

SUNDAY 10 NOVEMBER 2019
Apostles Olympás and Companions C1
Martyr Oréstas of Kappadokía C4
21st Sunday Tone 4 & Eothinón 10

VESPERS

Lord I have cried

Tone 4

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

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

² Let my prayer be directed before you like incense,
the raising of my hands be an evening sacrifice.
O Lord, listen to me.

S10: Lead my soul from prison that I may acknowledge your name.
O Christ our God, we always honour your life-giving cross and glorify your resurrection on the third day. O almighty *Lord*, you have renewed the corrupt nature of the human race and revealed our way to heaven through it, for you are good and the Lover of the human race.

S9: The just will wait for me until you reward me.
O Saviour, you abolished the penalty of the tree of disobedience by being nailed willingly to the tree of the cross. O almighty *Lord*, you broke the bonds of death as God by descending to Hades. Therefore we adore your resurrection from the dead and sing in joy, "Glory to you, O almighty Lord!"

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O Lord, you smashed the gates of Hades and demolished the kingdom of death by your death. You rescued the human race from corruption and granted the world life, incorruption and great mercy.

S7: Let your ears note the voice of my plea.
O people, come and sing about the Saviour's resurrection on the third day. We have all been freed by it from the unbreakable bonds of Hades; we have received life and incorruption. Therefore we cry in unison, "You were crucified, buried and rose again. Unique Lover of the human race, save us by your resurrection."

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
O Saviour, angels and mortals sing about your resurrection on the third day. The ends of the inhabited earth have been enlightened by it and we have been rescued from bondage to the enemy. We cry, "O Life-creating and almighty Saviour, save us by your resurrection."

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 our God, you have shattered the gates of brass and destroyed the chains of death. You have raised the fallen human race. Therefore we cry in unison, "O Lord risen from the dead, glory to you!"

S4: Let Israel hope in the Lord from morning watch until night,
from morning watch.
O Lord, your begetting from the Father is beyond time and eternal. Your incarnation from the Virgin is beyond words and understanding. Your descent into Hades is terrible for the Devil and his angels. You trampled on death, rose on the third day and granted the human race incorruption and great mercy.

Tone 1

S3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel
from all his offences.

1

O holy preachers, you travelled the whole world in splendour like winged eagles and led those pursued by the devil to the incorruptible faith. Pray that our souls may be given peace and great mercy.

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

Let us honour with holy voices Tértios, Sosípatros, Olympás, Rodión and together with them Érastós, the initiate of the mysteries, and the godly Kouártos. They glorify Christ our God, as they plead with him to grant our souls peace and great mercy.

S1: For he has strengthened his mercy over us
and the truth of the Lord remains for ever.
O blessed *apostles*, you have guided to Christ our God the nations ransomed by the blood of the one who determined to be born on earth and die on the cross. Plead with him peace and great mercy for our souls to be given

Glory: Both now: Tone 4
O Virgin, the prophet David was a forefather of God through you. He spoke beforehand about you in songs to the *Lord* who worked wonders in you, "At your right hand stood the queen." God, who was well-pleased to be incarnate from you without a father, announced you as mother and source of Life. He wanted to renew his fallen image, which had been corrupted by passion, so he found the lost sheep wandering on the mountain, placed it on his shoulders and brought it to his Father. He joined it to the heavenly powers by his own will. O Theotokos, Christ who has great and rich mercy, has saved the world.

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 4

O Lord, you have annulled our ancestral curse by ascending the cross. You have freed those in chains throughout the ages by descending to Hades and have granted incorruption to the human race. Therefore we glorify your life-giving and saving resurrection with hymns.

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92
Uniquely-powerful Lord, you made the whole creation quake by hanging on the tree. You have raised those who lived in the tombs by being laid in the tomb; you have granted life and incorruption to the human race. Therefore we glorify your resurrection on the third day with hymns.

S2: For he founded the world which will not be moved. Ps 92
O Christ, a lawless people handed you over to Pilate and condemned you to be crucified, therefore they proved themselves ungrateful before their Benefactor. You willingly endured burial, rose by your own power on the third day and granted us eternal life and great mercy, for you are God.

