thorns and husks for me. O  
 Lord, you took flesh from the Virgin in the fullness of time; call me  
 back and restore me to Eden.

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

O Paradise, O garden of delight and beauty, O dwelling made  
 perfect by God, O unending gladness and eternal joy, O hope of the  
 prophets and home of the saints, plead with the Creator of all by the  
 music of your rustling leaves to open for me the gates which my sins  
 have closed, so that I may partake of the tree of life and the grace  
 which was given to me in the beginning.

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

Adam was exiled from Paradise through disobedience. He was  
 driven from eternal bliss and deceived by the words of Eve. He sat  
 naked and weeping before the gates of Paradise. Let us hurry to  
 enter the season of fasting. Let us carefully obey the gospel  
 commands, so that we may be made acceptable to Christ our God  
 and regain our home in Eden.

Glory: Tone 6

Adam sat before the gates of Eden, lamented his nakedness and  
 cried out, "Woe to me! I have listened to wicked deceit; I have lost  
 my glory and am now banished! Woe is me! My open-mindedness  
 has left me naked and confused. O Paradise, no longer can I enjoy  
 your delights. No longer can I see my Lord, my God and my  
 Creator. He formed me from dust and now to the dust I return. O  
 compassionate Lord, I implore you, "Have mercy on me who have  
 fallen."

Both now: Tone 8

The King of Heaven, appeared on earth and lived with men because  
 of his love for the human race. He took flesh from the pure Virgin  
 and, after he had assumed it, came from her. The Son is one in two  
 Natures, yet one Person. Therefore we truly proclaim him as perfect  
 God and perfect man, and we acknowledge Christ as our God. O  
 unwedded Mother, plead with him to have mercy on our souls.

**Phos Ilarón**

P/D: Wisdom! Stand upright!

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

For it is right at all times to worship you

with voices of praise,

O Son of God *and* Giver of life.

Therefore the world glorifies you.

**Prokeímenon**

P/D: The Evening Prokeimenon

R: The Lord reigns *and* is clothed with majesty.

S1: The Lord has put on power and clothed himself.

S2: He founded the world, which will not be moved.

**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 8

O Jesus you descended from heaven and ascended the cross. You *are* the immortal Life who came to death; *you are* the true Light for those in darkness *and* the Resurrection of all. Our Light and Saviour, glory to you!

S1: The Lord reigns *and* is clothed with majesty;  
the Lord has put on power and clothed himself. Ps 92  
Let us glorify Christ who rose from the dead. He took up soul and body, then separated them both in suffering. His most pure soul descended to Hades, which he plundered. The holy body of the Redeemer of our souls did not see corruption in the tomb.

S2: For he founded the world which will not be moved. Ps 92  
O Christ, we glorify your resurrection from the dead with psalms and hymns. Through it you have freed us from the torments of Hades and, as God, have granted eternal life and great mercy.

S3: O Lord, holiness is right for your house to length of days. Ps 92  
O Master of all, incomprehensible Creator of heaven and earth, you have brought about existence for me without passion by your passion on the cross. You accepted burial, rose in glory and raised Adam with you by your all-powerful hand. Glory to your resurrection on the third day through which you have granted us eternal life and cleansing of sins, for you are the only compassionate *Lord!*

Glory: Tone 6

Adam ate the forbidden fruit and was driven from Paradise. He sat outside and wept bitterly, “Woe is me! What will become of me, for I am a worthless man? I disobeyed one command of my Master and lost every good thing. O holy Paradise, planted for me by God and closed by the weakness of Eve, grant that I may once again gaze on the flowers of your gardens.” The Saviour said to him, “I do not want the death of my creation. I desire that all should be saved and come to the knowledge of the truth, for I will never cast out the one who comes to me

Both now:

O most pure Virgin, my Maker and Redeemer, Christ the Lord, was born from you. By accepting my nature, he freed Adam from his ancient curse. We continually glorify you as the Mother of God. Hail, celestial joy! Hail, O Lady, the protection, intercession 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

#### Apolytikia

Tone 8

O merciful *Lord*, you descended from above and accepted the three-day burial in order to free us from our sufferings. O Lord, our life and resurrection, glory to you!

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, plundered 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 *Lord*, reveal your love for the human race. O Saviour, receive the Theotokos, who gave

birth to you, *for she is* 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 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, “O Giver of life, Christ our God, glory to you!”

