

SUNDAY 14 APRIL 2019
+ Sunday of Mary of Egypt
Apostles Arístarchos, Poúdis and Tróphimos C1
46th Sunday Tone 5 & Eothinón 2

VESPERS

Lord I have cried

Tone 5

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, you have put the Devil to shame by your precious cross. You have blunted the sting of sin and saved us from the gates of death by your resurrection. We glorify you, only begotten *Lord*.

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

Christ was led like a sheep to the slaughter in order to grant resurrection to the human race. The princes of Hades were frightened by this, for the gates of sorrow were raised. Christ the King of glory had entered. He said to those in chains, "Go out," and to those in darkness, "Come to the light."

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

O Lord listen to my voice.

O great wonder! The Creator of invisible matter suffered in the flesh in his love for the human race and rose again as immortal *Lord*. O families of nations, come and worship him. We have been rescued from error by his compassion and have learnt to sing about one God in three persons.

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

O unfading Light, we offer you our evening worship. You shone on the world in the flesh in these last days as though in a glass. You even descended to Hades to banish its darkness. You have revealed the light of the resurrection to the nations. Glory to you, O Lord, Giver of light, glory to you!

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

But there is forgiveness with you.

We glorify the Author of our salvation. The world was saved from deceit by his resurrection from the dead. The choir of angels rejoices as the error of demons takes flight. Fallen Adam rises as the Devil is overthrown.

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.

The guards were instructed by the lawless people, "Hide the resurrection of Christ; take money and say, 'The body was stolen from the tomb while we were asleep.' But who has heard of a body being stolen, a body anointed and naked, with its grave clothes left behind in the tomb? O Jews, do not be deceived, study the words of the prophets and understand that he is truly the Redeemer of the world and all-powerful.

Tone 6

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

O wise *saint* of God, after you had set your hope on heavenly things, you stood before the doors of the church. You were polluted with evil and unable to enter. You were accused by your conscience, but converted to a better way of life. O mother Mary, as you looked at the icon of the blessed Mother of God, you condemned all your past sins and went to bow before the precious cross. X2

S2: Every nation, praise the Lord;

every people, acclaim him!

After you had worshipped with great joy at the holy places, you received saving grace for your journey of virtue. You quickly set out to follow the narrow path, crossed the river Jordan and went to live where the Baptist had lived. You tamed the savagery of the passions through self-denial. You broke the rebellion of your flesh through violence and seized the kingdom of God by force.

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

You lived alone in the wilderness As you erased the images of sin from your soul, God marked it with the imprint of holiness. O blessed mother, you were filled with the Spirit and walked on the surface of the waters. You ascended from earth to heaven by your prayers. O glorious Mary, since you stand before Christ, boldly plead with him to save our souls.

Glory: Tone 4

O Christ, the power of your cross has worked a wonder. By means of it a prostitute became a champion of the ascetic life. She cast aside her weakness and bravely fought the Devil. Now that she has won the prize of victory, she ceaselessly prays for our souls.

Both now: Tone 5

In the Red Sea of old, a type of the virgin Bride was prefigured. There Moses divided the waters; here Gabriel assisted in the miracle. There Israel crossed the sea without getting wet; here the Virgin gave birth to Christ without seed. After Israel's passage, the sea remained impassable; after Emmanuel's birth, the spotless *Lady* remained a virgin. O eternally-existing God, O Lord appearing as man, have mercy on us.

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.

Aposticha

Tone 5

O Christ, incarnate Saviour, you were not parted from the heavens. We glorify you with songs of praise, for you accepted the cross and death for the sake of our race. O Lord, Lover of the human race, you overthrew the gates of Hades and rose on the third day to save our souls.

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

O Giver of life, you have poured out streams of forgiveness, life and salvation for everyone by being pierced in the side. You have granted us immortality by accepting death in the flesh. You have freed us by being placed in the tomb and, as God, have raised us with you in glory. Therefore we cry out, “Glory to you, O Lord, Lover of the human race!”

