

**SUNDAY 31 MARCH 2019**  
**+ Sunday of Holy Cross**  
**Hieromartyr Ypátios of Gángra**  
**Bishop Innocent of the Aleuts C9**  
**Joseph the Fair, Son of Jacob C16 BC**  
**Prophet Joel**  
**44<sup>th</sup> Sunday Tone 3 & Eothinón 11**

**VESPERS**

**Lord I have cried**

Tone 3

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

O Lord, listen to me.

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

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

O Lord, listen to me.

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

O Lord, listen to me.

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

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

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

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

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

O Lord listen to my voice.

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

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

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

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

But there is forgiveness with you.

We praise the Saviour *who was* incarnate from the Virgin, for he was crucified for our sake, rose on the third day and grants us great mercy.

Tone 5

S4: Let Israel hope in the Lord

from the morning watch until night,  
from the morning watch.

O cross of the Lord, shine and illuminate the hearts of those who honour you. We embrace you, only hope of the world, with love inspired by God. Through you our tears are wiped away, the snares of death are sprung and we pass over to eternal joy. O Lord, reveal your beauty to us through the cross. Help your servants who ask for mercy with faith and grant us the fruits of abstinence.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

Hail, O Life-bearing cross, bright Paradise of the Church and the tree of incorruption! You have obtained for us the joy of everlasting glory.

Through you the hosts of demons are driven out, the choirs of angels are amazed and rejoice. The company of the faithful gathers in celebration. O invincible weapon, unbroken stronghold, triumph of Orthodox Christians and pride of priests, may we witness the passion and resurrection of Christ our God by following you.

S2: Every nation, praise the Lord;

every people, acclaim him!

Hail, O Life-bearing cross, the invincible weapon of godliness, the gate of Paradise and the protection of the faithful! The cross is the might of the Church through which corruption is abolished and through which the power of death is crushed. The cross raises us from earth to heaven. The cross is the enemy of Satan. The cross is the glory of the martyrs. The cross is the harbour of salvation which grants the world great mercy.

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

Come, O Adam and Eve, our first mother and father! You fell from divine glory through the envy of man's murderer. The pleasure of the tree of old was bitter, but see, the honourable tree of the cross approaches. Run quickly and embrace it with joy. Cry out with faith, "Most precious cross, you are our help. We eat your fruit and gain incorruption. We are restored again to Eden now that we have received great mercy.

Glory: Tone 3

O Christ our God, you accepted crucifixion because you wished to restore all men to life. You were ablaze with boundless love for man and took the quill of the cross in your hand. You dipped it in ink of royal crimson and signed our release with blood-stained fingers. Although temptations assail us, may we never forsake you again. O long-suffering Master, have mercy on your despairing people. Rise and fight our enemies with your almighty power.

Both now: Tone 3

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

### **Phos Ilarón**

P/D: Wisdom! Stand upright!

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

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

## Prokeímenon

P/D: The Evening Prokeimenon

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

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

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

## Ektení

### Prayer

O Lord, allow us this night to be guarded from sin. Blessed are you, O Lord, God of our fathers! Praised and glorified be your name for ever. Amen. O Lord, let your mercy be on us, for we have hoped in you. Blessed are you, O Lord; teach me your statutes. Blessed are you, O Master; make me understand your statutes. Blessed are you, O Holy *One*; enlighten me with your statutes. O Lord, your mercy lasts for ever; do not overlook the work of your hands. To you belongs worship, to you belongs praise, to you belongs glory, to the Father, the Son and the Holy Spirit, both now and ever, and to ages of ages. Amen.

## Plirotiká

### Prayer

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

D: Bow down your heads to the Lord. R: To you, O Lord.

P: For blessed and glorified is the power of your Kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

*Amen.*

## Apósticha

Tone 3

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

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

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

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

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

Glory: Both now: Tone 4

O Lord, the humble David defeated his tormentors with your help. Now grant the power of your cross to every Orthodox Christian. O compassionate *Lord*, grant us your great mercies so that our adversaries may know that you are God. We will be victorious, for we hope in you. Grant us great mercy through the intercession of your all-pure Mother.

### **Song of Simeon**

B/P: O Master, now let your servant depart in peace  
 according to your word,  
<sup>2</sup> for my eyes have seen your salvation,  
 which you have prepared before all peoples,  
<sup>3</sup> a light of revelation for *the* nations  
 and *the* glory of your people Israel.