O Theotokos, your mysteries are beyond every thought and your mysteries are exceedingly glorious. You were sealed in purity and preserved in virginity, and so were revealed without deception as the mother who gave birth to the true God. Plead with him to save our souls.

### 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

The noble Joseph took down your most pure body from the tree and wrapped it in fine linen. He anointed it with spices and laid it for burial in a new tomb. But, O Lord, you rose on the third day and granted the world great mercy.

Glory:

The angel stood at the tomb and cried to the myrrhbearing women, “Myrrh is correct for the dead, but Christ has revealed himself a stranger to corruption, so proclaim that the Lord is risen and grants the world great mercy.”

Both now:

O Virgin Theotokos, you are most glorious. We praise you, for Hades has been laid low and death has been slain through the cross of your Son. We were dead in sin, but have risen and been granted life. We have obtained Paradise, our former delight, therefore we thank and glorify Christ our God, for he alone is mighty and great in mercy.

### Kathisma 2

You did not prevent the stone of the tomb from being sealed; you rose and granted the rock of faith to everyone. O Lord, glory to you.

Glory:

The choir of the disciples, joined the myrrhbearing women and rejoiced in unison. Therefore, together with them, we keep the feast to glorify and honour your resurrection. O Lord and Lover of the human race, grant your people great mercy through them.

Both now:

O Virgin Theotokos, you are most blessed, for Hades has been captured through the *Lord* who was born from you. Adam has been recalled, the curse has been annulled, Eve has been set free, death has been slain and we have been granted life. Therefore we cry, “Blessed is Christ our God, who was so well-pleased! Glory to you!”

### Evlogitaria

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, the women went to the grave in order to anoint your body after the Passion. They saw angels in the tomb and were afraid, for they heard them say, "The Lord has risen and grants the world great mercy.

#### **Anaváthmi**

Antiphon 1 Ps 122

O Saviour, I raise the eyes of my heart towards you;  
save me with your illumination.  
O my Christ, have mercy on us,  
for we frequently and at every hour give you grief;  
give us the means to turn back to you before the end.

Glory: Both now:  
The rule, blessing and control of creation are the Holy Spirit's  
for he is God, consubstantial with the Father and the Word.

Antiphon 2 Ps 123

If the Lord were not among us,  
who could be protected from the murderous enemy?  
O Saviour, do not hand over your servant to their teeth.  
They move against me like a lion,  
for they also are my enemies.

Glory: Both now:  
The first cause of life and regal honour is the Holy Spirit's,  
for as God, he gives all creatures power,  
and guards them in the Father and the Son.

Antiphon 3 Ps 124

Those who put their trust in the Lord are like the Holy Mountain;  
they are never shaken by the attacks of Beliar.  
Do not let those who live for God  
stretch out their hands to lawless deeds,  
for Christ will not set aside the rod for his inheritance.

Glory: Both now:  
All wisdom streams from the Holy Spirit.  
Grace comes from him to the Apostles;  
the Martyrs are crowned for their struggles  
and the Prophets are given vision.

#### **Prokeímenon Ps 145**

R: The Lord will reign for ever,  
your God, O Zion, from generation to generation.  
S: Praise the Lord, O my soul.

#### **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**

*Without note*

O Master, Guide to wisdom, Giver of wise advice, Educator of the foolish and Champion of the poor, strengthen my heart and grant it understanding. O Word of the Father, give me speech, for see, I will not prevent my lips from crying, "I have fallen; have mercy on me in your compassion."

#### **Íkos**

O Lord of supreme love, as I think about your fearful judgment seat and the day of Judgment, I tremble and am filled with fear. I am accused by my own conscience. When you sit on your throne and bring all to trial then no one will be able to deny his sins, for the truth will accuse him and terror hold him fast. The flames of Gehenna will roar and the sinners will grind their teeth. Therefore, O just Judge, have mercy on me before the end and spare me.

#### **Synaxarion**

Today we remember the holy martyr Kodrátos of Corinth and his companions Ánektos, Pávlos, Dionysios, Kyprianós and Kriskens who lived in the Third Century. The mother of Kodrátos had given birth to him when she was hiding in a forest from persecution. He was raised in the safety of the desert. He went into the town and was joined by other ascetics. They died in another persecution. On the Tenth Kodrátos, like a Corinthian pillar, lost his capital under the two-edged sword.

