

SUNDAY 18 AUGUST 2019
+ Afterfeast
Martyrs Flóros and Lávroos of Illyria C2
9th Sunday Tone 8 & Eothinón 9

VESPERS

Lord I have cried

Tone 8

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, we offer you our evening hymn and reasonable worship,
for you were pleased to have mercy on us by your resurrection.

S9: The just will wait for me until you reward me.
O Lord *our* Lord, do not banish us from your face, but be pleased to
have mercy on us by the resurrection.

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
Rejoice, O holy Zion, mother of the churches, dwelling place of
God! For you were the first to receive remission of sins by the
resurrection.

S7: Let your ears note the voice of my plea.
The Word of God the Father, begotten before the ages, was
incarnate in the latter times from the *woman* who was ignorant of
marriage. He willingly endured crucifixion until death. By his
resurrection he has saved man who was dead from the past.

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
O Christ, we glorify your resurrection from the dead by which you
have freed the race of Adam from the tortures of Hades. As God
you have granted the world eternal life and great mercy.

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.
Glory to you, O Saviour Christ, only begotten Son of God! You
were nailed to the cross and raised from the tomb on the third day!

Tone 4

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. X2
You were not taken from the earth in a chariot of fire like the just
Ilías, but the one who is truly the Sun of Justice received your most
holy soul in his hands. Most pure *Lady*, you came to final rest in his
dwelling place when you passed away with honour and grace in a
way marvellous beyond words. X2

S2: Every nation, praise the Lord;
every people, acclaim him!
O lovers of feasts, come and celebrate today the holy passage of the
Theotokos, for she has joyfully commended her most pure and
godly soul into the hands of her Son Jesus our God, who shone from
the Father without beginning before all ages and came from her
womb in the last days. She continually pleads with him to save us.

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

1

Most awesome wonder! The *woman* who carried the King in her
most pure womb, is now laid to rest in the tomb and the assembly of
angels, together with the apostles, bury her honourable body with
fear. But she has been taken up to heaven by Jesus, her Son, the
Saviour of our souls.

Tone 5

Come, all who love to keep the feasts, let us form a choir. Come
and crown the Church with songs, for the Ark of God goes to her
rest. For today heaven opens wide as it receives the mother of the
one who cannot be contained. The earth, as it yields up the Source
of Life, is robed in blessing and majesty. The hosts of angels, who
are present with the fellowship of the apostles, gaze in great fear at
the *Lady* who gave birth to the Cause of life. Now that she is
translated from life to life, let us all venerate and implore her, "O
Lady, do not forget your ties of kinship with those who faithfully
observe the feast of your all-holy Dormition.

Both now: Tone 8

The King of Heaven, appeared on earth and lived with men because
of his love for the human race. He took flesh from the pure Virgin
and, after he had assumed it, came from her. The Son is one in two
Natures, yet one Person. Therefore we truly proclaim him as perfect
God and perfect man, and we acknowledge Christ as our God. O
unwedded Mother, plead with him to have mercy on 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.

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 8

O Jesus you descended from heaven and ascended the cross. You
are the immortal Life who came to death; *you are* the true Light for

those in darkness *and* the Resurrection of all. Our Light and Saviour, glory to you!

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

Let us glorify Christ who rose from the dead. He took up soul and body, then separated them both in suffering. His most pure soul descended to Hades, which he plundered. The holy body of the Redeemer of our souls did not see corruption in the tomb.

S2: For he founded the world which will not be moved. *Ps 92*
O Christ, we glorify your resurrection from the dead with psalms and hymns. Through it you have freed us from the torments of Hades and, as God, have granted eternal life and great mercy.

S3: O Lord, holiness is right for your house to length of days. *Ps 92*
O Master of all, incomprehensible Creator of heaven and earth, you have brought about existence for me without passion by your passion on the cross. You accepted burial, rose in glory and raised Adam with you by your all-powerful hand. Glory to your resurrection on the third day through which you have granted us eternal life and cleansing of sins, for you are the only compassionate *Lord!*

Tone 5
Come, all who love to keep the feasts, let us form a choir. Come *and* crown the Church with songs, for the Ark of God goes to her rest. For today heaven opens wide as it receives the mother of the one who cannot be contained. The earth, as it yields up the Source of Life, is robed in blessing and majesty. The hosts of angels, who are present with the fellowship of the apostles, gaze in great fear at the *Lady* who gave birth to the Cause of life. Now that she is translated from life to life, let us all venerate and implore her, "O Lady, do not forget your ties of kinship with those who faithfully observe the feast of your all-holy Dormition.

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.

Triságon Prayers

Apolytikia

Tone 8
O merciful *Lord*, you descended from above and accepted the three-day burial in order to free us from our sufferings. O Lord, our life and resurrection, glory to you!

