

**SUNDAY 11 AUGUST 2019**  
**+Afterfeast**  
**Éfplos the Deacon C4**  
**8<sup>th</sup> Sunday Tone 7 & Eothinón 8**

**VESPERS**

**Lord I have cried**

Tone 7

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 prosper before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

Tone 7

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;  
be attentive to the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be presented 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.  
Come, let us rejoice in the Lord who destroyed the dominion of death  
and enlightened the human race. Let us sing to him with the bodiless  
hosts, "Our Maker and Saviour, glory to you!"

S9: The just will wait for me, until you reward me.  
O Saviour, you endured the cross and burial for our sake. As God  
you destroyed death by your death. We fall down before your  
resurrection on the third day. O Lord, glory to you!

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
When the Apostles saw the resurrection of the Maker, they were  
amazed and sang the angelic praise, "This is the glory of the Church;  
this is the wealth of the kingdom." O Lord who suffered for our  
sake, glory to you!

S7: Let your ears note the voice of my plea.  
O Christ, you were held by lawless men, but you are my God and I  
am not ashamed. You were struck on the cheek, but I do not deny  
you. You were nailed to the cross and I do not conceal it, for I  
glorify your resurrection and your death is my life. O almighty Lord,  
Lover of the human race, glory to you!

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
Christ fulfilled the prophecy of David and revealed his own greatness  
in Zion to the disciples. He is praised and always glorified, together  
with the Father and the Holy Spirit. At first, as the Word, he was  
bodiless, but later he took flesh and was killed for our sake as man.  
He rose with power, *for he is* the Lover of the human race.

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O Christ, you descended into Hades as you freely determined; you  
overthrew death as God and Master. You rose on the third day and  
with you raised Adam from the bonds of Hades and from corruption.  
Glory to your resurrection, only Lover of the human race!

Tone 6

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

1

S3: For there is mercy with the Lord  
and abundant redemption with *him*.  
He will redeem Israel from all his offences.  
O Christ my Saviour, the first man, Adam, was formed with  
boundless love; the second Adam was born from the Virgin's womb.  
He clothed the nakedness of the first with divinity through his  
transfiguration on Tabor. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!  
O Christ, when they saw your Transfiguration on the holy mountain,  
the messengers of the law and grace were amazed. Together with  
them we worship you, as also the Father and the Spirit.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
O Christ, the whole creation is radiantly illuminated by your  
Transfiguration. Your holy apostles saw you on Mount Tabor with  
Moses and Iliás. You revealed yourself as the true God, for you  
shone brighter than the Sun.

Glory: Tone 5

Come, ascend the mountain of the Lord to the House of our God, and  
see the glory of his transfiguration, the glory of the only-begotten  
Son of the Father. With raised spirits let us receive light from his  
light. Let us always sing the praises of the consubstantial Trinity.

Both now: Tone 7

O Theotokos, you were revealed as a mother above nature, for you  
remained a virgin beyond reason and understanding. No tongue can  
speak about your wonderful childbearing, for the order of nature was  
overruled by God. O pure *Lady*, your conceiving was most glorious.  
O Virgin, the manner of your giving birth was ineffable. We know  
that you are the Mother of God and pray fervently to you, "Plead  
with him to save our souls."

**Phos Ilarón**

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

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

**Prokeímenenon**

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**

**Psalm 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. Dan 3  
O Lord, let your mercy be on us,  
for we have hoped in you. Ps 32  
Blessed are you, O Lord;  
teach me your statutes. Ps 118  
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. *Ps 137*  
 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 7

O Saviour of the world, you rose from the tomb and raised the human race with your body. O Lord, glory to you!

S1: The Lord reigns *and* is clothed with majesty;  
 the Lord has put on power and clothed himself. *Ps 92*  
 Come and worship *the Lord* who rose from the dead. He has enlightened all creation and saved us from the torments of Hades by his death. He has granted us eternal life and great mercy through his third-day resurrection.

S2: For he founded the world which will not be moved. *Ps 92*  
 O Christ, you descended into Hades and captured death. O Lord, Lover of the human race, you rose again on the third day and have raised us who glorify your all-powerful resurrection.

S3: O Lord, holiness is right for your house to length of days. *Ps 92*  
 O Lord, when you were placed in the tomb like someone asleep, you appeared awesome. But, when you rose on the third day as the almighty *Lord*, you raised Adam with you. Glory to your resurrection, only Lover of the human race!