S3: O Lord, holiness is right for your house to length of days. Ps 92
The women reached your tomb with tears, searched for you, but did not find you. They cried out with grief, "Woe to us! Our Saviour, King of all, how were you stolen? What place can hold your life-bearing body?" But an angel replied to them, "Do not weep but go and proclaim that the Lord has risen and grants us joy, for he is the uniquely-compassionate *Lord*."

Glory: Both now:

All-blameless *Lady*, regard the pleas of your servants. Stop every terrible attack against us and free us from every affliction, for we only have you as our sure and firm anchor, and have obtained your protection. O Lady, do not let us be shamed, but hurry to listen to the pleas of those who address you with faith, "Hail, O Lady, help of everyone, joy, shelter and salvation of 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.

Trisagion Prayers**Apolytikia**

Tone 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

O Theotokos, the mystery hidden from eternity and unknown to the angels, is revealed to those on earth through you. God was incarnate from you in a union without confusion and of his own will freely endured the cross for us. He raised the first-formed man and has saved our souls from death.

Dismissal**ORTHROS****God is the Lord Ps 117**

R: God is the Lord and has appeared to us.
Blessed is the one who comes in the Lord's name. Ps 117
S1: Thank the Lord, for he is good,
for his mercy lasts for ever.
S2: All the nations surrounded me,
but I opposed them in the Lord's name.
S3: This *is* the Lord's doing
and it is wonderful in our eyes.

Apolytikia

Tone 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

O Theotokos, the mystery hidden from eternity and unknown to the angels, is revealed to those on earth through you. God was incarnate from you in a union without confusion and of his own will freely endured the cross for us. He raised the first-formed man and has saved our souls from death.

Small Litany

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

Kathisma 1

Tone 4

The myrrh-bearing women looked at the entrance of the tomb. They were unable to bear the sight of the flaming angel, trembled with wonder and said, "Can it be that the one who opened Paradise to the Thief has been stolen? Or is he risen, who before his passion proclaimed his resurrection? Christ is risen indeed; he grants life and resurrection to those in Hades."

Glory:

O Saviour, you suffered the cross by your free will. Mortal men laid you in a new tomb, although you are the *Lord* who founded the ends of the earth with your word. Therefore the alien was held in bondage and death was plundered without mercy. Everyone in Hades cried out at your life-bearing resurrection, "Christ, the Giver of life, is risen and will remain for ever!"

Both now:

O Theotokos, your seedless conceiving was beyond nature; Joseph was struck with wonder and called to mind the fleece wet with dew, the bush which burned, yet was not consumed, and the rod of Aaron which budded. In witness to these things, your betrothed guardian cried to the priests, "A Virgin bears a child and after childbearing remains a virgin."

Kathisma 2

O Saviour, Christ our God, you rose from Hades as immortal and raised the world with you by your resurrection. O Merciful *Lord*, you have broken in pieces the dominion of death and revealed the resurrection to everyone. Therefore we glorify you, only Lover of the human race.

Glory:

Gabriel came down from above and approached the stone where the Rock of Life lay. He was clothed in white and cried out to the mourners, "Stop your tears and wailing, for you have Mercy with you for ever. Take courage, for the *Lord* whom you seek with tears has truly woken. Therefore cry out to the Apostles that the Lord has risen."

Both now:

O Pure Virgin, all the choirs of angels were struck with wonder at the dread mystery of your conceiving. "How was it that the one whose hand held everything firm with a mere nod, was held in your arms as a mortal man? How was it that the *Lord* who was before the ages, was born from you? How was it that the one who feeds everything with breath was suckled at the breast?" They glorify you with hymns as the true Theotokos.

Evlogitária

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

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

Blessed are you, O Lord; teach me your statutes.
The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

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

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

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

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)
O our God and our hope, glory to you.

Small Litany

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

Ypakói

Read without note

O Christ, the Myrrh-bearers hurried to announce to the Apostles the glad news of your all-glorious resurrection. They proclaimed that you had risen as God and granted the world great mercy.

Anaváthmi Tone 4

Antiphon 1 Ps 128

My Saviour, many passions have fought against me
from my youth, but help and save me.
May those who hate Zion be shamed by the Lord;
they will be withered like grass by fire.

