

SUNDAY 7 APRIL 2019
+ Sunday of John of the Ladder
Martyr Kalliópios of Kilikía C9
Confessor George of Mytilíni C9
45th Sunday Tone 4 & Eothinón 1

VESPERS

Lord I have cried

Tone 4

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.

² 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 God, we always honour your life-giving cross and glorify your resurrection on the third day. O almighty *Lord*, you have renewed the corrupt nature of the human race and revealed our way to heaven through it, for you are good and the Lover of the human race.

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

O Saviour, you abolished the penalty of the tree of disobedience by being nailed willingly to the tree of the cross. O almighty *Lord*, you broke the bonds of death as God by descending to Hades. Therefore we adore your resurrection from the dead and sing in joy, “Glory to you, O almighty Lord!”

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

O Lord listen to my voice.

O Lord, you smashed the gates of Hades and demolished the kingdom of death by your death. You rescued the human race from corruption and granted the world life, incorruption and great mercy.

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

O people, come and sing about the Saviour's resurrection on the third day. We have all been freed by it from the unbreakable bonds of Hades; we have received life and incorruption. Therefore we cry in unison, "You were crucified, buried and rose again. Unique Lover of the human race, save us by your resurrection."

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

But there is forgiveness with you.

O Saviour, angels and mortals sing about your resurrection on the third day. The ends of the inhabited earth have been enlightened by it and we have been rescued from bondage to the enemy. We cry, "O Life-creating and almighty Saviour, save us by your resurrection."

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, you have shattered the gates of brass and destroyed the chains of death. You have raised the fallen human race. Therefore we cry in unison, "O Lord risen from the dead, glory to you!"

Tone 8

S4: Let Israel hope in the Lord

from the morning watch until night,

from the morning watch.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

Holy father John, the Lord's praises were always on your lips. You searched the scriptures which teach us to deny ourselves with a depth of wisdom. You became rich in the blessings of grace and overthrew the cunning of the Devil. X2

S2: Every nation, praise the Lord;

every people, acclaim him!

Most glorious father John, you washed your soul in a fountain of tears. You kept vigil for God and gained his mercy. O holy one, you were carried up on the wings of prayer; you flew to divine love and beauty.

Now you live in his spiritual light and unending joy, together with your fellow soldiers.

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

Holy father John, you raised your mind to God on the wings of faith. You hated this world's confusion and vanity, took up your cross and followed the one who sees everything. You submitted your rebellious flesh to his guidance through the discipline of self-denial by the power of the Holy Spirit.

Glory: Tone 5

Holy father, when you heard the Lord's voice in the gospel, you spurned the riches and glory of the world. You cry out to all, "Love God and find eternal grace. Set nothing higher than his love; in this way you will find rest with all the saints when he comes in glory." O Christ, guard and save our souls through his prayers.

Both now: Tone 4

O Virgin, the prophet David was a forefather of God through you. He spoke beforehand about you in songs to the *Lord* who worked wonders in you, "At your right hand stood the queen." God, who was well-pleased to be incarnate from you without a father, announced you as mother and source of Life. He wanted to renew his fallen image, which had been corrupted by passion, so he found the lost sheep wandering on the mountain, placed it on his shoulders and brought it to his Father. He joined it to the heavenly powers by his own will. O Theotokos, Christ who has great and rich mercy, has saved the world.

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 4

O Lord, you have annulled our ancestral curse by ascending the cross. You have freed those in chains throughout the ages by descending to Hades and have granted incorruption to the human race. Therefore we glorify your life-giving and saving resurrection with hymns.

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

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

Uniquely-powerful Lord, you made the whole creation quake by hanging on the tree. You have raised those who lived in the tombs by being laid in the tomb; you have granted life and incorruption to the human race.

Therefore we glorify your resurrection on the third day with hymns.

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

O Christ, a lawless people handed you over to Pilate and condemned you to be crucified, therefore they proved themselves ungrateful before their Benefactor. You willingly endured burial, rose by your own power on the third day and granted us eternal life and great mercy, for you are God.

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

The women reached your tomb with tears, searched for you, but did not find you. They cried out with grief, "Woe to us! Our Saviour, King of all, how were you stolen? What place can hold your life-bearing body?" But an angel replied to them, "Do not weep but go and proclaim that the Lord has risen and grants us joy, for he is the uniquely-compassionate *Lord*."

