

SUNDAY 6 OCTOBER 2019
+Apostle Thomas C1
[Metropolitan Innocent, Enlightener of the Aleuts C19]
16th Sunday Tone 7 & Eothinón 5

VESPERS

Lord I have cried

Tone 7

O Lord, I have cried to you, listen to me;
O Lord, listen to me.

O Lord, I have cried to you, listen to me;
Note the voice of my plea when I cry to you.
O Lord, listen to me.

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.
Come, let us rejoice in the Lord who destroyed the dominion of death
and enlightened the human race. Let us sing to him with the bodiless
hosts, "Our Maker and Saviour, glory to you!"

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

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

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

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

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

Tone 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.

Your hand probed the side of the Lord and found the perfection of all
goodness and joy. Like a sponge you have thirsted for the water of
life, the fountain of blessing and eternal gladness. Now you wash
away ignorance from the minds of men and cause us to drink from
the knowledge of the Lord. X2

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

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You have strengthened our faintheartedness by your doubt, which
has been overcome by faith. You proclaim to all men, "See, my Lord
and my God." He took flesh, came to earth for us and endured
crucifixion and death. We take refuge in his side pierced with the
lance and joyfully draw the water of life from the spring of salvation.

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

Most blessed Thomas, you are a fountain of divine knowledge for the
godly-minded. You have touched the side of the Master of all; an act
of boldness taught you that he is two natures in one person. You
cried out, "You are both my Master and my eternal God; *you are* the
Lord of glory who took flesh for my sake.

Glory: Tone 6

O apostle Thomas, faithful servant of the Lord and witness of his
wonderful incarnation, you have sounded the depths of divine
wisdom with the cross as your staff and measure; you have rescued
us from the abyss of delusion. The net of your teaching has captured
many souls, enlightened the inhabited earth with the knowledge of
God and radiantly illuminated the Indies. Now that you delight in
the glory of Christ our God, pray him to have mercy on our souls.

Both now: Tone 7

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

Phos Ilarón

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

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

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 7

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

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

Come and worship *the Lord* who rose from the dead. He has enlightened all creation and saved us from the torments of Hades by his death. He has granted us eternal life and great mercy through his third-day resurrection.

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

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

Glory: Tone 6

O blessed apostle Thomas, after you had been instructed in the divine mysteries you became a chalice for Christ's wisdom, from which the faithful souls can joyfully drink. You drew people from the depth of despondency with the net of the Holy Spirit. You have gushed from Zion like a river of grace and make the currents of your divine teaching water the whole creation. Then after emulating Christ's suffering, you received a spear thrust in your side and entered the cloud of eternal life. Plead with the Lord to have mercy on our souls.

Both now: Tone 4

O Theotokos, you are the true vine loaded with the Fruit of life. Therefore, O Lady, together with the apostles, we implore you to pray for us to receive mercy for 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.

Triságion Prayers**Apolytíka**

Tone 7

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

Tone 3

O holy apostle Thomas, pray to the merciful God that he may grant our souls forgiveness for their failings.

Tone 3

O Virgin Theotokos, we praise you for mediating the Salvation of our race, for your Son and our God accepted suffering on the cross in the flesh which he took from you. He has freed us from corruption, for he is the Lover of the human race.

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 7

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Tone 3

O Virgin Theotokos, we praise you for mediating the Salvation of our race, for your Son and our God accepted suffering on the cross in the flesh which he took from you. He has freed us from corruption, for he is the Lover of the human race.

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 7

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

Glory:

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

Both now:

O Virgin-Theotokos, continually pray to Christ our God to save our souls, for he was crucified, rose for us and destroyed the power of death.

Kathísma 2

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

Glory:

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

Both now:

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

Evlogítária

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

The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

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

The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

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

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

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

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

Glory:

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

Both now:

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

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

O our God and our hope, glory to you.

Small Litany

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

Ypakói

Read without note

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

Anaváthmi Tone 7

Antiphon 1 Ps 125

O Saviour, since you turned the captivity of Zion from error, make me also live and raise me from slavery to passions. The man who sows tribulation in the South with tears of fasting will reap sheaves of eternal life-giving food.

Glory: Both now:

The fountain of divine treasury is in the Holy Spirit, from whom come wisdom, understanding and fear; praise, honour, glory and might are his due.

