

SUNDAY 27 OCTOBER 2019
Martyr Néstor of Thessaloniki C4
Our Father among the Saints Kyriakos of Constantinople
19th Sunday Tone 2 & Eothinón 8

VESPERS

Lord I have cried

Tone 2

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 and worship the Word of God *who was* begotten by the Father
 before all ages and became incarnate from the Virgin Mary. When
 he had endured the cross, he was buried, as he himself desired.
 When he rose from the dead, he saved me, for I had strayed.

S9: The just will wait for me until you reward me.
 Christ our Saviour nailed the bond against us to the cross; he made it
 of no effect and destroyed the power of death. We fall down before
 his resurrection on the third day.

S8: O Lord, I have cried to you from the depths;
 O Lord listen to my voice.
 Together with the archangels, let us praise the resurrection of Christ.
 He is our Saviour and Redeemer. He is coming with awesome glory
 and mighty power to judge the world which he formed.

S7: Let your ears note the voice of my plea.
 The angel proclaimed you as the crucified and buried Master. He
 said to the women, "Come and see the place where he lay. He has
 risen, as he said, for he is almighty." Only immortal *Lord*, we
 worship you. O Christ, Giver of life, have mercy on us.

S6: O Lord, if you mark offences, who will stand?
 But there is forgiveness with you.
 You destroyed the curse of the tree by your cross. You destroyed the
 might of death by your burial. You enlightened the human race by
 your rising. O Benefactor, Christ our God, 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.
 O Lord, the gates of death opened to you with fear. When the gate-
 keepers of Hades saw you, they were afraid, for you demolished the
 gates of brass and smashed the iron chains. You have led us from
 darkness and the shadow of death; you have broken our bonds.

Tone 8

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 glorious sufferer Néstor, you clothed yourself with the whole
 armour of Christ. When you were locked in mortal combat, you
 destroyed Lyaíos. You brought down and killed the bodiless enemy
 with invisible arrows. Therefore the bountiful *Lord* has crowned you
 with a wreath of victory. X2

S2: Every nation, praise the Lord; every people, acclaim him!
 O wise Nestor, you were strengthened with divine words and killed
 the proud tormentor of the martyr Dimítrios with true courage. O
 glorious *martyr*, since you confessed the immortal God who died and
 harrowed Hades, you received an unjust death. Therefore you have
 inherited everlasting life with joy.

S1: For his mercy is strengthened over us
 and the truth of the Lord remains for ever.
 You were a godly youth, radiant in physical beauty and power.
 Therefore you threw down the might of Lyaíos by the power of
 almighty *God*. You suffered and have been joyfully numbered with
 the choirs of those who struggled. As you rejoice with them,
 continually remember us.

Glory: Tone 6

Today the universal feast of the passion-bearer has brought us
 together. O lovers of the feasts of the Church, come, let us celebrate
 his memorial brilliantly and say, "Hail, for you tore the godless
 garment with faith and robed yourself with a spirit of courage! Hail,
 for you destroyed the schemes of the enemy with the power given
 you by God! Hail, for you spiritually portrayed the sufferings of
 Christ for us with your pierced limbs! O Dimítrios, adornment of
 athletes, plead with him to save us from visible and invisible enemies
 and to rescue our souls.

Both now: Tone 2

The shadow of the Law passed when grace came. As the bush
 burned, yet was not consumed, so the Virgin gave birth, yet remained
 a virgin. The Sun of justice has risen instead of a pillar of flame and
 Christ, the salvation of our souls, instead of Moses.

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 Prokeímenon
 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 2

O Christ our Saviour, your resurrection has enlightened the whole
 inhabited earth and recalled your creation. O almighty Lord, glory to
 you!

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. ^{Ps 92}
O Saviour, you destroyed the curse of the tree by the tree and killed
the majesty of death by your burial. You have enlightened our race
through your resurrection. O Giver of life, Christ our God, glory to
you!

S2: For he founded the world which will not be moved. ^{Ps 92}
O Christ, when you were observed as you were nailed to the cross,
you restored the beauty of your creatures. The soldiers showed their
inhumanity when they pierced your side with a spear. The Hebrews,
who did not understand your power, asked for your tomb to be
sealed, but you accepted the grave and rose on the third day in the
mercy of your compassion. O Lord, glory to you!

S3: O Lord, holiness is right for your house to length of days. ^{Ps 92}
O Christ, Giver of life, you willingly endured the passion for the sake
of the dead. You descended into Hades as the mighty *Lord* to save
those who waited for your coming and granted them the life of
Paradise instead of Hades. Grant also to us, who glorify your
resurrection on the third day, cleansing from our sins and great
mercy.