Tone 1
O Theotokos, when you gave birth you preserved your virginity; when you fell asleep you did not forsake the world. O Mother of Life, you were transferred to life and rescue our souls from death through your prayers.

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 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

Tone 1

O Theotokos, when you gave birth you preserved your virginity; when you fell asleep you did not forsake the world. O Mother of Life, you were transferred to life and rescue our souls from death through your prayers.

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

The noble Joseph took down your most pure body from the tree and wrapped it in fine linen. He anointed it with spices and laid it for burial in a new tomb. But, O Lord, you rose on the third day and granted the world great mercy.

Glory:

The angel stood at the tomb and cried to the myrrhbearing women, "Myrrh is correct for the dead, but Christ has revealed himself a stranger to corruption, so proclaim that the Lord is risen and grants the world great mercy."

Both now: Tone 4

O Lady, the whole world is adorned with grace by the bodiless Spirit when it remembers you. It cries out to you in spirit with gladness, "Hail, O Virgin, boast of all Christians!"

Kathisma 2

You did not prevent the stone of the tomb from being sealed; you rose and granted the rock of faith to everyone. O Lord, glory to you.

Glory:

The choir of the disciples, joined the myrrhbearing women and rejoiced in unison. Therefore, together with them, we keep the feast to glorify and honour your resurrection. O Lord and Lover of the human race, grant your people great mercy through them.

Both now: Tone 4

O *Lady*, at the command of the Creator who was born from you, you assembled the apostles around you by means of clouds to aid your passing to him. O blessed Mother of Christ our God, they buried your all-pure body and celebrated with glory and great joy.

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, the women went to the grave in order to anoint your body after the Passion. They saw angels in the tomb and were afraid, for they heard them say, "The Lord has risen and grants the world great mercy.

Anaváthmi

Antiphon 1 Ps 122

O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.
O my Christ, have mercy on us,
for we frequently and at every hour give you grief;
give us the means to turn back to you before the end.

Glory: Both now:

The rule, blessing and control of creation are the Holy Spirit's
for he is God, consubstantial with the Father and the Word.

Antiphon 2 Ps 123

If the Lord were not among us,
who could be protected from the murderous enemy?
O Saviour, do not hand over your servant to their teeth.
They move against me like a lion,
for they also are my enemies.

Glory: Both now:

The first cause of life and regal honour is the Holy Spirit's,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antiphon 3 Ps 124

Those who put their trust in the Lord are like the Holy Mountain;
they are never shaken by the attacks of Beliar.
Do not let those who live for God
stretch out their hands to lawless deeds,
for Christ will not set aside the rod for his inheritance.

Glory: Both now:

All wisdom streams from the Holy Spirit.
Grace comes from him to the Apostles;
the Martyrs are crowned for their struggles
and the Prophets are given vision.

Prokéimenon Ps 145

R: The Lord will reign for ever,
your God, O Zion, from generation to generation.
S: Praise the Lord, O my soul.

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

O almighty Saviour, Hades became afraid when it saw the miracle of your resurrection from the tomb. The dead rose and creation, together with Adam, saw this and rejoiced together with you. My Saviour, the world praises you for ever.

Íkos

O Saviour, you are the light of those in darkness; you are the resurrection of everyone and the life of mortals. O Word, when you despoiled the might of death and shattered the gates of Hades, you raised us all with you. O Lover of the human race, the dead saw this and wondered at the miracle and all creation rejoiced together at your resurrection. Therefore, my Saviour, we also glorify and praise your condescension and the world praises you for ever.

Synaxáριον

Today we remember the holy martyrs Flóros and Lávrof of Illyria who lived in the Second Century. They were brothers and stonemasons who were commissioned to build a pagan temple, but through their efforts it was used instead as a church. In the time of persecution they were singled out. On the Eighteenth the earth saw their life ended in a deep pit.

Together with them we remember:

Martyrs Érmás, Serapíon and Polyénos of Rome C4
Abbot John of Rila C10
Holy Arsénios of Paros C19
O God, have mercy on us through their holy prayers. *Amen.*

Katavasías

1: O Virgin, your sacred and renowned memorial is clothed in the embroidered garments of divine glory. It has brought all the faithful together in joy. They are led by Miriam with dances and tambourines. They sing the praises of your only begotten Son, for he has been greatly glorified.

3: O Christ, wisdom and the power of God, since you create and support all things, establish the Church as immovable and steadfast, for only you are holy and have your resting place among the saints.

4: O Christ, since the radiance of your brightness would come as a light to the Gentiles, the dark sayings and riddles of the prophets foreshadowed your incarnation from a Virgin. The depths cry out to you with joy, "Glory to your power, O lover of the human race.