### **Triságon Prayers**

#### **Apolytikia**

Tone 3

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

Tone 1

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

Tone 1

O Virgin, O sacred ark, when Gabriel greeted you with “Hail!” he cried out like the just David, for the Master of all was incarnate in you. You were revealed as more spacious than the heavens, for you carried your Creator. Glory to the *Lord* who lives in you! Glory to the one who comes from you! Glory to the one who frees us through your Child!

### **Dismissal**

## **ORTHROS**

### **God is the Lord Ps 117**

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

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

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

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

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

### **Apolytikia**

Tone 3

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**Small Litany**

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

**Kathisma 1**

## Tone 3

Christ is risen from the dead, the firstfruits of those who sleep. He is the firstborn of all creation and the Maker of everything created. He restored the corrupt nature of our race in himself. O Death, you will reign no more, for the Master of all has destroyed your power.

## Glory:

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

## Both now:

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

**Kathisma 2**

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

Glory:

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

Both now:

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

### **Evlogitária**

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

The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

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

The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

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

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

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

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

Glory:

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



Both now:

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

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

O our God and our hope, glory to you.

### **Small Litany**

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

### **Ypakói**

*Read without note*

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

### **Anaváthmi Tone 3**

Antiphon 1 Ps 125

O Word, you freed the captivity of Zion from Babylon,  
so pull me from the passions of life in the same way.

Those who sow divine tears in the South  
will reap everlasting sheaves with joy.

Glory: Both now:

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

Antiphon 2 Ps 126

If the Lord had not built the house of virtues,  
then we would labour in vain;

while he protects the soul no one destroys our city.

The saints are always like the fruit of the womb for you;

O Christ, they have been adopted as sons by the Father

through the inspiration of the Holy Spirit.

Glory: Both now:

All wisdom and holiness are observed in the Holy Spirit,  
for he is the essence of all creation.

Let us worship him with the Father and the Word,  
for he is God.

Antiphon 3 Ps 127

Happy are those who fear the Lord and walk in his ways;  
for they eat the life-giving fruits of the commandments.

O chief Shepherd, rejoice as you see your children  
who carry branches of good deeds around your table.

Glory: Both now:

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

### **Prokeimenon Ps 95**

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

S: Sing to the Lord a new song.

### **Small Litany**

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

### **Kontákion**

*Said without note*

Now the flaming sword no longer guards the gates of Paradise; it has been  
mysteriously put out by the wood of the cross. The sting of death and the  
victory of Hades have been vanquished, for you, my Saviour, came and  
cried to those in Hades, "Enter again into Paradise."

### **Íkos**

Pilate set up three crosses in the Place of the Skull, two for the thieves and  
one for the Giver of Life. When it saw him, Hades cried to those below,  
"My servants and my powers, who is this that has fixed a nail in my heart?  
A wooden spear has pierced me suddenly and I have been torn apart. I

suffer inwardly; anguish has seized my belly and senses. My spirit trembles and I have been forced to cast out Adam and his posterity. A tree brought them to my realm, but now the tree of the cross cries out to them, ‘Enter again into Paradise.’”

### **Synaxáron**

Today we remember the passion of the holy hieromartyr Ypátios. Bishop of Gángra who lived in the Fourth Century. He attended the First Council in 325 AD and was martyred by the Novatian heretics. On the Thirty First the holy hierarch passed away from this life with a shattered head.

Together with him we remember:

Bishop Innocent of Moscow, Apostle to the Americas C19

Patriarch Joseph the Fair, Son of Jacob C16 BC

Metropolitan Jonah of Moscow C15

### **Ypómнима**

Today on the third Sunday of the Great Fast we celebrate the precious cross. Let all the inhabited earth adore the cross through which it has learned to worship you, O revered Lord. Therefore, O Christ our God, protect us against harm from the deceitful one through its power. Make us worthy to travel through the battleground of the Forty Days, then to adore your divine passion and life-giving resurrection. Have mercy on us, for you alone are the Lover of the human race. Amen.

### **Katavasías**

Tone 1

1: O Christ our God, Moses, the servant of God, prefigured your cross in days of old when he divided the Red Sea with his rod and led Israel across on dry land. He sang a song of liberation to you.

3: O Christ my Master, establish me firmly on the rock of faith through your cross, so that my mind is not shaken by the assaults of the evil enemy, for you alone are holy.

4: O mighty Lord, the sun was seized with fear and hid its rays when it saw you on the cross. The whole creation glorified your long-suffering with awe and the earth was filled with your praise.

5: O Saviour of the world, we sing your praises when we rise early in the morning, for we have found peace through your cross. You have renewed the human race through it and lead us to the light that knows no evening.

