

**SUNDAY 17 MARCH 2019**  
**+ Sunday of Orthodoxy**  
**Man of God Aléxios C5**  
**[Patrick of Armagh C5]**  
**42<sup>nd</sup> Sunday Tone 1 & Eothinón 9**

**VESPERS**

**Lord I have cried**

Tone 1

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 holy Lord, accept our evening prayers and grant us remission of sins, for you alone have revealed the resurrection to the world

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

O people, encircle Zion and surround her. Give glory in her to the *Lord* who rose from the dead, for he is our God, who has rescued us from our offences.

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

O Lord listen to my voice.

O people, come, praise and fall down before Christ as we glorify his resurrection from the dead, for he is our God, who has rescued the world from the deceit of the enemy.

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

Let the heavens, be glad and the foundations of the earth sound trumpets.  
Let the mountains sing with joy. See Emmanuel has nailed our sins to the

cross. The Giver of life has killed death and raised Adam, for he is the Lover of the human race.

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

But there is forgiveness with you.

Let us praise *the Lord* who was willingly crucified in the flesh for us. He suffered and was buried, but rose from the dead. We say, “O Christ, confirm your Church in Orthodoxy and grant peace for our life, since you are the gracious Lover of the human race.”

S5: O Lord, I have waited for you for your name’s sake;

my soul has waited for your word,

my soul has hoped in the Lord.

O Christ our God, we stand unworthily before your life-bearing tomb and offer glory to your ineffable compassion. O sinless *Lord*, you have accepted the cross and death in order to grant resurrection to the world as the Lover of the human race.

Tone 6

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

O incomprehensible Lord, you shone out in eternity before the morning star. The prophets who were inspired by the Spirit from the bosom of the immaterial and bodiless Father, foretold that you would become a Child and be incarnate from the Virgin. They said that you would take your place among men and be visible to those on earth. Therefore, O compassionate *Lord*, make us worthy of your enlightenment through their intercessions as we praise your ineffable and glorious resurrection.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

The divinely-inspired prophets preached you in word and honoured you with actions. O Master, they received eternal life as their reward, for they firmly refused to worship creation instead of you, the Creator. They renounced the whole world for the sake of the Gospel and in their suffering were united to your passion which they had foretold. Through

their pleas make us worthy to pass the time of the Fast without offence, for only you are rich in mercy.

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

O Master, although you are infinite in your divine nature, you condescended to be incarnate in these last days and became finite, for, by putting on the body, you also put on its natures. Therefore we present the likeness of your image and venerate it in honour of its Prototype. We ascend towards your love where we partake of the grace of healing, as we follow the divine traditions of the apostles.

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

The Church of Christ has truly taken on a venerable adornment - the holy icons of Christ the Saviour, of the Theotokos and of all the saints. She is raised with joy and gladness, and rejoices in grace. She refutes the throngs of heretics and gladly glorifies her all-compassionate God, for he patiently bore his voluntary sufferings for her sake.

Glory: Tone 2

The grace of truth has shone and the things foreshadowed of old have been openly fulfilled. For see, the Church has put on the incarnate likeness of Christ. It is an adornment which transcends the world in accordance with the Tabernacle of the Covenant which prefigured it. In this way we are not lost in wandering, since we keep with us the icon of *the Lord* whom we worship and revere. Therefore, let the non-believers be confused. For our kneeling in true worship of the incarnate *Lord* is a glory to us. O believers, let us venerate it and say, "O God, save your people and bless your inheritance."

Both now: Tone 1

Let us praise the Virgin Mary, the gate of heaven, the glory of the world, the song of the angels and the beauty of the faithful. She was born from man, yet gave birth to God; she was revealed as heaven and the temple of the Divinity. She destroyed the middle wall of enmity. She commenced the peace and opened the palace of the King. Because we have her as the anchor of faith, our defender is the Lord whom she bore. Courage,

courage, O people of God! For Christ will destroy our enemies since he is all-powerful.

### **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 1

O Christ, we have been freed from passions by your passion and have been rescued from corruption by your resurrection. O Lord, glory to you!

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

Let creation rejoice! Let the heavens be glad! Let the nations clap their hands with joy! For Christ our Saviour has nailed our sins to the cross. He has given life by slaying death and raised fallen Adam, *for he is* the Lover of the human race.