5: O Christ, I will declare the divine and ineffable beauty of your perfection, for you have shone in your own person as the co-eternal brightness from the eternal glory. After you had taken flesh from a virgin's womb, you rose as the Sun and gave light to those who were in darkness and shadow.

6: The fire-breathing whale, the monster inhabiting the salt waters of the sea was a prefiguring of your three-days' burial. Jonah acted as interpreter, for after being saved and unharmed as though he had never been swallowed, he cried, "O God, I will sacrifice to you with the voice of praise."

7: Divine Love, fought against cruel wrath and fire, quenched the fire with dew, derided the wrath and made the three-stringed harp of the saints inspired by God sing in the midst of the flames in answer to the instruments of music. "Blessed are you, most glorious God, our God and the God of our fathers!"

8: Let us praise, bless and worship the Lord.
The all powerful angel of God revealed to the children a flame which brought refreshment to the holy while it consumed the ungodly. He made the Theotokos a life-giving spring which gushed for the destruction of death and for the life of those who sing, "We have been rescued and praise the one and only Creator as we 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 9

From the Holy Gospel according to John (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." ²⁰ When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. ²¹ Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." ²² And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. ²³ If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." ²⁴ Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. ²⁵ So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe." ²⁶ Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." ²⁷ Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing." ²⁸ Thomas answered him, "My Lord and my God!" ²⁹ Jesus said to him, "Have you believed because you have seen me, Thomas? Blessed are those who have not seen and yet believe." ³⁰ Now Jesus did many other signs in the presence of the disciples, which are not written in this book; ³¹ but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

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

Resurrection Ode

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

Psalm 50

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

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 holy martyrs Flóros and Lávros of Illyria, 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: O unique Theotokos, all generations call you blessed.

O pure Virgin, the limits of nature are overcome in you, for birth-giving remains virginal and life is united to death. O Theotokos, you were a virgin after childbearing, alive after death and always save your inheritance.

Small Litany

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

Holy is the Lord

Holy is the Lord our God. X3

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

Exaposteilária

Tone 5

When you had entered while the doors were shut, you filled your apostles with the Holy Spirit. You breathed peace on them and said, "Forgive sins or retain them." After eight days you showed Thomas your hands and your side. Therefore we cry out with him, "My Lord, and my God!"

Tone 3

O apostles, you have assembled here in Gethsemane from all the ends of the earth, so bury my body. My Son and my God, receive my spirit.

Praises

Tone 8

Let everything with breath
praise the Lord.

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

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

S8: This glory will be for all his holy ones.

O Lord, everything with breath glorifies you. For you, the only Lover of the human race, have destroyed death by your cross and revealed to the peoples your resurrection from the dead.

S7: Praise God in his saints;
praise him in his mighty firmament.

Do the Jews say that the soldiers who guarded the King destroyed him instead? Do they say that the stone did not preserve the Rock of life? Either let them give up the buried *Lord* or adore with us the one *who has* risen with us and say, "Glory to your great mercies! O Saviour, glory to you!"

S6: Praise him for his mighty deeds;
praise him for the abundance of his majesty.

O people, rejoice and be glad! An angel sitting on the stone has announced to us the glad news and said, "Christ, the Saviour of the world, has risen from the dead and filled everything with sweet fragrance." O people, rejoice and be glad!

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

O Lord, before your conception an angel came with the greeting, "Hail!" to the *Lady* who was full of grace and an angel rolled the stone from your glorious tomb at your resurrection. The one announced the signs of joy in place of sorrow, the other proclaimed to us the life-giving Master in place of death. Therefore we cry out to you, "O Lord and Benefactor of all, glory to you!"

Tone 2

S4: Praise him with cymbal and dance;
praise him with strings and flute.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.

Let everything with breath praise the Lord.

O Gethsemane, divine temple of the unique Theotokos, rejoice, for the Queen of all rested in you. X2

S2: O Lord, rise into your resting-place,
you and the ark of your holiness. Ps 131

The Mother of God, the only *person* who is blessed above all, is carried up in glory from earth to heaven.

S1: The Lord has sworn in truth to David
and will not set it aside,

O heavenly choirs, sing, for the virgin Mother has truly been taken up in an amazing manner from earth to heaven.

Glory: Tone 5

O Christ, you appeared to your dear *disciples* in the fullness of time on the eve of the Sabbath. You confirmed a wonder for them through a miracle, when you entered while the doors were shut and revealed your resurrection from the dead. You filled your disciples with joy, granted them the Holy Spirit and gave them the power to forgive sins. You did not allow Thomas to drown in the depths of faithlessness. O compassionate Lord, grant us also knowledge of the truth and forgiveness of sins.