Glory: Tone 8

O Dimitrios of constantly-fresh memory, your divine and blameless
soul has for its home the heavenly Jerusalem whose walls were
founded by the hands of the invisible God. Your all-honourable
body, which has greatly struggled, has on earth a renowned temple.
It is a treasury of miracles which cannot be robbed, a remedy for
afflictions to which the distressed flock come and receive healing.
Therefore, all-praised *martyr*, preserve the city which exalts you
from the attacks of adversaries, for you are favoured by Christ who
glorified you.

Both now:

O unwedded Virgin, you ineffably conceived God in the flesh. O
Mother of the most high God, O blameless *Lady*, accept the cries of
your servants; grant cleansing from offences to everyone. Receive
our prayers at this time and pray that our souls may be saved.

Song of Simeon

B/P: O Master, now let your servant depart in peace
according to your word,
² for my eyes have seen your salvation,
which you have prepared before all peoples,
³ a light of revelation for *the* nations
and *the* glory of your people Israel.

Triságon Prayers

Apolytikia

Tone 2

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

Tone 3

O victorious Dimitrios, you were given to the world as a powerful
protector against dangers and as an invincible soldier of Christ. As
you inspired Nestor to overcome the pride of Lyeos, so intercede
with Christ our God to grant us his great mercy.

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 set us free 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.

Apolytikia

Tone 2

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

Tone 3

O victorious Dimitrios, you were given to the world as a powerful
protector against dangers and as an invincible soldier of Christ. As
you inspired Nestor to overcome the pride of Lyeos, so intercede
with Christ our God to grant us his great mercy.

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 set us free 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*

Kathisma 1

Tone 2

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

Glory:

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

Both now:

O Virgin Theotokos, you are most glorious. We praise you, for
Hades has been laid low and death has been slain through the cross
of your Son. We were dead in sin, but have risen and been granted
life. We have obtained Paradise, our former delight, therefore we
thank and glorify Christ our God, for he alone is mighty and great in
mercy.

Kathisma 2

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

Glory:

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

Both now:

O Virgin Theotokos, you are most blessed, for Hades has been
captured through the *Lord* who was born from you. Adam has been
recalled, the curse has been annulled, Eve has been set free, death has
been slain and we have been granted life. Therefore we cry,
"Blessed is Christ our God, who was so well-pleased! Glory to you!"

Evlogitaria

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*

Υπακοί

Read without note

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

Anaváthmi Tone 2

Antiphon 1 Ps 122
O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.
O my Christ, have mercy on us,
for we frequently and at every hour give you grief;
give us the means to turn back to you before the end.

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

Antiphon 2 Ps 123
If the Lord were not among us,
who could be protected from the murderous enemy?
O Saviour, do not hand over your servant to their teeth.
They move against me like a lion,
for they also are my enemies.

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

Antiphon 3 Ps 124
Those who put their trust in the Lord are like the Holy Mountain;
they are never shaken by the attacks of Beliar.
Do not let those who live for God
stretch out their hands to lawless deeds,
for Christ will not set aside the rod for his inheritance.

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

Prokeímenon Ps 7

R: O Lord my God, rise at the order which you have commanded.
and an assembly of people will gather round you.
S: O Lord my God, I have hoped in you.

Small Litany

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

Kontákion

Read without note

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

Íkos

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

Synáxarion

Today we remember the holy martyr Néstor of Thessaloníki who lived in the Fourth Century. He was the companion of Dimítrios. On the Twenty Seventh the evil emperor had the faithful saint beheaded.

Together with him we remember:
Holy Prókla, Wife of Pontius Pilate C1
Chronicler Néstor of the Kiev Caves C12
Patriarch Kyriakós of Constantinople C14
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 8

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

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

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

Resurrection Ode

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

Psalm 50

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

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 martyr Néstor, 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 8

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

Glory: Both now:

O Maiden, you have given birth to one of the Trinity in an ineffable
 manner. He is two in Nature and Energy, but one in Person. O Lady
 Theotokos, always intercede with him for those of us who adore you
 in faith, so that we may escape the assaults of the enemy, for we seek
 refuge in you.

Praises

Tone 2

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

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

S8: This glory will be for all his holy ones.
 O Lord, everything with breath glorifies you. For you, the only
 Lover of the human race, have destroyed death by your cross and
 revealed to the peoples your resurrection from the dead.

S7: Praise God in his saints;
 praise him in his mighty firmament.
 Do the Jews say that the soldiers who guarded the King destroyed
 him instead? Do they say that the stone did not preserve the Rock of
 life? Either let them give up the buried *Lord* or adore with us the one
who has risen with us and say, "Glory to your great mercies! O
 Saviour, glory to you!"

