

SUNDAY 8 SEPTEMBER 2019
§ Birth of the Theotokos
12th Sunday Tone 3

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.

Today God who rests on the thrones of wisdom has prepared a throne
on earth for himself. The one who by wisdom established the
heavens, makes a living heaven in his love for the human race. He
gives life to his mother, a life-bearing Garden, from an infertile root.
O God of wonders and hope of the hopeless, O Lord, glory to 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.

Hail, O people! This is the day of the Lord. The palace of the light,
the scroll of the Word of life today comes from the womb. The gate
facing the east is born. She waits for the entrance of the great High
Priest. She alone admits Christ into the inhabited earth for the
salvation of our souls.

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

Although by God's will other infertile women have given birth to
famous children, yet Mary shines brightest with divine glory among
those children. She herself was born marvellously from an infertile
mother *and* she bore the God of all in the flesh in a manner
surpassing nature from a womb without seed. She is the single
gateway of the only-begotten Son of God who passed through this
gate yet kept it sealed. After he had ordered everything in his own
wisdom, he worked salvation for the whole human race.

S3: For there is mercy with the Lord
and abundant redemption with *him*.

He will redeem Israel from all his offences.
Today the infertile gates are opened and the virgin door of God
comes out. Today the fruit of grace begins to blossom and reveals

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the Mother of God to the world. The earthly will unite in her with
the heavenly for the salvation of our souls.

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

Today is the proclamation of universal joy. The infertility of
humans is pardoned, for the infertile Anna becomes a mother of the
virginal mother of the Creator. The one who is God by nature, Christ
the Lover of the human race and the Redeemer of our souls, has
taken our human nature and accomplished salvation in the flesh.

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

Today the infertile Anna gives birth to the holy maid of God who
was chosen from all generations for the fulfilment of the divine plan
and became the home of the King, the Creator of all, Christ our God.
We mortals are restored from corruption to life eternal through her.

Glory: Both now:

Today God who rests on the thrones of wisdom has prepared a throne
on earth for himself. The one who by wisdom established the
heavens, makes a living heaven in his love for the human race. He
gives life to his mother, a life-bearing Garden, from an infertile root.
O God of wonders and hope of the hopeless, O Lord, glory to you!

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

Jacob's ladder foreshadows the mediation of the Theotokos.
From the Book of Genesis (28:10-18)
Jacob went away from the well of the oath and left for Haran. ¹¹ He
came to a certain place and slept there, for the sun had gone down.
He took one of the stones of the place, put it under his head and lay
down to sleep in that place. ¹² He dreamed and see there was a ladder
fixed on the earth, whose top reached heaven, and the angels of God
ascended and descended on it. ¹³ Then the Lord stood on it, and said:
I am the God of your father Abraham and the God of Isaac. Do not
fear; the land on which you lie, to you I will give it, and to your seed.
¹⁴ Your seed will be like the sand of the earth; it will spread out to the
sea, to the south, to the north and to the east. In you and in your seed
will all the tribes of the earth be blessed. ¹⁵ See I am with you to
preserve you continually along all the way on which you will go. I
will bring you back to this land, for I will not desert you, until I have
done all that I have said to you. ¹⁶ Then Jacob awoke from his sleep
and said: The Lord is in this place and I did not know it. ¹⁷ He was
afraid and said: How fearful is this place! This is no other than the
house of God and this is the gate of heaven.

Prophecy 2

Ezekiel's closed gate foreshadows the virginity of the Theotokos.
From the Prophecy of Ezekiel (43:27-44:4)
It will come to pass that from the eighth day onwards, the priests will
offer your whole-burnt-offerings on the altar, together with your
peace-offerings, and I will accept you, says the Lord. ¹ Then he
brought me back by the way of the outer gate of the sanctuary that
looks eastwards, but it was shut. ² And the Lord said to me: This gate

will be shut, it will not be opened, and no one will pass through it, for the Lord God of Israel will enter through it, and it will be shut. ³ For the prince, he will sit in it, to eat bread before the Lord. He will go through it by the way of the porch of the gate, and he will go out by the way of the same *gate*. ⁴ Then he brought me in by the way of the gate that looks northwards, in front of the house. I looked, and, see, the house was full of the glory of the Lord.