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. After he had destroyed death by death, he

LITURGY

Antiphon 1 Ps 99, 47 & 75 Tone 2

S1: All the earth, shout with joy to God.

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

S2: Thank him *and* praise his name.

S3: In the city of the Lord of Hosts, in the city of our God.

S4: His place has been established in Salem
 and his home in Zion.

S5: Glory: Both now:

Antiphon 2 Ps 86, 47 & 45 Own Tone

S1: The Lord loves the gates of Zion
 more than all the homes of Jacob.

R: Save us, O Son of God.
 You are wonderful in your saints.
 We sing to you, "Alleluia!"

S2: O City of God, glorious things are spoken about you.

S3: God has established her for ever.

S4: The Most High has made his tabernacle holy.

S5: Glory: Both now:

Monogenes

Antiphon 3 Ps 56 & 115 Tone 1

S1: My heart is ready, O God, my heart is ready.

R: O Theotokos, when you gave birth you preserved your virginity;
 when you fell asleep you did not forsake the world. O Mother of
 Life, you were transferred to life and you rescue our souls from
 death through your prayers.

S2: What shall I give back to the Lord
 for everything which he has given me?

S3: I will take up the cup of salvation
 and call on the Lord's name.

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 2

O immortal Life, when you went down to death you destroyed
 Hades with the lightning flash of your Divinity. When from the
 depths you raised the dead, all the powers of heaven cried out, "O
 Giver of life, Christ our God, glory to you!"

Tone 1

6

O Theotokos, when you gave birth you preserved your virginity;
 when you fell asleep you did not forsake the world. O Mother of
 Life, you were transferred to life and rescue our souls from death
 through your prayers.

Of the Church

Kontákion

Tone 2

Neither tomb nor death could hold the Theotokos who is constant in
 prayer and our firm hope in her intercessions. For being the Mother
 of Life, she was transferred to life by the *Lord* who made his home
 in her virginal womb.

Triságion

Prokeímenon Ps 75 Tone 8

R: Make vows
 and repay them to the Lord our God.

S: God is known in Judah;
 his name is great in Israel.

Apóstolos

From the First Letter of Paul to the Corinthians (3:9-17)

Brothers, we are God's fellow workers; you are God's field, God's
 building. ¹⁰ According to the grace of God given to me, like a
 skilled master builder I laid a foundation, and another man is
 building upon it. Let each man take care how he builds upon it. ¹¹
 For no other foundation can anyone lay than that which is laid,
 which is Jesus Christ. ¹² Now if anyone builds on the foundation
 with gold, silver, precious stones, wood, hay, straw -- ¹³ each man's
 work will become manifest; for the Day will disclose it, because it
 will be revealed with fire, and the fire will test what sort of work
 each one has done. ¹⁴ If the work which any man has built on the
 foundation survives, he will receive a reward. ¹⁵ If any man's work
 is burned up, he will suffer loss, though he himself will be saved,
 but only as through fire. ¹⁶ Do you not know that you are God's
 temple and that God's Spirit dwells in you? ¹⁷ If anyone destroys
 God's temple, God will destroy him. For God's temple is holy, and
 you are that temple.

Alleluia Ps 94 Tone 8

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

S2: Let us enter his presence with thanksgiving
 and gladly cry to him with psalms.

Sunday Matthew 9

From the Holy Gospel according to Matthew (14:22-34)

At that time Jesus made the disciples get into the boat and go before
 him to the other side, while he dismissed the crowds. ²³ And after
 he had dismissed the crowds, he went up on the mountain by
 himself to pray. When evening came, he was there alone, ²⁴ but the
 boat by this time was many furlongs distant from the land, beaten by
 the waves; for the wind was against them. ²⁵ And in the fourth
 watch of the night he came to them, walking on the sea. ²⁶ But
 when the disciples saw him walking on the sea, they were terrified,
 saying, "It is a ghost!" And they cried out for fear. ²⁷ But
 immediately he spoke to them, saying, "Take heart, it is I; have no
 fear." ²⁸ And Peter answered him, "Lord, if it is you, bid me come
 to you on the water." ²⁹ He said, "Come." So Peter got out of the
 boat and walked on the water and came to Jesus; ³⁰ but when he saw
 the wind, he was afraid, and beginning to sink he cried out, "Lord,
 save me." ³¹ Jesus immediately reached out his hand and caught
 him, saying to him, "O man of little faith, why did you doubt?" ³²
 And when they got into the boat, the wind ceased. ³³ And those in
 the boat worshiped him, saying, "Truly you are the Son of God." ³⁴
 And when they had crossed over, they came to land at Gennesaret.

Communion Ps 148

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