Together with him we remember:  
Mother Anastasia the Patrician of Alexandria C6  
New Martyr Michael of Thessalonica C16

#### **Ypómнима**

Today we commemorate the expulsion of Adam of the first creation from Paradise. Let the world mourn, together with the leaders of the human race. Let it bitterly lament, for having fallen through the sweet meal, the human race fell stumbling with them. Therefore, O Christ our Lord, make us worthy of the Paradise of bliss, and have mercy on us, for you alone are the Lover of the human race. *Amen*.

#### **Katavasías**

1: As they crossed the deep on foot as though it were dry land, the people of Israel saw their pursuer Pharaoh drowning in the waves. They cried out, "Let us sing a hymn of victory to our God!"

3: O Lord my God, only you are holy, for in your love you have raised the horn of the faithful and placed them on the rock of your true faith.

4: The Holy Church devoutly sings, "Christ is my strength, my God and my Lord." She raises her voice with purity and keeps festival in the Lord.

5: O good Lord, I implore you to illuminate with your divine light, the souls of those of those who lovingly seek you early in the morning. O Word of God, let them know you as truly the God who recalls them from the gloomy darkness of offences.

6: When I observe the raging sea of life and the storm of temptation, I run to your calm harbour. I cry to you, "O most merciful *Lord*, draw my life from corruption."

7: An angel made the furnace moist with dew for the Holy Children, but the Chaldeans were consumed with flames at God's command. Therefore the tyrant cried out, "Blessed are you, O God of our fathers!"

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

O Christ, you made dew fall from the flames over the Holy Children and burnt the sacrifice of your just servant with water, for you achieve everything by your will alone. We exalt you 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 Life-giver, open the doors of repentance to me, for my spirit rises early to pray towards your holy Temple, as I carry the temple of my body all defiled. But purify me by the loving kindness of your mercy in your compassion.

Both now:

O Theotokos, lead me along the paths of salvation, for I have profaned my soul with shameful sins and wasted my life in laziness. But release me from every impurity through your intercessions.

Have mercy:

When I think about the many evil things which I have done, wretch that I am, I tremble at the fearful day of judgment. But since I trust in your loving kindness, I cry to you like David, "O God, have mercy on me according to your 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, the holy martyr Kodrátos of Corinth and his companions, 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: No one can see God on whom the angelic orders dare not gaze.  
Yet, all-pure Virgin, the Word assumed flesh and revealed himself  
to men through you. Together with the hosts of heaven we glorify  
him and call you blessed.

#### 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."

O Lord, I have disobeyed your commandment in my misery. Woe is  
me! I have been stripped of glory, filled with shame and banished  
from the joy of Paradise. I have been rightly deprived of your  
blessings. Take pity on me in your mercy and compassion.

O Lord, once we were expelled from Paradise by eating from the  
tree, yet you, my God and Saviour, have brought us back again  
through your cross and passion. Through the pleas of your Mother  
give us strength through your cross to observe the fast in holiness  
and to worship your divine waking, the Pascha of salvation.

#### Praises

Tone 8

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, everything with breath glorifies you. For you, the only  
Lover of the human race, have destroyed death by your cross and  
revealed to the peoples your resurrection from the dead.

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

Do the Jews say that the soldiers who guarded the King destroyed  
him instead? Do they say that the stone did not preserve the Rock of  
life? Either let them give up the buried *Lord* or adore with us the  
one *who has* risen with us and say, "Glory to your great mercies! O  
Saviour, glory to you!"

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

O people, rejoice and be glad! An angel sitting on the stone has  
announced to us the glad news and said, "Christ, the Saviour of the  
world, has risen from the dead and filled everything with sweet  
fragrance." O people, rejoice and be glad!

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

O Lord, before your conception an angel came with the greeting,  
"Hail!" to the *Lady* who was full of grace and an angel rolled the  
stone from your glorious tomb at your resurrection. The one  
announced the signs of joy in place of sorrow, the other proclaimed  
to us the life-giving Master in place of death. Therefore we cry out  
to you, "O Lord and Benefactor of all, glory to you!"

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

The women poured spices on your tomb with tears, yet they cried  
out with joy when they heard the words, "The Lord is risen!"

Tone 5

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

Let everything with breath praise the Lord.

Adam cried and wailed, "Woe is me, for the serpent and the woman  
have deprived me of my boldness before God and I have become an  
exile from the joy of Paradise through eating from the tree! Woe is  
me, for I can no longer endure the shame! I was once sovereign over  
all the creatures of God on earth, but have now become a prisoner  
and have been led astray by evil advice. I was once clothed with  
immortal glory, but must now cover myself lamentably in mortal  
skins like someone condemned to die. Woe is me, for who will  
share my sorrow with me? O Lord, you love the human race, have  
formed me from earth and are covered with compassion, so recall  
me from slavery to the enemy and save me.