Prophecy 3

Wisdom building a house foreshadows Christ choosing the womb of Mary.

From the Book of Proverbs (9:1-11)

Wisdom has built a house for herself, and set up seven pillars. ² She has killed her sacrifices; she has mingled her wine in a bowl, and prepared her table. ³ She has sent out her servants, calling with a loud proclamation to the feast, as though in a hollow, saying: ⁴ Whoever is foolish, let him turn aside to me; and to those who want understanding she says: ⁵ Come, eat my bread, and drink wine which I have mingled for you. ⁶ Leave folly and seek; search for wisdom so that you may live. Improve understanding by knowledge. ⁷ The one who disciplines evildoers will obtain dishonour for himself. The one who rebukes an ungodly man will disgrace himself. ⁸ Do not rebuke evildoers, in case they hate you. Rebuke a wise man and he will love you. ⁹ Give an opportunity to a wise man, and he will be wiser: instruct someone just, and he will receive more instruction. ¹⁰ The fear of the Lord is the beginning of wisdom, and the counsel of holy ones is understanding, for to know the law is good understanding. ¹¹ For in this way you will live long, and years of your life will be added to you.

Ektení

Prayer

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

Plirotiká

Prayer

P: Peace be with you all. R: And with your spirit
D: Bow down your heads to the Lord. R: To you, O Lord.

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

Apósticha

Tone 3

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

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

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

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

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

Glory: Both now: Tone 8

O faithful, come and let us run to the Virgin. *She is* the rod of Aaron springing from the shoot of Jesse, the child of Joachim and Anna, the forechosen Mother of our God, the treasure of virginity and the preaching of the prophets. She is born and the world is renewed. She is born and the Church is adorned by her heavenly beauty. She is the holy temple of the Divinity, the vessel of virginity and bridal chamber of the king. The mystery of the union of the two natures of Christ has come about through her. We worship him and praise the birth of the Virgin.

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

Apolytíka

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 4

O Theotokos, your birth has proclaimed joy to the whole inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a blessing by annulling the curse and has given us eternal life by destroying death.

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.

Apolytíka

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 4

O Theotokos, your birth has proclaimed joy to the whole inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a blessing by annulling the curse and has given us eternal life by destroying death.

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*

Kathísma 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: Tone 4

O David, what has God sworn to you? Cry out, "What God swore to me he has now fulfilled." He said, "He has given the Virgin from the fruit of my loins. From her the Creator, Christ, the new Adam, is born. He is the King to sit on my throne." Today the one reigns whose rule cannot be shaken. The infertile woman gives birth to the Theotokos, the nourisher of our life.

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: Tone 4

From the root of Jesse and from the loins of David, Mary, the child of God, is born to us today. The whole creation is renewed and made divine. Rejoice together, O heaven and earth! Praise her, O people of all nations. Joachim is glad and Anna rejoices, crying, "The infertile woman gives birth to the Theotokos, the nourisher of our life."

Kathisma 3

Tone 8

Let the heavens rejoice and let the earth be glad, for the Heaven of God, the divine Bride, has come to the earth in accordance with the promise. The infertile woman nurses her child Mary. Joachim rejoices at this birth and says, "See, the Branch has been born to me from which Christ will bloom from the root of David! O miracle which truly produces wonder! X2

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*

Anaváthmi Ps 128 Tone 4

1: Many passions have fought against me from my youth, but help me and save me, O my Saviour. X2

2: Those who hate Zion will be shamed by the Lord; they will be withered like grass by the fire. X2

Glory:

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

Both now:

4: The streams of grace pour out through the Holy Spirit; they water all creation and produce life.

Prokeímenon Ps 44 Tone 4

R: I will remember your name.

S: My heart has poured out a good word.

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 the firmament of his power. 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 Luke.