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

O Lover of the human race, your crucifixion and descent into Hades are awesome. You have captured it and raised the ancient prisoners with you, for you are God in glory. You have opened Paradise and commanded it to take them back. Grant us, who glorify your resurrection on the third day, purification of sins. Make us worthy to be citizens of Paradise, for you alone are merciful.

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

O Lover of the human race, you accepted death in the flesh for our sake and rose from the dead on the third day. Heal us from our earthly passions, restore us from our evil offences and save us.

Glory: Tone 2

You cut down the corrupt desires of your soul and the passions of your flesh with the sword of abstinence. You strangled your sinful words and thoughts with the silence of the wilderness. You watered the desert with the streams of your tears. You made the fruits of repentance grow for us. O holy *woman*, we celebrate your memory.

Both now:

A new miracle surpasses all ancient miracles. Who knows of a mother who gave birth without a man and carried her Creator in her arms? This birth is the will of God. O most pure One, since you carried him as an infant in your arms and since you possess motherly boldness before him, continually pray for us who honour you, that he may be bountiful and save our souls.

Song of Simeon

B/P: O Master, now let your servant depart in peace
according to your word,

² for my eyes have seen your salvation,
 which you have prepared before all peoples,
³ a light of revelation for *the* nations
 and *the* glory of your people Israel.

Triságon Prayers

Apolytíkia

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 8

O mother, the image of God was truly preserved in you, for you took up your cross and followed Christ. In doing this, you taught us to disregard the flesh, for it passes away, but to care for the soul, for it is immortal. Therefore your spirit, O Mary, rejoices with the angels.

O good *Lord*, you were born from a virgin for us. You suffered crucifixion, plundered death through death and, as God, you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful *Lord*, reveal your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, *for she is* an intercessor, and save your despairing people.

Dismissal

ORTHROS

God is the Lord Ps 117

R: God is the Lord and has appeared to us.

Blessed is the one who comes in the Lord's name. *Ps 117*

S1: Thank the Lord, for he is good,
 for his mercy lasts for ever.

S2: All the nations surrounded me,
 but I opposed them in the Lord's name.

S3: This *is* the Lord's doing

and it is wonderful in our eyes.

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Small Litany

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

Kathisma 1

Tone 5

Let us celebrate the cross of the Lord, honour his sacred tomb with song and glorify the resurrection. For as God, he raised the dead from the tomb, stripped death of its power and the Devil of his strength; he illuminated those in Hades.

Glory:

O Lord, you were called dead, but put death to death. You were laid you in a tomb, but emptied the tomb. The soldiers guarded the sepulchre above, while below you were raising the dead from all the ages. Glory to you, almighty and incomprehensible Lord!

Both now:

Hail, O sacred mountain, where God has walked! Hail, O living bush which was not consumed by fire! Hail, only bridge between the world and God leading the dead to eternal life! Hail, O undefiled Maiden, for you gave birth to the Salvation of our souls without knowing a man!

Kathísma 2

O Lord, after your resurrection on the third day when the Apostles had worshipped you, Peter called out to you, “The women boldly ventured out, while I was a coward. The Thief acknowledges God, while I denied him. Will you continue to call me a disciple? Will you not make me again a fisherman of the sea? But, O God, accept me as a penitent and save me.”

Glory:

O merciful Lord, the lawless ones nailed you between those who were condemned and pierced your side with a spear. You accepted the tomb, demolished the gates of Hades and rose on the third day. The women ran to see you and announced your resurrection to the Apostles. O Lord, highly exalted Saviour, the angels sing your praises; glory to you!

Both now:

Unwedded Bride, you gave birth to God *and* have turned Eve’s grief to joy. The faithful sing your praises and venerate you because you have led us away from the ancient curse. O honourable *and* all-holy *Lady*, pray continually that we may be saved.

Evlogitária

Blessed are you, O Lord; teach me your statutes.
The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.
The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes.

The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.

The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them, Why do you number the Living among the dead? As God he has risen from the tomb."

Glory:

We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

Both now:

O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)

O our God and our hope, glory to you.

Small Litany

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

Ypakói

Read without note

The sight of the angel dazzled the minds of the myrrhbearing women and their spirits were enlightened by your divine Resurrection. They preached the good news to the Apostles, "Announce to the nations the Lord's Resurrection. He has worked wonders and grants us great mercy!"