S6: Praise him for his mighty *deeds*;
 praise him for the abundance of his majesty.
 O people, rejoice and be glad! An angel sitting on the stone has
 announced to us the glad news and said, "Christ, the Saviour of the
 world, has risen from the dead and filled everything with sweet
 fragrance." O people, rejoice and be glad!

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

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

S4: Praise him with cymbal and dance;
 praise him with strings and flute.
 The women poured spices on your tomb with tears, yet they cried out
 with joy when they heard the words, "The Lord is risen!"

S3: Praise him with tuneful cymbals;
 praise him with joyful cymbals.
 Let everything with breath praise the Lord.
 Let the nations and peoples praise Christ our God, who willingly
 suffered the cross for our sake and spent three days in Hades. Let
 them adore his resurrection from the dead by which all the ends of
 the earth are enlightened.

S2: O Lord God, rise; let your hand be exalted
 and never forget the poor.
 O Christ, you were crucified and buried as you freely willed. You
 overthrew death and rose again in glory as God and Master. You
 granted the world eternal life and great mercy.

S1: O Lord, I will thank you with all my heart;
 I will recount all your wonders.
 O lawless *people*, you truly revealed greater wonders by sealing the
 tomb. The guards bring the news, "Today he left the grave." And
 you told them, "Say that while we were sleeping, his disciples came
 and stole him." But who would steal a dead body which was naked?
 He has risen again by his own power as God, and has left his grave
 clothes in the tomb. O Jews, come and see! The *Lord* who has
 overcome death did not break the seals, but has granted the human
 race eternal life and great mercy.

Glory: Tone 8

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

Both now: Tone 2

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

Great Doxology

Glory to you who have shown us the light!
 glory to God in the highest!
 Peace on earth and goodwill to men!
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*

Antiphon 3 Ps 94 Tone 2

- S1: Come, let us rejoice in the Lord,
and shout with joy to God our Saviour.
- R: O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"
- 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 2

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

Of the Church

Kontáktion

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

Apóstolos – Sunday Week 19

From the Second Letter of Paul to the Corinthians (11:31-12:9)
Brothers, the God and Father of the Lord Jesus, he who is blessed for ever, knows that I do not lie. ³² At Damascus, the governor under King Aretas guarded the city of Damascus in order to seize me, ³³ but I was let down in a basket through a window in the wall, and escaped his hands. ¹ I must boast; there is nothing to be gained by it, but I will go on to visions and revelations of the Lord. ² I know a man in Christ who fourteen years ago was caught up to the third heaven -- whether in the body or out of the body I do not know, God knows. ³ And I know that this man was caught up into Paradise -- whether in the body or out of the body I do not know, God knows -- ⁴ and he heard things that cannot be told, which man may not utter. ⁵ On behalf of this man I will boast, but on my own behalf I will not boast, except of my weaknesses. ⁶ Though if I wish to boast, I shall not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think more of me than he sees in me or hears from me. ⁷ And to keep me from being too elated by the abundance of revelations, a thorn was given me in the flesh, a messenger of Satan, to harass me, to keep me from being too elated. ⁸ Three times I implored the Lord about this, that it should leave me; ⁹ but he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." I will all the more gladly boast of my weaknesses, so that the power of Christ may rest upon me.

Alleluia Ps 19 Tone 2

- S1: May the Lord listen to you on the day of trouble;
may the name of the God of Jacob defend you!
- S2: O Lord, save the king
and listen to us on the day when we call to you.

Sunday Luke 7

From the Holy Gospel according to Luke (8:41-56)
At that time there came a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, ⁴² for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. ⁴³ And a woman who had had a flow of blood for twelve years and could not be healed by anyone, ⁴⁴ came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. ⁴⁵ And Jesus said, "Who was it that touched me?" When all denied it, Peter said, "Master, the crowds surround you and press upon you!" ⁴⁶ But Jesus said, "Some one touched me; for I perceive that power has gone forth from me." ⁴⁷ And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. ⁴⁸ And he said to her, "Daughter, your faith has made you well; go in peace." ⁴⁹ While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." ⁵⁰ But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." ⁵¹ And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. ⁵² And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." ⁵³ And they laughed at him, knowing that she was dead. ⁵⁴ But taking her by the hand he called, saying, "Child, arise." ⁵⁵ And her spirit returned, and she got up at once; and he directed that

something should be given her to eat. ⁵⁶ And her parents were amazed; but he charged them to tell no one what had happened.

Communion Ps 148

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