P/D: Let us attend

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

Gospel

From the Holy Gospel according to Luke (1:39-49, 56)

In those days Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! But why am I so favoured, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that what the Lord has said to her will be accomplished!" And Mary said: "My soul glorifies the Lord and my spirit rejoices in God my Saviour, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me - holy is his name. Mary stayed with Elizabeth for about three months and then returned home.

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

Plain Reading

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 Theotokos.

Both now:

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

Have mercy: Tone 4

The joy of the world has appeared. *She is* the glorified virgin who has sprung from Joachim and Anna. She became the living temple of God because of her purity. Only she is called the Theotokos. O Christ our God, send peace to the world and great mercy to our souls through her prayers.

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, 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.*

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 merciful *Lord*, on this day you rose from the tomb and led us away from the gates of death. Today Adam dances as Eve rejoices. Together with the prophets and patriarchs they continually praise the divine majesty of your power.

Íkos

Let heaven and earth dance today and sing in unison the praises of Christ our God, for he has raised those held captive from the grave. All creation rejoices together and offers suitable hymns to the Creator and Rescuer of all. For today, as the Giver of Life, he pulled mortal man from Hades and raised him to heaven with himself. He has trampled the pride of the enemy and broken the gates of Hades by the divine majesty of his power.

Synaxáron

Today we celebrate the Birthday of the all-holy Theotokos. Mary was to become the true daughter of Zion through whom God would come to live. (Zechariah 3:14-15) On the Eighth Anna brings the woman who will give birth to the infinite Light into the light of day.

We also remember:

King Ina of Wessex and Queen Ethelburga C8

O God, have mercy on us through their holy prayers. Amen.

Katavasías

1: Moses inscribed the invincible weapon of the cross on the waters and marked a straight line before him with his staff. He divided the Red Sea and opened a path for Israel who went over dry shod. Then he marked a second line across the waters, united them in one and overwhelmed the chariots of Pharaoh. Therefore let us sing to Christ our God, for he has been glorified.

3: The rod of Aaron is an image of this mystery; it comes into bud to show who should be priest. So also the wood of the Cross has now flowered in the Church that once was barren. It has filled her with strength and steadfastness.

4: O Lord, I have heard the mystery of your dispensation. I have considered your works and glorified your divinity.

5: O three times blessed tree, on which Christ the King and Lord was stretched, the beguiler who tempted the human race with the tree fell because of you. He was caught in the trap set by God who was crucified on you in the flesh and grants peace to our souls.

6: Jonah stretched out his hands in the form of a cross within the belly of the whale and plainly prefigured your redeeming passion. He was cast out after three days and foreshadowed the mighty resurrection of Christ our God who was crucified in the flesh and enlightened the world by his rising on the third day.

7: The senseless decree of the wicked tyrant confused the people and breathed out threats and blasphemy hateful to God. Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three children. As they stood together in the flame and were fanned by the wind which brought refreshment like the dew, they sang, "Blessed are you and praised above all, our God and the God of our fathers!"

8: Let us praise, bless and worship the Lord. O children, equal in number to the Trinity, bless God the Father and Creator. Sing the praises of the Word who descended and changed the fire to dew and exalt above all for ever the most Holy Spirit who gives life to all.

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 Theotokos, you are a mystical Paradise in which Christ blossomed. Through him the life-bearing wood of the Cross was planted on earth. Now at its elevation we bow in worship before it and glorify you.

Small Litany

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

Holy is the Lord

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

Exaposteilária

Tone 1

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

Own Tone

O maiden Mary, Theotokos and unwedded bride, today the ends of the earth greatly rejoice at your birth. For today you have removed the reproach of your parents' infertility and the curse of childbirth brought on herself by our mother Eve. X2

O Adam and Eve, be clothed with a new glory! O prophets, together with the holy apostles, sing and rejoice with all the just. Let there be a united joy among angels and men, for on this festive day the just Joachim and Anna have brought into the world the mother of our God.