Glory: Tone 2

Let us honour John who is an earthly angel, a heavenly man, the adornment of the world, the joy of the faithful and the glory of ascetics. He was planted in the house of God and bloomed with the flower of sanctity. He flourished in the desert like a cedar of Lebanon. Through him the sheep of Christ's flock grow in holiness and justice.

Both now:

A new miracle surpasses all ancient miracles. Who knows of a mother who gave birth without a man, who carried in her arms her Creator? This birth is the will of God. Most pure *Lady*, since you carried him as an infant in your arms and 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,

² for my eyes have seen your salvation,

which you have prepared before all peoples,

³ a light of revelation for *the* nations
and *the* glory of your people Israel.

Trisagion Prayers

Apolytikia

Tone 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, “Death is overthrown. Christ our God has risen and grants the world great mercy.”

Tone 8

O John, you have made the barren desert fertile with the rivers of your tears. You made your labours bear fruit a hundredfold with sorrowful sighing from your heart. You have become a light to the inhabited earth with the glory of your miracles. O holy father John, plead with Christ our God to save our souls.

Tone 8

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 4

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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 4

The myrrh-bearing women looked at the entrance of the tomb. They were unable to bear the sight of the flaming angel, trembled with wonder and said, “Can it be that the one who opened Paradise to the Thief has been stolen? Or is he risen, who before his passion proclaimed his resurrection? Christ is risen indeed; he grants life and resurrection to those in Hades.”

Glory:

O Saviour, you suffered the cross by your free will. Mortal men laid you in a new tomb, although you are the *Lord* who founded the ends of the earth with your word. Therefore the alien was held in bondage and death was plundered without mercy. Everyone in Hades cried out at your life-bearing resurrection, “Christ, the Giver of life, is risen and will remain for ever!”

Both now:

O Theotokos, your seedless conceiving was beyond nature; Joseph was struck with wonder and called to mind the fleece wet with dew, the bush which burned, yet was not consumed, and the rod of Aaron which budded. In witness to these things, your betrothed guardian cried to the priests, “A Virgin bears a child and after childbearing remains a virgin.”

Kathísma 2

O Saviour, Christ our God, you rose from Hades as immortal and raised the world with you by your resurrection. O Merciful *Lord*, you have broken in pieces the dominion of death and revealed the resurrection to everyone. Therefore we glorify you, only Lover of the human race.

Glory:

Gabriel came down from above and approached the stone where the Rock of Life lay. He was clothed in white and cried out to the mourners, “Stop your tears and wailing, for you have Mercy with you for ever. Take courage, for the *Lord* whom you seek with tears has truly woken. Therefore cry out to the Apostles that the Lord has risen.”

Both now:

O Pure Virgin, all the choirs of angels were struck with wonder at the dread mystery of your conceiving. “How was it that the one whose hand held everything firm with a mere nod, was held in your arms as a mortal man? How was it that the *Lord* who was before the ages, was born from you? How was it that the one who feeds everything with breath was suckled at the breast?” They glorify you with hymns as the true Theotokos.

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 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, the Myrrh-bearers hurried to announce to the Apostles the glad news of your all-glorious resurrection. They proclaimed that you had risen as God and granted the world great mercy.

Anaváthmi Tone 4

Antiphon 1 Ps 128

My Saviour, many passions have fought against me
from my youth, but help and save me.

May those who hate Zion be shamed by the Lord;
they will be withered like grass by fire.

Glory: Both now:

Every soul lives through the Holy Spirit;
it is exalted through purity
and illuminated by the Triune Unity in a sacred mystery.

Antiphon 2 Ps 129

O Lord, I have cried fervently from the depths of my soul;
let your divine ears listen to me.

Everyone who has hoped in the Lord
is higher than everyone who grieves.

Glory: Both now:

The streams of grace gush through the Holy Spirit;
they water all creation to produce life.

Antiphon 3 Ps 130

O Word, let my heart be raised to you;
let none of the world's pleasures enchant me back to earth.

As each of us has affection for his mother,
so we must have even more ardent love for the Lord.

Glory: Both now:

The wealth of divine knowledge, heavenly vision and wisdom
comes from the Holy Spirit;
for the Word unveils all the Father's teaching through him.

Prokeímenon Ps 43

R: O Lord, rise and help us;
free us for your name's sake.

