

SUNDAY 14 JULY 2019
4th Sunday after Pentecost
Apostle Akilas (Aquila)
Fathers of the Fourth Oecumenical Council
Tone 3 & Eothinón 4

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.

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 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.

Tone 6

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.

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 Word of God, Lover of the human race, infinite, ineffable in your
incarnation for us, the honourable assemblies of the fathers
announced that you are perfect Man and perfect God, one Person in
two perfect Natures, with two perfect Wills. Therefore we
acknowledge that you are one God with the Father and the Holy
Spirit. While we sing a hymn of praise to the fathers, we worship
you. X2

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

S3: For there is mercy with the Lord
and abundant redemption with *him*.
He will redeem Israel from all his offences.

O glorious fathers of the Councils, you showed that Pyrrós, Sérgios,
Onórios and Dioskoros were in error alongside Nestórios in their
teaching about Christ. You rescued the flock by proclaiming the true
belief that Christ is one divine Person in two Natures. We worship
him as perfect God and perfect Man; he is united with the Father and
the Holy Spirit. O holy fathers, we honour you and sing you a hymn
of praise. X2

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

1

The fathers of the Councils were inspired by God to proclaim and
enunciate that there is a divine Energy and a divine Will in Christ
which is uncreated and infinite. There is also a human energy and a
human will in the Son of Man. Therefore they proclaimed that Christ
is one divine Person with two Natures, divine and human. Therefore
we the faithful honour these fathers every year and glorify Christ
who glorified them.

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

Today the fathers of the Councils preach to us that the eternal Trinity
is one God and one Lord. They explain to us that he is one in Nature,
consustantial, one in Will and Energy. He is not divided or shared,
but exists in the simplicity of divine Being. They define that this
divine Will and Energy have no beginning and will never have an
end. Therefore we the faithful glorify these fathers as equals to the
apostles, for they educated the entire human race in the true teaching
about God.

Glory: Tone 6

Today let us praise the mystical trumpets of the Spirit, the God-
bearing fathers, who stand in the midst of the Church and sing true
theology as they praise the changeless Trinity. They laid low the
heretical errors and upheld the Orthodox faith. They always plead
with the Lord to have mercy on our souls.

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.

Prophecy 1

From the Book of Genesis (14:14-20)
Abram, having heard that Lot his nephew had been taken captive,
numbered his own home-born servants three hundred and eighteen,
and pursued them to Dan. ¹⁵ Then he came to them by night, he and
his servants; he struck them and pursued them as far as Hoba, which
is on the left of Damascus. ¹⁶ Then he recovered all the cavalry of
Sodom, and he recovered Lot his nephew, and all his possessions,
and the women and the people. ¹⁷ The king of Sodom went out to
meet him, after he returned from the slaughter of Chedorlaómer, and
the kings with him, to the valley of Saby; this was the plain of the
kings. ¹⁸ And Melchizedek king of Salem brought out loaves and
wine, and he was the priest of the most high God. ¹⁹ He blessed
Abram, and said: Blessed be Abram of the most high God, who made
heaven and earth, ²⁰ and blessed be the most high God who delivered
your enemies into your power. Then Abram gave him the tithe of all.

Therefore we, who are rescued from the curse of Adam, sing, "O almighty Lord, glory to you!"

Prophecy 2

From the Book of Deuteronomy (1:8-11, 15-17)

Moses spoke to the sons of Israel: See, God has delivered the land before you; go in and inherit the land, which I swore to your fathers, Abraham, Isaac and Jacob, to give them and to their seed after them. ⁹ I spoke to you at that time, saying: I will unable by myself to bear you. ¹⁰ The Lord your God has increased you, and, see, you are today like the stars of heaven for multitude. ¹¹ May the Lord God of your fathers add to you a thousand-fold more than you are, and bless you as he has spoken to you. ¹⁵ So I took from you wise, understanding and prudent men, and I set them to rule over you as rulers of thousands, rulers of hundreds, rulers of fifties, rulers of tens and officers for your judges. ¹⁶ I ordered your judges at that time, saying: Hear causes between your brothers, and judge rightly between a man and his brother, and the stranger who is with him. ¹⁷ You must not respect status in judgment, but must judge small and great equally. You must not shrink from the standing of a man, for the judgment is God's.