Glory: Both now:

Moses, who saw God, and Elijah, who rode through the heavens following you in a fiery chariot without being burnt, saw you, the Author of the Law, and the Fulfilment of the Prophets. They were observers of the Transfiguration. Together with them, O Lord, make us also worthy of your light, so that we may sing to you throughout the ages.

### 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 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

Tone 7

O Christ our God, you were transfigured on the mountain and revealed your glory to your disciples as far as they could bear it. Let your eternal light shine also on us sinners through the prayers of the Theotokos. O Giver of light, glory to you!

Tone 7

O Lady worthy of all praise, since you are the treasury of our resurrection, raise those who trust in you from the depth and pit of sin. You saved those who were weighed down from the effects of sin

by giving birth to our Salvation. You were a virgin before giving birth, a virgin as gave birth and a virgin after you had given birth.

### Dismissal

### ORTHROS

#### God is the Lord Ps 117

R: God is the Lord, and has shone over 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 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

Tone 7

O Christ our God, you were transfigured on the mountain and revealed your glory to your disciples as far as they could bear it. Let your eternal light shine also on us sinners through the prayers of the Theotokos. O Giver of light, glory to you!

Tone 7

O Lady worthy of all praise, since you are the treasury of our resurrection, raise those who trust in you from the depth and pit of sin. You saved those who were weighed down from the effects of sin by giving birth to our Salvation. You were a virgin before giving birth, a virgin as gave birth and a virgin after you had given birth.

### 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 7

After the Life had been laid in the tomb and the seal had been placed on the stone, the soldiers guarded Christ like a sleeping King. The angels glorified him as the immortal God and the women cried out, "The Lord has risen and granted the world great mercy."

Glory:

You have despoiled death by your three days' burial in the tomb. You have raised corrupt man by your life-bearing resurrection. Glory to you, O Christ our God, Lover of the human race!

Both now:

After the Life had been laid in the tomb and the seal had been placed on the stone, the soldiers guarded Christ like a sleeping King. The angels glorified him as the immortal God and the women cried out, "The Lord has risen and granted the world great mercy."

### Kathisma 2

O Christ our God, while the sepulchre was sealed, you rose from the tomb as Life. While the doors were closed, you stood in the midst of your disciples. O Resurrection of all, you renew a right Spirit within us through them, for you are great in mercy.

Glory:

O King of all, the women ran to the tomb with tears and carried spices, while the soldiers kept their watch over you. They said to one another, "Who will roll away the stone for us?" The Angel of Great Counsel has risen and tramples down death. Glory to you, almighty Lord!

Both now:

Hail, O virgin Theotokos, full of grace, harbour and protection for the race of men! The Rescuer of the world was made flesh through you. Only you are both mother and virgin, ever-blessed and glorified. Plead with Christ our God to grant peace to the world.

### **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*

O Christ our God, you have put on our human form and endured the cross in the body. Save me by your resurrection, for you are the Lover of the human race.

### **Anaváthmi Tone 7**

Antiphon 1 Ps 125  
O Saviour, since you turned the captivity of Zion from error, make me also live and raise me from slavery to passions.  
The man who sows tribulation in the South with tears of fasting will reap sheaves of eternal life-giving food.  
Glory: Both now:  
The fountain of divine treasury is in the Holy Spirit, from whom come wisdom, understanding and fear; praise, honour, glory and might are his due.

Antiphon 2 Ps 126  
If the Lord does not build the house of the soul, we labour in vain, for no work or word is perfected without him.  
The saints from the fruit of the womb, who are spiritually moved, produce the fatherly teaching of adoption as sons.  
Glory: Both now:  
Everything has its being through the Holy Spirit, for he is God before all, Master of all, unapproachable Light and Life of all.

### **Antiphon 3 Ps 127**

Those who fear the Lord and find the way of life are blessed with undefiled glory both now and forever. As you see your offspring like saplings around your table, rejoice and exult when you offer them to Christ, the Chief Shepherd.

Glory: Both now:  
An abundance of graces, the wealth of glory and the great depth of judgments are in the Holy Spirit. We must worship him with the same glory as the Father and the Son.