Glory: Both now:
Every soul lives through the Holy Spirit;
it is exalted through purity
and illuminated by the Triune Unity in a sacred mystery.

Antiphon 2 Ps 129

O Lord, I have cried fervently from the depths of my soul;
let your divine ears listen to me.
Everyone who has hoped in the Lord
is higher than everyone who grieves.

Glory: Both now:
The streams of grace gush through the Holy Spirit;
they water all creation to produce life.

Antiphon 3 Ps 130

O Word, let my heart be raised to you;
let none of the world's pleasures enchant me back to earth.
As each of us has affection for his mother,
so we must have even more ardent love for the Lord.

Glory: Both now:
The wealth of divine knowledge, heavenly vision and wisdom
comes from the Holy Spirit;
for the Word unveils all the Father's teaching through him.

Prokeímenon Ps 43

R: O Lord, rise and help us;
free us for your name's sake.

S: O God, we have heard with our ears.

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

My Saviour and Redeemer raised those born on earth from their chains, for he is God. He shattered the gates of Hades and has risen on the third day as Master.

Íkos

Let all of us who are born on earth sing the praises of Christ, the Giver of life. He rose from the dead, came from the tomb on the third day and today has smashed the gates of death by his strength. He set free Adam and Eve, killed Hades and destroyed the sting of death. Let us cry aloud in thanksgiving with our generous praise, for he alone is the mighty God and has risen on the third day as Master.

Today we remember the holy apostles Olympás, Rodíon, Sosípatros, Tértios, Érastos and Kouártos who were counted with the Seventy. Olympás was a Roman and Kouártos was a secretary; they are mentioned in Romans 16. Érastos was a companion of Paul and Kouártos was a Corinthian. Rodíon was a relative of Paul. Sosípatros served in Iconion. On the Tenth they discovered eternal blessedness.

On the same day we commemorate the holy martyr Oréstas of Kappadokía who lived in the Fourth Century. He was the treasurer of the city.

Together with them we remember:
Poet Aedh of the Celtic Lands C6
Archbishop Justus of Canterbury C7
Martyr Prince Constantine of Georgia C9
Wonderworker Arsénios of Kappadokía C20
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 10

From the Holy Gospel according to John (21:1-14)

At that time Jesus revealed himself again to the disciples by the Sea of Tiberias; and he revealed himself in this way. ² Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. ³ Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat; but that night they caught nothing. ⁴ Just as day was breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. ⁵ Jesus said to them, "Children, have you any fish?" They answered him, "No." ⁶ He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, for the quantity of fish. ⁷ That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. ⁸ But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. ⁹ When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. ¹⁰ Jesus said to them, "Bring some of the fish that you have just caught." ¹¹ So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. ¹² Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. ¹³ Jesus came and took the bread and gave it to them, and so with the fish. ¹⁴ This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

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 apostles Olympás, Rodión, Sosípatros, Tértios, Érastos and Kouártos, 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 6

The sons of Zebedee, together with Peter, Thomas, Nathaniel of
Cana and two other disciples, were fishing in the Sea of Tiberius. At
Christ's command they cast the net on the right side and hauled in
many fish. Peter recognised him and swam to him. Then Jesus took
bread and fish, and gave it to them. This was the third time that he
was revealed to his disciples.

Glory: Both now:

O Virgin, as we praise and bless you, pray for us to the Lord who
rose from the tomb on the third day. We have taken you as a harbour
of salvation and an advocate with him. O Theotokos, we are your
servants and inheritors who wait for your aid.

Praises

Tone 4

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.
Almighty Lord, you suffered the cross and death, and rose from the
dead. We glorify your resurrection.

S7: Praise God in his saints;
praise him in his mighty firmament.
O Christ, you have rescued us by your cross from the ancient curse
and suppressed by your death the Devil who was tyrannising our
nature. You have filled everything with joy by your resurrection.
Therefore we cry out to you, "O Lord, risen from the dead, glory to
you!"