Prophecy 3

From the Book of Deuteronomy (10:14-18, 20-21)

Moses said to the sons of Israel: See, the heaven and the heaven of heavens *belong* to the Lord your God, the earth and everything in it. ¹⁵ Also the Lord chose your fathers to love them, and he chose their seed after them, even you, beyond all nations, as on this day. ¹⁶ Therefore you must circumcise the hardness of your heart and you must not harden your neck. ¹⁷ For the Lord our God, he is the God of gods, and the Lord of lords, the great, mighty and terrible God, who does not show favouritism, nor will he by any means accept a bribe. ¹⁸ He executes judgment for the stranger, orphan and widow, and he loves the stranger, giving him food and clothing. ²⁰ You must fear the Lord your God, serve him alone, cling to him and swear by his name. ²¹ He is your boast, and he is your God, who has accomplished in the midst of you these great and glorious events, which your eyes have seen.

Ekteni

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.

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: Tone 3

O holy fathers of the Councils, you are the faithful keepers of the Apostolic tradition. When you proclaimed that the Three Persons of the Holy Trinity are one and consubstantial, you refuted the blasphemy of Arios. When you taught that the Holy Spirit is a distinct Person, united with the Father and the Son, you shamed Makedónios, Nestórios, Eftychis, Dióskoros, Savvélios and the headless Sevíros. Therefore we implore you to free us and guard our lives as we keep faith.

Both now:

Without seed you conceived the Son of God from the Holy Spirit according to the will of the Father. He was born from the Father before time without a mother, but now for our sake he came from you without a father. Therefore continually plead with him to rescue our souls from dangers.

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.

Triságion 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 8

Most glorious are you, O Christ our God! You have established the holy fathers as lights over the earth. Through them you have guided us to the true faith. O greatly compassionate *Lord*, glory to you!

Tone 8

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, despoiled 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 One, show forth your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, as 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 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.

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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

Without note

The preaching of the apostles and the teaching of the fathers
established a single and unified faith in the Church. Therefore
because she is clothed with the truth of a theology inspired by
heaven, she explains and announces the great mystery of Christ with
certainty.

Íkos

Listen to the Church of God as she cries out to us with a heavenly
proclamation, "Let the one who is thirsty come to me and drink. I
have mixed my wine in the cup of wisdom. I have prepared it with
the word of truth. I pour out the water which does not lead to
discord, but rather of unity in faith." The new Israel drinks from it
and sees God who says, "Look and see! I am the same. I am God
for ever. There is no god apart from me." Those who share will be
satisfied and praise the great mystery of faith.

Synaxáron

Today we remember the holy apostle Akilas and his wife Priskilla.
They were associated with Paul at Corinth and Akilas baptised
Apollos at Ephesus. They are called fellow-workers in Romans
16:3-4. O apostle, the grave covered your body on earth, but you
took flight to heaven on the Fourteenth.

Together with them we remember:

Martyr Justus of Rome C1

Holy Nikódimos the Hagiorite C19

Ypómnima

Today we also remember the 630 holy and God-bearing fathers who
assembled at Chalcedon for the Fourth Oecumenial Council. O
Christ our God, have mercy on us through the prayers of our holy
fathers.

Katavasias

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 4

From the Holy Gospel according to Luke (24:1-12)

On the first day of the week, at early dawn, the women went to the
tomb, taking the spices which they had prepared. ² And they found
the stone rolled away from the tomb, ³ but when they went in they
did not find the body. ⁴ While they were perplexed about this,
behold, two men stood by them in dazzling apparel; ⁵ and as they
were frightened and bowed their faces to the ground, the men said to
them, "Why do you seek the living among the dead?" ⁶ Remember
how he told you, while he was still in Galilee, ⁷ that the Son of man
must be delivered into the hands of sinful men, and be crucified, and
on the third day rise." ⁸ And they remembered his words, ⁹ and
returning from the tomb they told all this to the eleven and to all the
rest. ¹⁰ Now it was Mary Magdalene and Joanna and Mary the
mother of James and the other women with them who told this to the
apostles; ¹¹ but these words seemed to them an idle tale, and they did
not believe them. ¹² But Peter got up and ran to the tomb; stooping
and looking in, he saw the linen cloths by themselves; then he went
home, amazed at what had happened.

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 merciful *Lord*, blot out the abundance of our offences through the prayers of the apostles.

Both now:

O merciful *Lord*, blot out the abundance of our offences through the prayers of the Theotokos.

Have mercy:

Jesus has risen from the tomb as he foretold
and grants us eternal life and great mercy.