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

O incomprehensible *Lord*, you were willingly crucified because of your love for the human race as King of heaven and earth. Hades was angry when it met you below. Adam rose when he saw you, the Creator, under the earth. Wonder! How has the Life of all tasted death? He wished to enlighten the world which cries, “O Lord, who rose from the dead, glory to you!”

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

The myrrh-bearing women came speedily and tearfully to your tomb. They did not find your most pure body, but learnt about the new and glorious wonder from the angel. They told the apostles, “The Lord is risen and has granted the world great mercy.”

#### Glory: Tone 2

*Come*, all of you who have passed from false doctrine to true worship and who are illuminated with the light of knowledge! Let us clap our hands with the psalms and offer praise to God. Let us bow in adoration to the icon of Christ, to the icon of the most pure *Lady*, to the pictures of all the saints drawn on the walls, on tablets and holy vessels. Let us refute the lie of the evil-opinioned people, for Basil said, “The adoration of the picture

is transmitted to its prototype. O Christ our God, we implore you to grant us great mercy by the intercession of your pure mother and all the saints.

Both now:

A new miracle surpasses all ancient miracles. Who knows of a mother who gave birth without a man and carried her Creator in her arms? This birth is the will of God. Most pure *Lady*, since you carried him as an infant in your arms and since you possess motherly boldness before him, continually pray for us who honour you, that he may be bountiful and save 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**

#### **Apolytíka**

Tone 1

O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, “Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!”

Tone 2

O loving Lord, we venerate your holy icon. O Christ our God, we ask you to pardon our lawless deeds. For you were pleased to ascend the cross in the flesh of your own volition and to rescue from slavery to the enemy those whom you had formed. Therefore we gratefully cry aloud to you, “Our Saviour, you have filled all things with joy when you came to save the world.”

Tone 2

O Theotokos, all your mysteries are beyond understanding and most 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.

### **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 1

O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, "Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!"

#### Tone 2

O loving Lord, we venerate your holy icon. O Christ our God, we ask you to pardon our lawless deeds. For you were pleased to ascend the cross in the flesh of your own volition and to rescue from slavery to the enemy those whom you had formed. Therefore we gratefully cry aloud to you, "Our Saviour, you have filled all things with joy when you came to save the world."

#### Tone 2

O Theotokos, all your mysteries are beyond understanding and most 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**

Tone 1

O Saviour, the soldiers who kept watch over your tomb fell down as dead at the lightning flash of the angel who appeared and proclaimed the resurrection to the women. We glorify you, *for you are* the destroyer of corruption. You alone are our God who rose from the tomb; we all fall down before you.

Glory:

O merciful *Lord*, you were willingly nailed to the cross. O Giver of life, you were laid in the tomb as though dead. Almighty *Master*, you wiped out the power of death by your death. The gatekeepers of Hades trembled before you. Only Lover of the human race, you raised with you the dead from all the ages.

Both now:

We know you are the Theotokos and we all yearn to seek refuge in your goodness. After childbirth you remained truly a virgin. Only pure *Lady*, we sinners truly have you for protection, and as our salvation in temptation.

### **Kathisma 2**

The women who came early to your tomb trembled at the sight of the angel. The tomb shone with life and this wonder amazed them. They returned and announced the resurrection to the disciples, “Christ, *who is* alone mighty and powerful, has despoiled Hades. He has raised up all those who are in corruption and released the human race from fear of condemnation through the power of the cross.”

Glory:

The Life of all was nailed to the cross. The immortal Lord, the Saviour who rose on the third day and raised Adam from corruption, was counted among the dead. Therefore, O Giver of Life, the powers of heaven cry out, "Glory to your resurrection! Glory to your condescension, only Lover of the human race!"

Both now:

O Mary, exalted vessel of the Master, raise us who have fallen into a bottomless pit of despair, sin and affliction, for you are the salvation, aid and powerful protection of sinners; you save your servants.

### **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*

### **Ypakóï**

*Read without note*

O Christ our God, the Thief stole Paradise through repentance. The wailing of the myrrh-bearing women brought joy to light, for you have risen and grant the world great mercy.

### **Anaváthmi Tone 1**

Antiphon 1 Ps 119

I call to the Lord in my distress,

“Listen to my grief.”