6: Jonah foreshadowed the figure of the cross with his outstretched arms in the belly of the whale. O Word, he leapt out from the monster and was saved by your power.

7: The Lord, who rescued the children from the flames, took flesh and came to earth. He was nailed to the cross and granted us salvation, for he alone, the God of our fathers, is blessed and greatly glorified.

Let us praise, bless and worship the Lord.

8: Daniel, great among the prophets, was thrown into the lions' den, but he stretched out his hands in the form of the cross and was kept unharmed. He was rescued from their mouths and blessed Christ our God 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 11**

From the Holy Gospel according to John (21:15-25)

At that time Jesus revealed himself to his disciples after he had risen from the dead. And he said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." <sup>16</sup> A second time he said to him,

"Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." <sup>17</sup> He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. <sup>18</sup> Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go." <sup>19</sup> (This he said to show by what death he was to glorify God.) And after this he said to him, "Follow me." <sup>20</sup> Peter turned and saw following them the disciple whom Jesus loved, who had lain close to his breast at the supper and had said, "Lord, who is it that is going to betray you?" <sup>21</sup> When Peter saw him, he said to Jesus, "Lord, what about this man?" <sup>22</sup> Jesus said to him, "If it is my will that he remain until I come, what is that to you? Follow me!" <sup>23</sup> The saying spread abroad among the brothers that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, "If it is my will that he remain until I come, what is that to you?" <sup>24</sup> This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. <sup>25</sup> But there are also many other things which Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written. Amen.

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,  
5 for I know my lawlessness  
and my sin is always before me.  
6 I have sinned against you alone  
and done what is evil before you  
6<sup>b</sup> so that you might be right in your words  
and overcome when you are judged,  
7 for see, I was conceived in lawlessness  
and my mother desired me in sin,  
8 for see, you have loved truth  
and shown me the mysteries and secrets of your wisdom.  
9 You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.  
10 You will make me hear about joy and gladness;  
humbled bones will rejoice.  
11 Turn your face from my sins  
and wipe out all my lawlessness.  
12 O God, make a pure heart within me  
and renew an upright spirit within me.  
13 Do not banish me from your presence  
or remove your Holy Spirit from me.  
14 Restore your saving joy to me  
and strengthen me with your directing Spirit.  
15 I will teach the lawless your ways  
and the ungodly will return to you.  
16 O God, God of my salvation, free me from bloodshed,  
*then* my tongue will rejoice in your justice.  
17 O Lord, you will open my lips  
and my mouth will announce your praise,  
18 for if you had wanted sacrifice, I would have given it;  
you will not be pleased with burnt offerings.  
19 Sacrifice for God is a broken spirit;  
God will not despise a broken and humbled heart.  
20 O Lord, be good to Zion in your pleasure  
and let the walls of Jerusalem be built,  
21 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 the holy hieromartyr Ypátios, 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 Mother and true Theotokos, you gave birth to Christ our God  
without seed. He was lifted up in the flesh on the cross. We, together with  
all the faithful, rightly glorify you together with your Son.

### **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

After his resurrection, the Lord established Peter as a shepherd for his sheep when he asked him three times, “Do you love me?” When Peter saw the disciple whom Jesus loved following them, he asked the Lord, “What about this man?” The Lord said, “Dear Peter, if I want him to remain until I come, what is that to you?”

Today as we gaze on the precious cross of Christ, let us bow before it with faith. Let us rejoice and embrace it with longing. Let us plead with the Lord who was willingly crucified, “Make us worthy to venerate the precious cross and enable us to reach the day of resurrection free from evil.”

All-holy Lady, with true devotion, we now honour the wood on which your Son stretched out his most-pure hands and on which he was nailed for us. Grant us peace and let us come to the Holy Passion that has saved the world. May we worship at the radiant Festival of Pascha, the Lord’s Day that brings light and joy to all creation.

## Praises

### Tone 3

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

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

S8: This glory will be for all his holy ones.  
Come, every nation, and learn the power of the awesome mystery, for Christ our Saviour, who is the Word from the beginning, was crucified and willingly suffered burial for our sake. He rose from the dead so that he might save all things; let us worship him.

S7: Praise God in his saints;

praise him in his mighty firmament.

O Lord, your guards spoke about all the wonders, but the deluded council filled their right hands with gifts, imagining that they would then conceal your resurrection which the world glorifies. Have mercy on us!

S6: Praise him for his mighty *deeds*;

praise him for the abundance of his majesty.

Everything was filled with joy on learning the proof of the resurrection. Mary Magdalene came to the tomb and found an angel in radiant clothing sitting on the stone. He said, “Why do you seek the living among the dead? He is not here, but is risen as he foretold; he goes ahead of you to Galilee.”