Intercession

Short form

P/D: O God, save your people and bless your inheritance.
Visit your world with mercy and compassion; exalt the horn of
Orthodox Christians and send down on them your rich mercy,
through the prayers of our all-pure Lady, Theotokos and Ever-virgin
Mary, by the power of the honourable and life-giving cross, through
the protection of the honourable bodiless powers of heaven, through
the prayers of the honourable, glorious, prophet, Forerunner and
Baptist John, of the holy, glorious, all-praised apostles, of the holy,
all-praised and victorious martyrs, of our holy and God-bearing
fathers, of the holy and just forebears of God, Ioachim and Anna, of
the Holy Fathers of the Fourth Council, of the holy apostle Akilas
and his wife Priskilla, 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.

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 4

Let us be radiant and shine with virtues while we see the angel in
brilliant clothing as he stands inside the tomb. He brought life to the
downcast faces of the myrrhbearing women. Let us learn about the
resurrection of the Lord of heaven. Let us hurry to the tomb with
Peter and wonder at the great event. Let us wait to see Christ the
Life.

Tone 2

All-compassionate Lord, today as we celebrate the memory of our
holy fathers, we plead with you to rescue your people from every
heresy and error through their prayers. O Lord, make us worthy to
glorify the Father, the Word and the Holy Spirit.

Tone 3

All-blameless *Lady*, in an ineffable way you gave birth to God in two
Natures, two Wills and one Person. Through his own volition he
humbled himself, accepted crucifixion and granted us the riches of
his Divinity by his resurrection from the dead.

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 6

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.

The holy fathers, as they meditated in the Holy Spirit, through divine
influence wrote the blessed symbol of faith. In it they openly
proclaim that the Word is co-eternal with the Father who begot him
and is consubstantial. In this they follow the teaching of the divine
apostles. *X2*

S2: O Lord God of our fathers, you are blessed;
your name is praised and glorified for ever. *Dan 3*
When the holy fathers had received the light of the Holy Spirit,
through divine inspiration they announced the mystery of faith in a
few words which were rich in meaning. As messengers of Christ
they were inspired by the teaching of the Holy Gospel and Holy
Tradition. They received brilliant revelation from above. While they
were splendid with radiance they set out divine teaching.

S1: Assemble before him, O holy ones *of the Lord*,
for you have made a covenant with him in sacrifices. *Ps 49*
Because they united their pastoral understanding and were moved by
just indignation, the holy shepherds used the rod of the Spirit to
banish the devouring harmful wolves who had entered the fullness of
the Church with an incurable fatal disease. Therefore the holy
fathers acted as noble servants of Christ and initiates of the divine
message.

Glory: Tone 8

The council of the holy fathers gathered from the ends of the earth.
They believed in one substance and nature of the Father, Son and
Holy Spirit. They defined the mystery plainly as they spoke to the
Church with theology. Therefore we bless and praise them in faith,
"O soldiers of God's army, shining lights of the eternal firmament,
invincible towers of the heavenly Zion, scented flowers of Paradise,
golden lamps of the Word, treasure and delight of the inhabited earth,
continually pray for our souls."

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*

Triságon**Resurrection Troparion**

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

LITURGY**Antiphon 1 Ps 91**

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

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

S2: To announce your mercy in the morning

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

Antiphon 2 Ps 92

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

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

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

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

Monogenes

Antiphon 3 Ps 94

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

R: 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.

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 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 8

Most glorious are you, O Christ our God! You have established the holy fathers as lights over the earth. Through them you have guided us to the true faith. O greatly compassionate *Lord*, glory to you!

Of the Church

Kontáktion

O unfailing protection of Christians and unchanging mediator before the Creator, do not despise the prayers of us sinners, but in your goodness extend your help to those of us who faithfully cry to you, "O Theotokos, you always protect those who honour you, so hurry to intercede for us and hasten to plead for us."

Trisagion

Prokeímenon Ps 31 Tone 4

R: O just, be glad in the Lord and rejoice.
 S: Blessed are those whose lawless deeds have been forgiven

Apóstolos

From the Second Letter of Paul to Titus (3:8-15)
 My son Titus, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to

apply themselves to good deeds; these are excellent and profitable to men. ⁹But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. ¹⁰As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, ¹¹knowing that such a person is perverted and sinful; he is self-condemned. ¹²When I send Artemas or Tych'icus to you, do your best to come to me at Nicop'olis, for I have decided to spend the winter there. ¹³Do your best to speed Zenas the lawyer and Apol'los on their way; see that they lack nothing. ¹⁴And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. ¹⁵All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all.

Alleluia Ps 43 & 33 Tone 4

S1: O God, we have heard with our ears.
 S2: You saved us from our afflictions.

Gospel

From the Holy Gospel according to Matthew (5:14-19)
 The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. ¹⁵Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. ¹⁶Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. ¹⁷Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfil them. ¹⁸For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. ¹⁹Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

Communion Ps 148

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