### **Prokeímenon Ps 9**

R: O Lord my God, arise, let your hand be raised; *and* never forget the needy.  
S: O Lord, I will thank you with all my heart.

### **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*

The dominion of death can no longer hold the human race captive, for Christ descended; he shattered and destroyed its powers. Hades is bound, while the prophets rejoice and cry with one voice, "The Saviour has come to those with faith; O faithful, enter the resurrection."

### **Íkos**

Today death, Hades and the lowest depths of the earth quake with terror at the presence of one of the Trinity. The earth shakes and the gatekeepers of Hades are struck with terror at seeing you. But all creation rejoices with the prophets and sings a song of victory to you, our Redeemer and God, for you destroyed the power of death. Let us also shout and cry aloud to Adam and to those who are sprung from him, "He has introduced the cross to him; O faithful, enter the resurrection."

### **Synaxáron**

Today we remember the great martyr Éfplos the deacon who lived in Sicily during the Fourth Century. After he had been arrested the judge asked him to read from the Gospel book. He read, "Blessed are those who are persecuted for the sake of justice, for theirs is the Kingdom of Heaven." He remained steadfast to Christ throughout all the tortures which ensued. On the Eleventh he was beheaded with a sword and died.

Together with him we remember:

Virgin-Martyr Susanna with Hieromartyr Gaius of Rome C3  
Bishop Blane of Bute C6  
Patriarch Níphon of Constantinople C16  
O God, have mercy on us through their holy prayers. *Amen.*

### **Katavasías**

- 1: The choirs of Israel passed through the depth of the Red Sea water without getting wet, but they saw the enemy host of Pharaoh drowned in the flood. They joyfully sang, "Let us sing to our God, for he has gloriously triumphed.
- 3: The bows of the powerful are broken, but the faltering put on strength. Therefore my heart rejoices in the Lord.
- 4: O Lord, O Christ our God, I have heard about the plan of your salvation, for you were born from the Virgin to save those who cry out, "Glory to your power, O Lord!"
- 5: O Christ, you made the light appear in the first night so that your works might celebrate you as Creator in full light. Guide our steps in your radiance.
- 6: I called to the Lord in my distress and the God of my salvation hurried to listen to me.

7: The sons of Abraham walked around in the fiery furnace in Babylon of old. They cried out joyfully with their hymns, "Blessed are you, O God of our fathers!"

8: Let us praise, bless and worship the Lord. The young men burnt with zeal for God in Babylon, and courageously trampled down the tyrant's threat and the fire. They were thrown into the midst of the flames, but after they were refreshed with dew they sang, "All you works of the Lord, bless the Lord!"

### Gospel Dialogue

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

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

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

Praise God in his saints;  
praise him in his mighty firmament. *Ps 50*

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

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

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

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

P/D: Let us attend

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

### Eothinón Gospel 8

From the Holy Gospel according to John (20:11-18)

At that time Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; <sup>12</sup> and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. <sup>13</sup> They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid him." <sup>14</sup> Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. <sup>15</sup> Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." <sup>16</sup> Jesus said to her, "Mary." She turned and said to him in Hebrew, "Rabboni!" (which means Teacher). <sup>17</sup> Jesus said to her, "Do not hold me, for I have not yet ascended to the Father; but go to my brothers and say to them, I am ascending to my Father and your Father, to my God and your God." <sup>18</sup> Mary Magdalene went and said to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

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

### Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

### Psalm 50

O God, have mercy on me in your abundant mercy  
and wipe out my offence through your great pity.

<sup>4</sup> Wash me thoroughly from my lawless act  
and cleanse me from my sin,

<sup>5</sup> for I know my lawlessness  
and my sin is always before me.

<sup>6</sup> I have sinned against you alone  
and done what is evil before you

<sup>6b</sup> so that you might be right in your words  
and overcome when you are judged,

<sup>7</sup> for see, I was conceived in lawlessness  
and my mother desired me in sin,

<sup>8</sup> for see, you have loved truth

and shown me the mysteries and secrets of your wisdom.

<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.

<sup>10</sup> You will make me hear about joy and gladness;  
humbled bones will rejoice.

<sup>11</sup> Turn your face from my sins  
and wipe out all my lawlessness.

<sup>12</sup> O God, make a pure heart within me  
and renew an upright spirit within me.

<sup>13</sup> Do not banish me from your presence  
or remove your Holy Spirit from me.