The longing for God is unceasing for those in the desert;  
they are removed from the emptiness of the world.

Glory: Both now:

Honour and glory are due to the Holy Spirit,  
as also to the Father together with the Son  
and so we praise the Trinity, one in might.

Antiphon 2 Ps 120

O God, you have exalted me to the hills of your laws;  
make me shine with virtues so that I may praise you.

O Word, take me by your right hand; guard and keep me,  
so that the fire of sin does not burn me.

Glory: Both now:

The whole creation is renewed in the Holy Spirit.

It returns to its pristine state,

for he is equal in might with the Father and the Word.

**Antiphon 3 Ps 123**

My soul rejoiced and my heart is glad  
 with those who said to me,  
 “Let us go to the courts of the Lord.” Ps 123  
 Great fear will be in the house of David for there,  
 when the thrones are placed,  
 every tribe and tongue of the earth will be judged.

Glory: Both now:

It is right to offer glory, might and power to the Holy Spirit,  
 as to the Father and the Son,  
 for the Trinity is one in being, but not in persons.

**Prokeímenon Ps 11**

R: I will rise now,” says the Lord;  
 “I will place them in safety *and* speak openly about it.”  
 S: The Lord’s promises are pure words.

**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 Theotokos, no one could describe the Word of the Father, but when he  
 took flesh from you, he agreed to be described and restored the fallen  
 image to its former state by uniting it to divine beauty. We confess and  
 proclaim our salvation with word and image.

**Íkos**

The divinely-inspired prophets were enlightened by this mystery of God's  
 providence. They prophesied about it in the past for our sakes who now  
 see the fulfilment of the ages. We receive divine knowledge through this  
 mystery. We know one Lord and God, glorified in three Persons, and  
 worship him alone. We have one faith, one baptism and are clothed in  
 Christ. We acknowledge and proclaim our salvation with word and image.

**Synaxáron**

Today we remember our renowned father Aléxios of Rome, Man of God, who lived in the Fifth Century. He was from a Roman noble family, but left home to live in poverty, asceticism and prayer at Emesa. On the Seventeenth Aléxios set out for the other world.

Together with him we remember:

Bishop Patrick of Armagh, Apostle to the Irish C5

Hermit Withburga of Holkham and East Dereham C8

Monk Martyr Paul of Cyprus C8

### **Ypómnima**

Today is the first Sunday in the Fast and we commemorate the hanging of the venerable and holy icons which was accomplished by the ever-memorable monarchs of Constantinople, Michael, and his mother, Theodora, in the days of the holy confessor, Methodios. When I see the icons return to their place, I correctly bow down and rejoice. Therefore, O uncreated likeness of the Father, have mercy on us through the prayers of your confessing saints. Amen.

### **Katavasías**

1: In ancient times Israel walked dry-shod across the Red Sea. Moses also raised his hands in the form of the cross and put the power of Amalek to flight in the desert.

3: O Christ, your Church celebrates with you and cries aloud, “O Lord, you are my strength, my refuge and my stronghold!”

4: O Sun of Justice, when she saw you lifted on the cross, the Church stood still and cried aloud, “O Lord, glory to your power!”

5: O Lord my light, you have come to the world as a light of holiness. You turn back from dark ignorance those who sing your praises with faith.

6: O Lord, the Church, which is purified from the blood offered to demons by the blood which flowed in mercy from your side, cries aloud to you, “I will offer you a sacrifice of praise.”

7: The children of Abraham in the Persian furnace, were ablaze with love for the true faith which was stronger than the flames. They cried out from

the midst of the fire, “O Lord, blessed are you in the temple of your glory!”

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

Daniel stretched out his hands for prayer in the lions’ den and stopped their mouths. The children, lovers of the true faith and clothed with holiness, quenched the power of the fire as they cried aloud, “All you works of the Lord, bless the Lord!”

### **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 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, of our renowned father Aléxios of Rome, and of all the saints. We ask you, only merciful Lord, “Listen to us sinners as we pray to you, and have mercy on us.”

*Lord have mercy. X12*

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

### **Ode 9**

My soul glorifies the Lord

and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim

and beyond compare more glorious than the Seraphim.