Anaváthmi Tone 5

Antiphon 1 Ps 131

My Saviour, I sing to you like David in my trouble;
save my soul from crafty speech.

The life of those who live in the desert is blessed;
they are supported by divine passion.

Glory: Both now:

Everything seen and unseen is preserved by the Holy Spirit,
for he has power in himself as truly one of the Trinity.

Antiphone 2 Ps 120

My soul, let us ascend the mountains;
come to the place where help is found.
O Christ, let your right hand rush
to guard me from everything sinister.

Glory: both now:

As we speak about divine matters through the Holy Spirit,
we say, “You are God, life, desire, light and mind.
You are goodness and reign for ever.

Antiphon 3 Ps 121

I offer my prayer for those who said to me,
“Let us go to the courts of the Lord,
filled with great joy.”
Fearful things will be done to the house of David,
for a fire there will consume every shameful thought.

Glory: Both now:

The government of life belongs to the Holy Spirit
and every creature is given the breath of life through him
as also in the Father and the Word.

Prokeímenon Ps 9

R: O Lord my God, rise,
for you reign for ever.

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*

Kontakion

Read without note

O Christ my Saviour, you descended into Hades, shattered its gates as the
almighty *Lord*, raised the dead as Creator and destroyed the sting of death.

O Lover of the human race, you have rescued Adam from the curse; we all cry to you, “O Lord, save us!”

Ikos

The women set aside their weeping when they heard the words of the angel and saw the resurrection with awe and joy. See, Christ drew near to them and said, “Hail, take courage, for I have overcome the world and set the prisoners free! Go quickly to the disciples and say that I will go before you to Galilee in order to proclaim the good news.” Therefore we all cry to you, “O Lord, save us!”

Synaxáριον

Today we remember the holy apostles Arístarchos, Poúdis and Tróphimos who were counted among the seventy disciples. Arístarchos was with Paul during the riot at Ephesus. (Acts 19:29) He was with him in Rome, (Acts 27:2) a fellow prisoner (Colossians 4:10) and a fellow worker. (Philemon 1:24) Poúdis was a distinguished Roman. (2 Timothy 4:21) Tróphimos accompanied Paul on a journey, (Acts 20:4) but was left at Miletus. (2 Timothy 4:21) On the Fourteenth the holy Church proclaimed a trinity of apostles who now see the consubstantial Trinity.

Together with them we remember:

Martyr Ardalión the Actor C3

Woman Martyr Thomaída of Alexandría C5

Martyrs Antonías, Ioánnis and Efstáthios of Lithuania C14

Ypómнима

On the fifth Sunday of the Fast we commemorate our just mother, Mary the Egyptian. The anniversary of this devout soul occurs on the first of April when the records of her life were compiled. Her remembrance today towards the end of these Forty Days is made to arouse the slothful and to urge sinners to repentance by emulating her example. Therefore, O God, have mercy on us and save us through her intercessions. Amen.

Katavasías

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

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

3: O Theotokos, living and inexhaustible fountain, strengthen those who are united in spiritual fellowship and who sing your praises. Make them worthy *to receive* crowns of glory in your divine glory.

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

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

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

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

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

Gospel Dialogue

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

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

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

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

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

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

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

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

P/D: Let us attend

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

Eothinón Gospel 2

From the Holy Gospel according to Mark (16:1-8)

When the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. ² And very early on the first day of the week they went to the tomb when the sun had risen. ³ And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" ⁴ And looking up, they saw that the stone was rolled back; -- it was very large. ⁵ And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. ⁶ And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. ⁷ But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." ⁸ And they went out quickly and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