<sup>14</sup> Restore your saving joy to me  
and strengthen me with your directing Spirit.

<sup>15</sup> I will teach the lawless your ways  
and the ungodly will return to you.

<sup>16</sup> O God, God of my salvation, free me from bloodshed,  
*then* my tongue will rejoice in your justice.

<sup>17</sup> O Lord, you will open my lips

and my mouth will announce your praise,

<sup>18</sup> for if you had wanted sacrifice, I would have given it;  
you will not be pleased with burnt offerings.

<sup>19</sup> Sacrifice for God is a broken spirit;  
God will not despise a broken and humbled heart.

<sup>20</sup> O Lord, be good to Zion in your pleasure  
and let the walls of Jerusalem be built,

<sup>21</sup> then you will be pleased with a just sacrifice,  
with an offering and burnt sacrifices;

then they will offer calves on your altar.

Glory: Tone 6

O 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 great martyr Éfplos the deacon, 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: The Lord to whom you gave birth is revealed as immortal. God  
 himself determined to come from your womb. He was clothed in our  
 flesh, appeared on earth and spoke to men. We glorify you with one  
 heart.

### Small Litany

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

### Holy is the Lord

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

### Exaposteilária

Tone 8

Mary was truly amazed when she saw two angels in the tomb. She  
 did not recognise Christ, but thought he was the gardener and said to  
 him, "Sir, where have you placed the body of Jesus?" But she knew  
 from his voice that he was the Saviour and obeyed him when he said,  
 "Do not touch me, for I have not yet ascended to the Father, but go  
 and tell my brothers."

Tone 3

O Word, *you are* the unchanged Light from the light of the  
 unbegotten Father. Today on Tabor in the revelation of your light,  
 we have seen the Father as light and the Spirit as light, who guide the  
 whole creation with light.

### Praises

Tone 7

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.  
 Christ is risen from the dead; he has shattered the chains of death. O  
 earth, proclaim great joy; O heavens, praise the glory of God.

S7: Praise God in his saints;  
 praise him in his mighty firmament.  
 Now that we have seen the resurrection of Christ, let us worship the  
 holy Lord Jesus, the only sinless *being*.

S6: Praise him for his mighty deeds;  
 praise him for the abundance of his majesty.  
 We continually praise the resurrection of Christ, for the holy Lord  
 Jesus, who has revealed the resurrection, has saved us from our sins.

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

What shall we give to the Lord in return for all his bounty to us? For  
 our sake God came and lived among men. The Word became flesh  
 and lived among us because of our corrupt nature. He is the  
 Benefactor of the ungrateful, the Rescuer of captives, the Sun of  
 justice of those sitting in darkness, the passionless *Lord* on the cross,  
 the Light in Hades and the Resurrection for the fallen. Let us cry out  
 to him, "Our God, glory to you!"

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. Ps 150

O Master, you took the holy disciples, whom you had especially  
 chosen before your precious cross and passion, and went up Mount  
 Tabor, because you wanted to show them your glory. When they  
 saw you transfigured and shining more brightly than the sun, they fell  
 on their faces, and were struck with wonder at your power. They  
 cried aloud, "O Christ, you are the eternal light and brightness of the  
 Father, yet you are freely revealed in the flesh without change. X2

S2: The heavens are yours and the earth also;  
 you have established the world and everything in it. Ps 88

You are God the Word from all eternity and clothe yourself with  
 light as though with a garment. You were transfigured before your  
 disciples and shone more brightly than the Sun. Moses and Ilias  
 stood by your side and made it plain that you are the Lord both of the  
 dead and the living. They glorified your ineffable dispensation, your  
 compassion and your great condescension, by which you have saved  
 the world which was utterly lost in sin.

S1: You have created the north and the sea;  
 Tabor and Hermon will rejoice in your name.

O Lord, you were born and made flesh from the virgin cloud. You  
 were transfigured on Mount Tabor and surrounded yourself with a  
 bright cloud. The voice of the Father, in the presence of the  
 disciples, plainly declared that you were the dear Son, one in being  
 and sharing the same throne. Therefore Peter spoke in wonder, for  
 he did not know what he said, "O Benefactor, rich in mercy, it is  
 good for us to be here.  
 of Days, as Daniel has said, and his kingdom is everlasting.