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 1

S4: Praise him with cymbal and dance;
praise him with strings and flute.
Most strange wonder! The fountain of Life is born to the infertile Anna and the grace of fulfilment begins. Hail, Joachim, father of the Theotokos! No father on earth is more pleasing to God than you, for through you the handmaid of God has been given to us. *She is the dwelling place of God and the holy mountain.*

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.
Let everything with breath praise the Lord.
Most strange wonder! The fountain of Life is born to the infertile Anna and the grace of fulfilment begins. Hail, Joachim, father of the Theotokos! No father on earth is more pleasing to God than you, for through you the handmaid of God has been given to us. *She is the dwelling place of God and the holy mountain.*

S1: O daughter, listen, see and bend your ear;
forget your people and your father's house. Ps 44
Most strange wonder! At the all-powerful Creator's command the fruit which has come from the infertile womb has ended the infertility of good things in this world. O Mothers, rejoice with the Mother of the Theotokos and cry out, "Hail, O Full of grace, the Lord is with you and grants the world great mercy."

S1: The rich people beg your favour. Ps 44
Since Anna, a living tower of chastity, was joyful with grace, she gave birth to the crown of virginity, the holy Flower, the gift to all virgins, who grants great mercy to the faithful.

Glory: Both now: Tone 6

Hail, O people! This is the day of the Lord. The palace of the Light, the scroll of the Word of life comes today from the womb; the gate facing the east is born. She waits for the entrance of the great High Priest. She alone admits Christ into the inhabited earth for the salvation of 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 131, 86 & 45 Tone 8

S1: O Lord, remember David and all his humility.

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

S2: See, we heard about it in Ephratha
and found it in the plains of the wood.

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

S4: God is within her and she will not be moved.

S5: Glory: Both now:

Antiphon 2 Ps 131 Tone 8

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

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

S2: I will place a king on your throne from the fruit of your loins.

S3: I will make a horn grow there for David
and have prepared a lamp for my anointed.

S4: For the Lord has selected Zion
and chosen her to be his home.

S5: Glory: Both now:
Monogenes

Antiphon 3 Ps 131, 45 & 64 Tone 4

S1: I will settle here for I have chosen her.

R: O Theotokos, your birth has proclaimed joy to all the inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a blessing by annulling the curse and has granted us eternal life by destroying death.

S2: The Most High has made his tabernacle holy.

S3: Your temple is holy, wonderful in justice.

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 4

O Theotokos, your birth has proclaimed joy to all the inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a blessing by annulling the curse and has granted us eternal life by destroying death.

Not of the Church on a Great Feast

Kontáktion

Tone 4

O most pure Virgin, Joachim and Anna are freed from infertility through your birth. Adam and Eve *are freed* from the corruption of death and we, your people, who are freed from the guilt of sin, celebrate and sing to you, "The infertile woman gives birth to the Theotokos, the nourisher of our life."

Trisagion

Prokeimenon Ps 27 Tone 6

R: O Lord, save your people and bless your inheritance;
guide them and exalt them for ever.

S: O Lord, I have cried to you;
O my God, do not be silent with me.

Apostolos – Sunday before Exaltation

From the Letter of Paul to the Galatians (6:11-18)

Brothers, see what large letters I use as I write to you with my own hand! Those who want to make a good impression outwardly are trying to compel you to be circumcised. The only reason they do this is to avoid being persecuted for the cross of Christ. Not even those who are circumcised obey the law, yet they want you to be circumcised that they may boast about your flesh. May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. Neither circumcision nor uncircumcision means anything; what counts is a new creation. Peace and mercy to all who follow this rule, even to the Israel of God. Finally, let no-one cause me trouble, for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brothers. Amen.

Alleluia Ps 88 Tone 1

S1: I have granted help to a champion
and exalted a man chosen from my people.

S2: For my hand will be an ally for him
and my arm strengthen him.

Gospel – Sunday before Exaltation

From the Holy Gospel according to John (3:13-17)

The Lord said: No-one has ever gone into heaven except the one who came from heaven - the Son of Man. Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

Communion Ps 148

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