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

Resurrection Ode

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

Psalm 50

O God, have mercy on me in your abundant mercy

- and wipe out my offence through your great pity.
- ⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,
- ⁵ for I know my lawlessness
and my sin is always before me.
- ⁶ I have sinned against you alone
and done what is evil before you
- ^{6b} so that you might be right in your words
and overcome when you are judged,
- ⁷ for see, I was conceived in lawlessness
and my mother desired me in sin,
- ⁸ for see, you have loved truth
and shown me the mysteries and secrets of your wisdom.
- ⁹ You will sprinkle me with hyssop and I will be clean;
you will wash me and I will become whiter than snow.
- ¹⁰ You will make me hear about joy and gladness;
humbled bones will rejoice.
- ¹¹ Turn your face from my sins
and wipe out all my lawlessness.
- ¹² O God, make a pure heart within me
and renew an upright spirit within me.
- ¹³ Do not banish me from your presence
or remove your Holy Spirit from me.
- ¹⁴ Restore your saving joy to me
and strengthen me with your directing Spirit.
- ¹⁵ I will teach the lawless your ways
and the ungodly will return to you.
- ¹⁶ O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.
- ¹⁷ O Lord, you will open my lips
and my mouth will announce your praise,
- ¹⁸ for if you had wanted sacrifice, I would have given it;
you will not be pleased with burnt offerings.
- ¹⁹ Sacrifice for God is a broken spirit;
God will not despise a broken and humbled heart.
- ²⁰ O Lord, be good to Zion in your pleasure
and let the walls of Jerusalem be built,
- ²¹ then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;

then they will offer calves on your altar.

Glory: Tone 6

O Life-giver, open the doors of repentance to me, for my spirit rises early to pray towards your holy Temple, as I carry the temple of my body all defiled. But purify me by the loving kindness of your mercy in your compassion.

Both now:

O Theotokos, lead me along the paths of salvation, for I have profaned my soul with shameful sins and wasted my life in laziness. But release me from every impurity through your intercessions.

Have mercy:

When I think about the many evil things which I have done, wretch that I am, I tremble at the fearful day of judgment. But since I trust in your loving kindness, I cry to you like David, “O God, have mercy on me according to your great mercy.”

Intercession

Short form

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy apostles Arístarchos, Póúdis and Tróphimos, and of all the saints. We ask you, only merciful Lord, “Listen to us sinners as we pray to you, and have mercy on us.”

Lord have mercy. X12

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

Ode 9

My soul glorifies the Lord
and my spirit has rejoiced in God my Saviour. R:

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

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

³ For the Almighty has accomplished great *things* for me
and his name is holy.

His mercy is from generation to generation
on those who fear him. R:

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

⁵ He has put down the mighty from *their* thrones
and exalted the humble.

He has satisfied the hungry with good *things*
and dismissed the rich with nothing. R:

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

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

Small Litany

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

Holy is the Lord

Holy is the Lord our God. X3

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

Exaposteilária

Tone 2

The myrrhbearing women greatly rejoiced when they saw that the stone had been rolled away, for they saw a young man who sat at the grave and said to them, “Christ is risen. Go and tell his disciples and Peter that he is going before you to Galilee. You, his dear ones, will see him there as he told you.”

O just Mary, we have taken you as an image of repentance. Implore Christ to grant us this repentance in the time of the Fast, so that we may praise you in songs with faith and desire.

O Virgin Mary, sweetness of the angels, light of the human race, protector of the world, rescue from sin the faithful who sing to you as the Theotokos.

Praises

Tone 5

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, you came out from the grave, which had been sealed by lawless men, just as you were born from the Theotokos. Your bodiless angels did not know how you were incarnate; the soldiers did not see the moment of your resurrection. These two marvels were concealed from curious minds, but were revealed to those who worshipped with faith the mystery about which we sing. Grant us joy and great mercy as we offer you praise.

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

O Lord, you demolished the eternal bars and broke apart the chains of the grave. You rose from the tomb and left your wrappings in the grave as a witness to your three-day burial. You left the guards watching at the tomb and went before your disciples to Galilee. O incomprehensible Saviour, great is your mercy; have mercy on us!

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

O Lord Christ, you suffered for us and the women hurried to your tomb to see you. When they approached with fear, they saw an angel sitting on the stone which had been rolled away. He cried to them “The Lord is risen. Go and tell the disciples that the Saviour of our souls has risen from the dead.”