Glory: Tone 8

O Jesus, Mary's ardent tears were not shed in vain. See, she has been  
 worthy to learn from the angels and to gaze at your face. O Christ,  
 she was weak, thought of earthly things and was held back from  
 touching you. Yet she was sent to proclaim the good news to the  
 disciples and to speak about your ascension to the heavenly kingdom.  
 O Lord, together with her, make us worthy of your appearing.

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

### 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

#### Antíphon 1 Tone 2

S1: Great is the Lord and highly praised in the city of our God. Ps 47

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

S2: You establish the mountains with your strength. Ps 64

S3: He wraps *himself* with light like a cloak. Ps 103

S4: The mountains will rejoice before the Lord's presence. Ps 97

S5: Glory: Both now:

#### Antíphon 2 Ps 94 Own Tone

S1: His foundations are on the holy mountains.

R: Save us, O Son of God.  
You were transfigured on Mount Tabor.  
We sing to you, "Alleluia!"

S2: The Lord loves the gates of Zion  
more than all the homes of Jacob. Ps 86

S3: O City of God, glorious things are spoken about you. Ps 86

S4: Someone will say, "Mother Zion,"  
and a man was born in her. Ps 86

S4: Glory: Both now:  
*Monogenes*

#### Antíphon 3 Ps 88 Tone 7

S1: O Lord, I will sing about your mercies for ever. Ps 88

R: O Christ our God, you were transfigured on the mountain and revealed your glory to your disciples as far as they could bear it. Let your everlasting light shine also on us sinners through the prayers of the Theotokos. O Giver of light, glory to you!

S2: The heavens declare the glory of God.

S3: Blessed are the people who know the shout of joy.

S4: O Lord, they will walk in the light of your presence,  
and rejoice in your name all through the day

S4: Glory: Both now:

#### 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!"

### Apolytíkia

#### Tone 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

#### Tone 7

O Christ our God, you were transfigured on the mountain and revealed your glory to your disciples as far as they could bear it. Let your everlasting light shine also on us sinners through the prayers of the Theotokos. O Giver of light, glory to you!

#### Of the Church

### Kontáktion

#### Tone 7

O Christ God, you were transfigured on the mountain and your disciples saw your glory as far as they could bear it, so that when they would see you crucified, they could understand that your suffering was voluntary, and would proclaim to the world that you are truly the radiance of the Father.

### Triságon

#### Prokeímenon Ps 28 Tone 7

R: The Lord will give strength to his people;  
the Lord will bless his people with peace.

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

### Apóstolos

From the First Letter of Paul to the Corinthians (1:10-17)

Brothers, I appeal to you in the name of our Lord Jesus Christ, that you all agree, that there are no disagreements among you and that you are united with the same mind and the same judgement. <sup>11</sup> For it has been reported to me by Chlóe's people that there is quarrelling among you, my brothers. <sup>12</sup> What I mean is that each one of you says, "I belong to Paul," or "I belong to Apóllōs," or "I belong to Céphas," or "I belong to Christ." <sup>13</sup> Is Christ divided? Was Paul crucified for you? Or were you baptised in the name of Paul? <sup>14</sup> I am thankful that I baptised none of you except Crispus and Gáius; <sup>15</sup> in case anyone should say that you were baptised in my name. <sup>16</sup> (I did baptise also the household of Stéphanas. Beyond that, I do not know whether I baptised anyone else.) <sup>17</sup> For Christ did not send me to baptise, but to preach the gospel, and not with eloquent wisdom, in case the cross of Christ be emptied of its power.

#### Alleluia Ps 91 Tone 7

S1: It is good to thank the Lord,  
and make music to your name, O Most High,  
S2: To announce your mercy in the morning  
and your truth at night.

### Sunday Week 8

From the Holy Gospel according to Matthew (14:14-22)

At that time Jesus saw a great throng; and he had compassion on them, and healed their sick. <sup>15</sup> When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." <sup>16</sup> Jesus said, "They need not go away; you give them something to eat." <sup>17</sup> They said to him, "We have only five loaves here and two fish." <sup>18</sup> And he said, "Bring them here to me." <sup>19</sup> Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. <sup>20</sup> And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. <sup>21</sup> And those who ate were about five thousand men, besides women and children. <sup>22</sup> Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

**Communion Ps 148**

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