Antiphon 2 Ps 126

If the Lord does not build the house of the soul, we labour in vain, for no work or word is perfected without him. The saints from the fruit of the womb, who are spiritually moved, produce the fatherly teaching of adoption as sons.

Glory: Both now:

Everything has its being through the Holy Spirit, for he is God before all, Master of all, unapproachable Light and Life of all.

Antiphon 3 Ps 127

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

Glory: Both now:

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

Prokeímenon Ps 9

R: O Lord my God, arise, let your hand be raised; *and* never forget the needy.

S: O Lord, I will thank you with all my heart.

Small Litany

For you are the King of Peace and Saviour of our souls, and we send up glory to you, to the Father, the Son and the Holy Spirit, always, now and for ever, and to the ages of ages. *Amen*

Kontákion

Read without note

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

Íkos

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

Synaxáron

Today we remember the holy apostle Thomas. When Jesus spoke about his death, Thomas said, "Let us also go so that we may die with him." (Jn 11:16) Later he voiced the concern, "Lord, we do not know where you are going. How can we know the way?" (Jn 14:5) O divine Son, the *apostle* who once put his hand into your side permitted his side to be opened for you. On the Sixth he was pierced with sharp spears.

On the same day we remember Innocent, Metropolitan of Moscow and Enlightener of the Aleuts C20

Together with them we remember:

New Martyr Makarios of Kion in Bithynia C16

O God, have mercy on us through their holy prayers. *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, 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 5

From the Holy Gospel according to Luke (24:12-35)

At that time Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened. ¹³ That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, ¹⁴ and talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing together, Jesus himself drew near and went with them. ¹⁶ But their eyes were kept from recognizing him. ¹⁷ And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. ¹⁸ Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" ¹⁹ And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, ²⁰ and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. ²¹ But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. ²² Moreover, some women of our company amazed us. They were at the tomb early in the morning ²³ and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. ²⁴ Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see." ²⁵ And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! ²⁶ Was it not necessary that the Christ should suffer these things and enter into his glory?" ²⁷ And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. ²⁸ So they drew near to the village to which they were going. He appeared to be going further, ²⁹ but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. ³⁰ When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. ³¹ And their eyes were opened and they recognized him; and he vanished out of their sight. ³² They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" ³³ And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, ³⁴ who said, "The Lord has risen indeed, and has appeared to Simon!" ³⁵ Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

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

Resurrection Ode

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

Psalm 50

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

⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,

⁵ for I know my lawlessness
and my sin is always before me.

⁶ I have sinned against you alone
and done what is evil before you

^{6b} so that you might be right in your words
and overcome when you are judged,

⁷ for see, I was conceived in lawlessness
and my mother desired me in sin,

⁸ for see, you have loved truth

and shown me the mysteries and secrets of your wisdom.

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

¹⁰ You will make me hear about joy and gladness;
humbled bones will rejoice.

¹¹ Turn your face from my sins
and wipe out all my lawlessness.

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

¹³ Do not banish me from your presence
or remove your Holy Spirit from me.

¹⁴ Restore your saving joy to me
and strengthen me with your directing Spirit.

¹⁵ I will teach the lawless your ways
and the ungodly will return to you.

¹⁶ O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.

¹⁷ O Lord, you will open my lips
and my mouth will announce your praise,

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

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

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

²¹ then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;
then they will offer calves on your altar.

Glory: Tone 6

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

Both now:

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

Have mercy:

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

Intercession

Short form

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

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy apostle Thomas, 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.

Expoiteilária

Tone 5

Christ, the Way and the Life, accompanied Luke and Cleopas after
his resurrection. They recognised him at Emmaus in the breaking of
the bread. Their hearts were set on fire as he spoke to them on the
way. He interpreted to them everything in the Scriptures about his
suffering. Let us cry out with them, "The Lord is risen indeed and
has appeared to Peter."

O apostle of Christ, you saw the merciful God, so grant peace to the
whole world, victory to Christian people and forgiveness of sins for
us. O Thomas, gain salvation for those who praise you, for you are a
disciple and divine preacher.

All-pure divine Mother, you are celebrated by the apostles, martyrs,
prophets and holy monastics. O Theotokos, plead with your Son and
Lord to receive his faithful servants when he is seated to administer
just judgement for everyone.
save me through the intercession of your mother.