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

O Lord, you came into the midst of your disciples, although the doors were shut, just as you came from the sealed tomb. O long-suffering Saviour, you revealed the sufferings of the body which you had accepted, for you endured wounds as the Seed of David, but saved the world as Son of God. O incomprehensible Saviour, your mercy is great; have mercy on us.

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 wise *saint* of God, after you had set your hope on heavenly things, you stood before the doors of the church. You were polluted with evil and unable to enter. You were accused by your conscience, but converted to a better way of life. O mother Mary, as you looked at the icon of the blessed Mother of God, you condemned all your past sins and went to bow before the precious cross. X2

S2: I truly waited for the Lord;
 he was attentive to me and listened to my plea.

After you had worshipped with great joy at the holy places, you received saving grace for your journey of virtue. You quickly set out to follow the narrow path, crossed the river Jordan and went to live where the Baptist had lived. You tamed the savagery of the passions through self-denial. You broke the rebellion of your flesh through violence and seized the kingdom of God by force.

S1: He set my feet on a rock
and guided my steps.

You lived alone in the wilderness As you erased the images of sin from your soul, God marked it with the imprint of holiness. O blessed mother, you were filled with the Spirit and walked on the surface of the waters. You ascended from earth to heaven by your prayers. O glorious Mary, since you stand before Christ, boldly plead with him to save our souls.

Glory: Tone 1

The kingdom of God is not food and drink, but truth and abstinence in holiness, so the rich will not enter it, but only those who place gifts in the hands of the poor. This also is the teaching of David the prophet, “The just man is merciful all the day; he delights in the Lord. Walking in the light he will not stumble.” This is recorded for our instruction so that we might complete the fast with good works and the Lord will reward us.

Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the One who was born of you, Hades has been captured and Adam recalled. The curse has been annulled, and Eve set free. Death has been slain, so we are given life. Blessed is Christ our God, whose good will it was. Glory to you!

Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

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

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

⁴ O Lord God, Lamb of God, Son of the Father,

you take away the sin of the world;
 have mercy on us,
for you take away the sin of the world.

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

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

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

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

⁹ Blessed are you, O Lord God of our fathers!
 Praised and glorified be your name for ever. Amen. Daniel 3

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

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

¹² O Lord, you have been our refuge
 from generation to generation. Ps 89

I said, "O Lord, have mercy on me;
 heal my soul, for I have sinned against you." Ps 40

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

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

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

Triságion

Resurrection Troparion

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

LITURGY

Antiphon 1 Ps 91

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

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

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

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

S4: Glory: Both now:

Antiphon 2 Ps 92

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

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

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

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

Monogenes

Antíphon 3 Ps 94

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

R: O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

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

S3: For the Lord is a great God
and a high king over all the earth.

Entrance Ps 94

Come, let us worship and fall down before Christ.

Save us, O Son of God.

You arose from the dead.

We sing to you, “Alleluia!”

Apolytíka

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 8

O mother, the image of God was truly preserved in you, for you took up your cross and followed Christ. In doing this, you taught us to disregard the flesh, for it passes away, but to care for the soul, for it is immortal. Therefore your spirit, O Mary, rejoices with the angels.

Of the Church

Kontákion

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

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 Letter of Paul to Hebrews (9:11-14)

Brothers, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) ¹² he entered once for all into the Holy

Place. He did not take the blood of goats and calves, but his own blood and therefore secured an eternal redemption. ¹³ For if the sprinkling of defiled persons with the blood of goats and bulls, and with the ashes of a heifer, sanctifies for the purification of the flesh, ¹⁴ how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

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.

Gospel

From the Holy Gospel according to Mark (10:32-45)

At that time Jesus was taking his twelve disciples and began to tell them what was to happen to him, ³³ saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; ³⁴ and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." ³⁵ And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." ³⁶ And he said to them, "What do you want me to do for you?" ³⁷ And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." ³⁸ But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" ³⁹ And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; ⁴⁰ but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." ⁴¹ And when the ten heard it, they began to be indignant at James and John. ⁴² And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. ⁴³ But it shall not be so among you; but whoever would be great among you must be your servant, ⁴⁴ and whoever would be first among you must be slave of all. ⁴⁵ For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

Communion Ps 148

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