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

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

Read without note

My Saviour and Redeemer raised those born on earth from their chains, for he is God. He shattered the gates of Hades and has risen on the third day as Master.

Íkos

Let all of us who are born on earth sing the praises of Christ, the Giver of life. He rose from the dead, came from the tomb on the third day and today has smashed the gates of death by his strength. He set free Adam and Eve, killed Hades and destroyed the sting of death. Let us cry aloud in thanksgiving with our generous praise, for he alone is the mighty God and has risen on the third day as Master.

Synaxrion

Today we remember the holy martyr Kalliópios of Kilikía. On the Seventh the holy martyr discovered eternal life with God, the Lover of the human race.

On the same day we remember our father among the saints George, Bishop of Mytilíni, who lived in the Ninth Century. He died during the Iconoclastic Controversy. O George, the city where you were bishop is proud to possess your body among its treasures.

Together with them we remember:

Martyrs Roufínos the Deacon and Companions of Sinópi C4

Holy Sávvas the New of Kalymnos C20

Ypómnima

Today on the fourth Sunday in the Fast, we commemorate our father, John, who was the author of *The Ladder*. Truly John when alive was dead in the body, but now appears dead and without breath, yet lives for ever. He has left his book through which he ascended to the heights and clearly reveals in it the path of heavenly ascent for everyone.

Katavasías

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

3: O Theotokos, living and inexhaustible fountain, in your divine glory spiritually establish your choir which is assembled in chorus. Make them worthy *to receive* crowns of glory in your mercy.

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

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

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

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

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

Gospel Dialogue

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

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

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

Praise God in his saints;

praise him in his mighty firmament. Ps 50

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

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

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

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

P/D: Let us attend

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

Eothinón Gospel 1

From the Holy Gospel according to Matthew (28:16-20)

At that time the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷ And when they saw him they worshiped him; but some doubted. ¹⁸ And Jesus came and said to them, "All authority in heaven and on earth has been given to me. ¹⁹ Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age." 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.

⁴ 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
^{6b} 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 martyr Kalliópios, and of all the saints. We ask you, only merciful Lord, “Listen to us sinners as we pray to you, and have mercy on us.”

Lord have mercy. XI2

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

Ode 9

My soul glorifies the Lord

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

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

² For he has regarded his servant's humility;
see, from now all generations will call me blessed. R:

³ 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:

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

⁵ 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:

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

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

Small Litany

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

Holy is the Lord

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

Exaposteilária

Tone 1

Let us gather with the disciples on the mountain in Galilee. Let us see Christ in faith and hear him say, “All authority in heaven and on earth has been given to me.” Let us learn to baptize every nation in the name of the Father and of the Son and of the Holy Spirit and to know how he is with us always, even to the close of the age.

O honourable saint, you rejected the easiness of the world as a burden. After making your flesh waste away through fasting, you renewed the strength of your soul and were made wealthy with heavenly glory. O John, never cease to plead for us.

O Lady, because we have been saved through you, we truly acknowledge you to be the Theotokos, for in a manner beyond speech you have given birth to God, who has destroyed death by the cross and summoned to himself the assemblies of the saints. O Virgin, together with them we praise you.

Praises

Tone 4

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.
Almighty Lord, you suffered the cross and death, and rose from the dead.
We glorify your resurrection.

S7: Praise God in his saints;
praise him in his mighty firmament.
O Christ, you have rescued us by your cross from the ancient curse and suppressed by your death the Devil who was tyrannising our nature. You have filled everything with joy by your resurrection. Therefore we cry out to you, “O Lord, risen from the dead, glory to you!”

S6: Praise him for his mighty *deeds*;

praise him for the abundance of his majesty.

O Christ *our* Saviour, lead us into your truth through your cross and rescue us from the snares of the enemy; you have risen from the dead. O Lord, Lover of the human race, extend your arm and, at the prayers of your saints, raise us who have fallen because of sin.

S5: Praise him with the trumpet sound;

praise him with lute and harp.

O uniquely-fathered Word of God, in your love for the human race you came to earth without leaving the bosom of the Father. You became truly man, so that you could suffer the cross and death in the flesh, although you are without passion in Divinity. You have granted the human race immortality by your resurrection, for you alone are all-powerful.

Tone 8

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.