Praises

Tone 7

Let everything with breath
praise the Lord.

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

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

S8: This glory will be for all his holy ones.
Christ is risen from the dead; he has shattered the chains of death. O
earth, proclaim great joy; O heavens, praise the glory of God.

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

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

S5: Praise him with the trumpet sound;
praise him with lute and harp.
What shall we give to the Lord in return for all his bounty to us? For
our sake God came and lived among men. The Word became flesh
and lived among us because of our corrupt nature. He is the
Benefactor of the ungrateful, the Rescuer of captives, the Sun of
justice of those sitting in darkness, the passionless *Lord* on the cross,
the Light in Hades and the Resurrection for the fallen. Let us cry out
to him, "Our God, glory to you!"

Tone 1

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 apostle Thomas, you followed Christ and despised the world. You
laid up his teaching in your treasury and were revealed as sent by
him. You lived among pagans whose souls were darkened by
deception and passions, and you enlightened them with the Saviour's
commandments, so that they might believe in the consubstantial
Trinity. X2

Tone 4

S2: His sound has gone out into all the earth. ps 18
O apostle Thomas, you enlightened your mind with the divine fire of
the Master as a true disciple, for you drew the souls of the wicked
from the depths of ignorance with the cross as a staff. You fished the
darkened conscience of the people of India with the rod of the divine
Spirit. Always pray to Christ our God to save us from the sight of
the evil enemy so that our souls may be saved.

S1: The heavens declare God's glory.
You abandoned the depths you had already fished and hurried to the
rod of the cross with faith. O apostle Thomas, you fished for men
with it. After you had touched the all-pure side of the Word, you
were also allowed to feel with your fingers the wounds where the
nails had entered. Constantly and fervently plead with Christ our
God to save our souls.

Glory: Tone 5

O Christ, how wise are your judgments! You allowed Peter to
understand your resurrection through the linen clothes alone, but you
talked with Luke and Cleopas while you walked with them. You did
not reveal yourself and were taunted as being the only stranger in
Jerusalem who did not know what had happened there. Since you
order all things in accordance with your creation, you explained to
them what the prophets had taught about you. They recognised you
in the breaking of the bread when their hearts were burning for your
knowledge. When they found the disciples, they openly proclaimed
the resurrection. Through it we plead with you to have mercy on 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!

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

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

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

Entrance Ps 94

Come, let us worship and fall down before Christ.
 Save us, O Son of God.
 You arose from the dead.
 We sing to you, "Alleluia!"

Apolytikia

Tone 7

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

Tone 3

O holy apostle Thomas, pray to the merciful God that he may grant our souls forgiveness for their failings.

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

Prokeimenon Ps 28 Tone 7

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

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

Apóstolos – Sunday Week 1

From the Second Letter of Paul to the Corinthians (6:1-10)
 Brothers, as we work jointly with him, we implore you not to accept the grace of God in vain. ² For he says, "At the acceptable time I have listened to you and helped you on the day of salvation." See, now is the acceptable time; see, now is the day of salvation. ³ We put no obstacle in anyone's way, so that no fault may be found with our ministry. ⁴ As servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, ⁵ beatings, imprisonments, tumults, labours, watching, hunger; ⁶ by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, ⁷ truthful speech, and the power of God; with the weapons of justice for the right hand and for the left; ⁸ in honour and dishonour, in ill-repute and good repute. We are treated as impostors and yet are true; ⁹ as unknown and yet well-known; as dying, and, see, we live; as punished, and yet not killed; ¹⁰ as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Alleluia Ps 91 Tone 7

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

S2: To announce your mercy in the morning
 and your truth at night.

Sunday Luke 3

From the Holy Gospel according to Luke (7:11-16)

At that time Jesus went to a city called Na'in, and his disciples and a great crowd went with him. ¹² As he drew near to the gate of the city, behold, a man who had died was being carried out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. ¹³ And when the Lord saw her, he had compassion on her and said to her, "Do not weep." ¹⁴ And he came and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, arise." ¹⁵ And the dead man sat up, and began to speak. And he gave him to his mother. ¹⁶ Fear seized them all; and they glorified God, saying, "A great prophet has arisen among us!" and "God has visited his people!"

Communion Ps 148

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