S5: Praise him with the trumpet sound;

praise him with lute and harp.

O Master, we see light in your light. For you have risen from the dead and, as the Lover of the human race, grant salvation to man, so that the whole creation may glorify you, the only sinless *Lord*. Have mercy on us!

Tone 4

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.

Let us rejoice in song and glorify the precious cross. Let us embrace it and cry out, “All-honoured cross, sanctify us by your power. Keep those of us who venerate you in true worship safe from harm by our enemies. X2

S2: Exalt the Lord our God

and worship at his footstool;

for he is holy. Ps 98

Come and drink living waters which flow from the tree of life as we see the holy cross before us. *It is* the fountain of blessings, and the spring of blood and water which flows from the life-giving side of the Master. He was lifted up on the cross by his own volition, raised the human race and drew us to himself.

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

he has accomplished salvation in the midst of the earth.

O precious cross, you are the pillar of the church, the confirmation of the faithful, and the pride and salvation of those who fast. We bow before you with all our heart and soul. We seek illumination from the divine grace of the *Lord* who hung on you, for it demolished the power of the Evil One and healed the curse.

Glory: Tone 8

The Lord taught us all in a parable to flee from the pride of the Pharisee. He himself taught us not to exalt ourselves. He humbled himself, took the form of a servant and was obedient to death, even to death on a cross. Let us give thanks to him with the Tax Collector, “O Lord, you endured the passion for us; rescue us from our passions and save us.”

Both now: Tone 2

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

### Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

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

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

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

have mercy on us,

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

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

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

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

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

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

and always praise your name for ever and ever. Ps 144

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

<sup>9</sup> Blessed are you, O Lord God of our fathers!

Praised and glorified be your name for ever. Amen. Daniel 3

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

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

Teach me your statutes. X3 Ps 118

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

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

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

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

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

## Triságion

## Apolytíkion

Tone 1

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

## LITURGY

### Antiphon 1 Ps 4, 69, 67, 60 Tone 2

S1: O Lord, the light of your face has been signed on us.

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

S2: You have given a sign for those who fear you,  
so that they may flee from the face of the bow.

S3: When you ascended the high *mountain*  
you seized captivity.

S4: For you, O God, have heard my prayers  
and have given an inheritance to those who fear your name.  
S5: Glory: Both now:

**Antiphon 2 Ps 97, 131, 73, 45 Own Tone**

S1: All the ends of the earth have seen the salvation of our God.

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

S2: Let us enter his tabernacle  
and worship at the place where his feet have stood.

S3: Yet God *was* our King in the past;  
he has accomplished salvation in the midst of the earth.

S4: I will be exalted among the nations  
and be exalted in the earth.”

S5: Glory: Both now:  
*Monogenes*

**Antiphon 3 Ps 98, 27, Tone 1**

S1: Exalt the Lord our God and worship at his footstool;  
for he is holy.

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

S2: O Lord, save your people and bless your inheritance;

S3: Guide them and exalt them up for ever. Ps 27.9

**Entrance Ps 94**

Come, let us worship and fall down before Christ.

Save us, O Son of God.

You arose from the dead.

We sing to you, “Alleluia!”

**Apolytikia**

Tone 3

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

Tone 1

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

*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!"

### **Trisagion**

#### **Triságion Substitute**

O Master, we worship your cross  
and we glorify your resurrection.

#### **Prokeímenon Ps 27 Tone 6**

R: O Lord, save your people and bless your inheritance.

S: O Lord my God, I have cried to you.

### **Apóstolos**

From the Letter of Paul to Hebrews (4:14-5:6)

Brother, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. <sup>15</sup> For we do not have a high priest who is unable to sympathise with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help in time of need. <sup>1</sup> For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. <sup>2</sup> He can deal

gently with the ignorant and wayward, since he himself is weighed down with weakness. <sup>3</sup>Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. <sup>4</sup>And no one takes the honour on himself, but is called by God, just as Aaron was. <sup>5</sup>So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "You are my Son, today I have fathered you"; <sup>6</sup>as he says also in another place, "You are a priest for ever, following the order of Melchizedek."

### **Alleluia Ps 73 Tone 1**

S1: O Lord, remember your assembled people  
whom you have purchased from the beginning.

S2: God *was* our king in the past;  
he has accomplished salvation in the midst of the earth.

### **Gospel**

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

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

### **Communion Ps 4**

O Lord, the light of your face has been signed on us. Alleluia!

### **Post Communion**

Tone 1

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