You gave birth to God the Word without defilement;

O true Theotokos, we glorify you.

<sup>2</sup> For he has regarded his servant's humility;

see, from now all generations will call me blessed. R:

<sup>3</sup> For the Almighty has accomplished great *things* for me

and his name is holy.

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

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

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

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

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

9: O Virgin, Christ, the Cornerstone not cut by the hand of man, was taken  
from you, the unhewn mountain. He united two different natures.  
Therefore, O Theotokos, we glorify you with great joy.

### **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!”

Jump for joy, clap your hands with joy, sing and cry out, “O Christ, how  
strange and marvellous are your works! O Saviour, you have united us in  
harmonious agreement within one Church. Who is able to recount all your  
powerful deeds?

Most pure *Lady*, the fierce weapons of the heretics and the very mention of them have been completely destroyed. Most pure *Maiden*, when we see your temple adorned in splendour with the grace of venerable icons, we all are filled with joy and gladness.

### Praises

#### Tone 1

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 Christ, we praise your saving passion and glorify your resurrection.

S7: Praise God in his saints;  
praise him in his mighty firmament.  
O Lord, you have endured the cross, made death of no effect and have risen from the dead. Grant peace in our lives, for you are the only almighty *Lord*.

S6: Praise him for his mighty *deeds*;  
praise him for the abundance of his majesty.  
You have plundered Hades and raised man by your resurrection. O Christ, make us worthy to praise and glorify you with purity of heart.

S5: Praise him with the trumpet sound;  
praise him with lute and harp.  
O Christ, we praise you and glorify your divine condescension. You were born from a virgin, yet did not part from the Father. You suffered as man and willingly endured the cross. You rose from the grave as though from a bridal chamber so that you might save the world. O Lord, glory to you!

## Tone 3

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.

O Lord, you love the human race, so now the Church rejoices in you, her Bridegroom and Founder, since through divine will you have rescued her from the error of idolatry. Through your precious blood you have betrothed her to yourself. She gladly accepts the restoration of the holy icons, faithfully sings in your praise and gives you glory. X2

## Tone 4

S2: O Lord my God, rise; let your hand be exalted;  
never forget your poor.

O Lord, after restoring the depiction of your flesh to the churches, we assign them a relative honour and so express the great mystery of your dispensation. O loving Lord, you have not revealed yourself to us solely in outward form, as is claimed by the followers of Mani, who are enemies of God, but in the full and true reality of the flesh. Therefore the icons which depict your flesh lead us to desire and love you.

S1: O Lord, I will thank you with all my heart;  
I will recount all your wonders.

A feast of joy and gladness is revealed to us today, for the teaching of the true faith are radiant with all their glory. The Church of Christ is brilliant with splendour and adorned now with the restored holy icons. God has granted a united spirit to the faithful.

## Glory: Tone 6

In the period of fasting Moses received the Law and announced it to the people. Elijah closed the heavens through fasting and the three children of Abraham overcame the lawless tyrant. O Christ, count us also worthy to reach the feast of the Resurrection through fasting. We cry out, "Holy God, Holy Strong, Holy Immortal, have mercy on us.

## Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the One who was born of you, Hades has been captured and Adam recalled. The curse has

been annulled, and Eve set free. Death has been slain, so we are given life. Blessed is Christ our God, whose good will it was. Glory to you!

### Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

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

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

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

have mercy on us,

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

<sup>5</sup> Receive our prayer,

*for* you sit on the right of the Father,  
and have mercy on us.

<sup>6</sup> For only you are holy, only you are Lord,

O Jesus Christ, to the glory of God the Father. Amen.

<sup>7</sup> I will bless you every day

and always praise your name for ever and ever. Ps 144.2

<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 32.22

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

Teach me your statutes. X3 Ps 118.12

<sup>12</sup> O Lord, you have been our refuge

from generation to generation. Ps 89.1

I said, "O Lord, have mercy on me;

heal my soul, for I have sinned against you." Ps 40.5

<sup>14</sup> O Lord, I have fled to you;

teach me to do your will, for you are my God. Ps 142:10

<sup>15</sup> For with you is the source of life

and in your light we will see light. Ps 35.10

<sup>16</sup> Stretch out your mercy  
to those who know you. Ps 35.11

## 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 92, 105, 106 Tone 2

S1: The Lord reigns *and* is clothed with beauty;  
the Lord is covered with power and surrounded.