Holy father John, the Lord's praises were always on your lips. You searched the scriptures which teach us to deny ourselves with a depth of wisdom. You became rich in the blessings of grace and overthrew the cunning of the Devil. *X2*

S2: Blessed is the man who fears the Lord.

Most glorious father John, you washed your soul in a fountain of tears. You kept vigil for God and gained his mercy. O holy one, you were carried up on the wings of prayer; you flew to divine love and beauty. Now you live in his spiritual light and unending joy, together with your fellow soldiers.

S1 The death of his saints

is precious in the sight of the Lord.

Holy father John, you raised your mind to God on the wings of faith. You hated this world's confusion and vanity, took up your cross and followed the one who sees everything. You submitted your rebellious flesh to his

guidance through the discipline of self-denial by the power of the Holy Spirit.

Glory: Tone 1

Come and labour in the mystical vineyard, as we cultivate there the fruits of repentance. Let us not indulge ourselves in food and drink, but reap virtues with fasting and prayer; the Master of labour accepts these. He gives the money for them through which he redeems our souls from the debt of sin, for he alone is the all compassionate *Lord*.

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!

² We praise you, we bless you, we worship you,
we glorify you, we thank you for your great glory,

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

⁴ 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.

⁵ Receive our prayer,
for you sit on the right of the Father,
and have mercy on us.

⁶ For only you are holy, only you are Lord,
O Jesus Christ, to the glory of God the Father. Amen.

⁷ I will bless you every day
and always praise your name for ever and ever. Ps 144

⁸ O Lord, allow us this day
to be guarded from sin.

⁹ Blessed are you, O Lord God of our fathers!

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

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

¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118

¹² 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

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

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

¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. When he destroyed death by death, he gave us victory and great mercy.

LITURGY

Antiphon 1 Ps 91

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

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

S2: To announce your mercy in the morning
and your truth by night,

S3: For the Lord our God is upright
and there is no injustice in him.

S4: Glory: Both now:

Antiphon 2 Ps 92

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

the Lord has put on power and clothed himself,

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

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

S3: Your throne *was* made ready in the past;
 you are from eternity.

Monogenes

Antíphon 3 Ps 94

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

R: When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, “Death is overthrown. Christ our God has risen and grants the world great mercy.”

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 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, “Death is overthrown. Christ our God has risen and grants the world great mercy.”

Tone 8

O John, you have made the barren desert fertile with the rivers of your tears. You made your labours bear fruit a hundredfold with sorrowful sighing from your heart. You have become a light to the inhabited earth with the glory of your miracles. O holy father John, plead with Christ our God to save our souls.

*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 Ps 28 Tone 7**

R: The Lord will give strength to his people.

S: Bring to the Lord, O sons of God,
bring to the Lord glory and honour.

Apóstolos

From the Letter of Paul to Hebrews (6:13-20)

Brothers, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, ¹⁴ saying, "Surely I will bless you and increase you." ¹⁵ And so Abraham, when he had patiently endured, obtained the promise. ¹⁶ Men indeed swear by a greater than themselves and an oath is final for confirmation in all their disputes. ¹⁷ So when God desired to show more convincingly the unchangeable character of his purpose to the heirs of the promise, he inserted an oath. ¹⁸ *This* was so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. ¹⁹ We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, ²⁰ where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Alleluia Ps 91 Tone 7

S1: It is good to thank the Lord.

S2: To announce your mercy in the morning
and your truth by night.

Gospel

From the Holy Gospel according to Mark (9:17-31)

At that time a man came to Jesus, bending his knee and saying: Teacher, I brought my son to you, for he has a dumb spirit; ¹⁸ and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able.” ¹⁹ And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me.” ²⁰ And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. ²¹ And Jesus asked his father, "How long has he had this?" And he said, "From childhood. ²² And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us.” ²³ And Jesus said to him, "If you can! All things are possible to him who believes.” ²⁴ Immediately the father of the child cried out and said, "I believe; help my unbelief!" ²⁵ And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again.” ²⁶ And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead.” ²⁷ But Jesus took him by the hand and lifted him up, and he arose. ²⁸ And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" ²⁹ And he said to them, "This kind cannot be driven out by anything but prayer.” ³⁰ They went on from there and passed through Galilee. And he would not have anyone know it; ³¹ for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise.”

Communion Ps 148

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