S2: O Lord, I will thank you with all my heart  
and recount all your wonders.

The arena of the virtues has been opened. Let everyone who now  
wants to compete for the prize enter and clothe himself for the noble  
contest of the Fast, for the one who competes lawfully is rightly  
crowned. Let us take the armour of the cross and make war against  
the enemy. Let us have faith as our invincible fortification, prayer  
as our breastplate, charitable giving as our helmet and use fasting as  
our sword to cut out every evil from our heart. If we accomplish  
this, we will receive the true crown from Christ the King of all on  
the Day of Judgement.

Tone 6

S1: O Lord God, rise; let your hand be exalted  
and never forget your poor.

Adam was expelled from Paradise because he had eaten food in  
disobedience, but Moses was allowed a vision of God because he  
had purified his soul's eyes with fasting. If we desire to live in  
Paradise, let us go without all unnecessary food. If we long to see  
God, let us fast for forty days like Moses. Let us sincerely persevere  
in prayer and intercession, calm the passions of our soul, and  
subjugate the unruly instincts of the flesh. Let us begin to tread with  
a light step the path to heaven, where the angelic choirs sing the  
praises of the undivided Trinity with a voice that is never quiet.  
There we will see the exceeding beauty of the Master. O Son of

God *and* Giver of life, we have hoped in you. O Christ, count us worthy *to receive* a place there with the angelic armies, at the prayers of the Mother who bore you, of the apostle, martyrs and all the saints.

Glory: Tone 6

The time has approached for us to commence the spiritual warfare and gain victory over the demonic powers. Let us put on the armour of abstinence and clothe ourselves with the glory of the angels. Moses spoke boldly to the Creator and heard the voice of the invisible God. O Lord, allow us in your love for the human race to have the same boldness to venerate your passion and holy resurrection.

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. After he had destroyed death by death, he

### LITURGY

#### Antiphon 1 Ps 91

S1: It is good to thank the Lord  
and make melody to your name, O Most High.

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

S2: To announce your mercy in the morning  
and your truth by night,  
S3: For the Lord our God is upright  
and there is no injustice in him.  
S4: Glory: Both now:

#### Antiphon 2 Ps 92

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

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

S2: For he founded the world  
which will not be moved.  
S3: Your throne *was* made ready in the past;  
you are from eternity.

*Monogenes*

#### Antiphon 3 Ps 94

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

R: O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

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 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

*Of the Church*

#### Kontáktion

Tone 6

O Master, Guide to wisdom, Giver of wise advice, Educator of the foolish and Champion of the poor, strengthen my heart and grant it understanding. O Word of the Father, give me speech, for see, I will not prevent my lips from crying, "I have fallen; have mercy on me in your compassion."

#### Triságion

#### Prokeímenon Ps 46 Tone 3

R: Make melody to our God, make melody!  
S: All you nations, clap your hands.

#### Apóstolos

From the Letter of Paul to Romans (13:11-14:4)  
Brothers, now our salvation is nearer to us now than when we first believed. <sup>12</sup> The night is far gone, the day is at hand. Let us then throw out the works of darkness and put on the armour of light. <sup>13</sup> Let us conduct ourselves becomingly as in the day, not in revelling and drunkenness, not in debauchery and dissipation, not in quarrelling and jealousy. <sup>14</sup> But put on the Lord Jesus Christ and make no provision to gratify the flesh its desires. <sup>1</sup> As for the man who is weak in faith, welcome him, but not for disputes over

opinions. <sup>2</sup>One believes he may eat anything, while the weak man eats only vegetables. <sup>3</sup>Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. <sup>4</sup>Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

**Alleluia Ps 30 Tone 3**

S1: O Lord, I have hoped in you, never let me be shamed.

S2: Become my God of defence.

**Gospel**

From the Holy Gospel according to Matthew (6:14-21)

The Lord said: If you forgive men their trespasses, your heavenly Father also will forgive you; <sup>15</sup> but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. <sup>16</sup> And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. <sup>17</sup> But when you fast, anoint your head and wash your face, <sup>18</sup> that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. <sup>19</sup> Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, <sup>20</sup> but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there will your heart be also.

**Communion Ps 148**

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