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

S2: For he established the world which will not be moved.

S3: Who can speak about the mighty *deeds* of the Lord  
*or* make all his praises heard?

S4: So let them say who have been set free by the Lord,  
whom he has redeemed from the hand of the enemy.

S5: Glory: Both now:

### Antiphon 2 Ps 106, 32 & 101 Own Tone

S1: Let them thank the Lord for his mercies  
and for his wonders for the sons of men.

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

S2: Let them exalt him in the assembly of *the* people  
and in the sitting of the elders.

S3: The eyes of the Lord are on those who hope in his mercy.

S4: To listen to the groaning of the prisoners  
*and* to free the sons of those who have been killed,

Glory: Both now:

*Monogenes***Antiphon 3 Ps 68, 117 & 29 Tone 4**

S1: Let heaven and earth praise him.

Tone 2

R: O loving Lord, we venerate your holy icon. O Christ our God, we ask you to pardon our lawless deeds. For you were pleased to ascend the cross in the flesh through your own wish and to rescue those whom you had formed from slavery to the enemy. Therefore we gratefully cry aloud to you, "Our Saviour, you have filled everything with joy when you came to save the world."

S2: This *is* the day of the Lord; let us rejoice and be glad in it.

S3: O Lord my God, I will always praise you.

**Entrance Ps 109**

Come, let us worship and fall down before Christ.

Save us, O Son of God! You rose from the dead; we sing to you, "Alleluia!"

**Apolytíka**

Tone 2

O loving Lord, we venerate your holy icon. O Christ our God, we ask you to pardon our lawless deeds. For you were pleased to ascend the cross in the flesh of your own volition and to rescue from slavery to the enemy those whom you had formed. Therefore we gratefully cry aloud to you, "Our Saviour, you have filled all things with joy when you came to save the world."

*Of the Church***Kontákion**

Tone 8

O Theotokos, champion commander, I your city, saved from calamities, ascribe to you songs of victory and hymns of thanksgiving. Since you possess invincible might, free us from every danger, so that we may cry to you, "Hail, O bride unwedded!"

## Triságion

### Prokeímenon Daniel LXX Tone 8

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

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

### Apóstolos

From the Letter of Paul to the Hebrews (11:24-26, 32-40)

Brothers, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter. <sup>25</sup> He chose instead to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. <sup>26</sup> He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked forward to the reward. <sup>32</sup> And what more shall I say? For time would fail me to speak about Gideon, Barak, Samson, Jephthah, David, Samuel and the prophets. <sup>33</sup> Through faith they conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, <sup>34</sup> quenched raging fire, escaped the edge of the sword, gained strength from weakness, became valiant in war and put foreign armies to flight. <sup>35</sup> Women received their dead back by resurrection. Some were tortured and refused to accept release, so that they might rise again to a better life. <sup>36</sup> Others suffered mocking and scourging, even chains and imprisonment. <sup>37</sup> They were stoned, sawn in two, killed with the sword, and went about in skins of sheep and goats. *They were* destitute, afflicted *and* ill-treated. <sup>38</sup> The world was not worthy of them. They wandered over deserts and mountains, and *were* in dens and caves of the earth. <sup>39</sup> And all these, though well attested by their faith, did not receive what was promised, <sup>40</sup> since God had foreseen something better for us, that apart from us they should not be made perfect.

### Alleluia Ps 98 & 33 Tone 1

S1: Moses and Aaron *were* among his priests.

S2: They cried to the Lord and he heard them.

### Gospel

From the Holy Gospel according to John (1:43-51)

At that time Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." <sup>44</sup> Now Philip was from Bethsaida, the city of Andrew and Peter. <sup>45</sup> Philip found Nathanael, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of

Nazareth, the son of Joseph.”<sup>46</sup> Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see.”<sup>47</sup> Jesus saw Nathanael coming to him, and said of him, "See, an Israelite indeed, in whom is no guile!"<sup>48</sup> Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you.”<sup>49</sup> Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!"<sup>50</sup> Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You will see greater things than these.”<sup>51</sup> And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending on the Son of man.”

### **Triságion**

#### **Communion Ps 148**

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