S6: Praise him for his mighty *deeds*;
praise him for the abundance of his majesty.
O Christ *our* Saviour, lead us into your truth through your cross and
rescue us from the snares of the enemy; you have risen from the
dead. O Lord, Lover of the human race, extend your arm and, at the
prayers of your saints, raise us who have fallen because of sin.

S5: Praise him with the trumpet sound;

praise him with lute and harp.

O uniquely-fathered Word of God, in your love for the human race
you came to earth without leaving the bosom of the Father. You
became truly man, so that you could suffer the cross and death in the
flesh, although you are without passion in Divinity. You have
granted the human race immortality by your resurrection, for you
alone are all-powerful.

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

O Saviour, you suffered death in the flesh in order to accomplish our
immortality. You lodged in the tomb so that you might rescue us
from Hades and raise us with you. For as man you suffered, but as
God you have risen. Therefore we cry out, "O Lord, Giver of life,
only Lover of the human race, glory to you!"

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.
Let everything with breath praise the Lord.

O Saviour, the rocks were split when your cross was set up on
Golgotha. O Saviour, the doorkeepers of Hades were frightened
when you were laid in the tomb as if you were dead, for you have
abolished the strongholds of death and granted incorruption to all the
dead by your resurrection. O Lord, Giver of life, glory to you!

S2: O Lord God, rise; let your hand be exalted
and never forget the poor.

O Christ our God, the women longed to see your resurrection. Mary
Magdalene came before the others and found the stone rolled from
the grave. The angel who sat on it said, "Why do you seek the living
among the dead? He has risen as God so that he might save all
things."

S1: O Lord, I will thank you with all my heart;
I will recount all your wonders.

Where is Jesus whom you decided to guard? O Hebrews, say where
the *Lord* is whom you laid in the grave, then sealed the stone? Either
give up the buried one or believe in the risen *Lord*. Although you are
silent about the Lord's resurrection, the stones will cry out, especially
the stone which was rolled from the grave. Great is your mercy and
great the mystery of your dispensation! O Saviour, glory to you!"

Glory: Tone 6

O Christ, after your descent to Hades and your resurrection from the
dead, the disciples were rightly sorrowful and grieved at your
absence. They went back to their work, attending their nets and
boats. That night they caught nothing, but as day was breaking you
appeared to them and called out as Lord of all, "Cast the net on the
right side." They cast the net, caught many fish and found a
wonderful meal prepared on the land from which they partook at
once. O Lord and Lover of The human race, make us worthy now to
enjoy it with them in spirit.

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 Tone 4

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

R: When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants 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 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

Of the Church

Kontákion

Tone 4

The most pure temple of the Saviour, the precious chamber and Virgin, the sacred treasure of the glory of God, is presented today to the house of the Lord. She brings with her the grace of the Spirit which the angels of God praise. Truly this woman is the dwelling place of Heaven.

Triságion

Prokeimenon Ps 103 Tone 4

R: O Lord, how splendid are your works;
you have made them all in wisdom.

S: Bless the Lord, O my soul!

O Lord my God, you are highly exalted.

Apóstolos

From the Letter of Paul to the Galatians (2:16-20)

Brothers, we know that a man is not made just by works of the law, but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be made just by faith in Christ, and not by works of the law, because no one will be made just by works of the law. ¹⁷ But if, in our endeavour to be made just in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! ¹⁸ But if I build up again those things which I tore down, then I prove myself an offender. ¹⁹ For I died to the law through the law, so that I might live for God. ²⁰ I have been crucified with Christ; it is no longer I who live, but Christ who lives in me. The life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Alleluia Ps 44 Tone 4

S1: Bend *the bow*, prosper and rule for truth, gentleness and justice;
your right hand will amazingly guide you.

S2: You have loved justice and hated lawlessness,
so God your God has anointed you with joyful oil over your companions.

Sunday Luke 8

From the Holy Gospel according to Luke (10:25-37)

At that time a lawyer stood up to put Jesus to the test, saying, "Teacher, what shall I do to inherit eternal life?" ²⁶ He said to him, "What is written in the law? How do you read?" ²⁷ And he answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself." ²⁸ And he said to him, "You have answered right; do this, and you will live." ²⁹ But he, desiring to justify himself, said to Jesus, "And who is my neighbor?" ³⁰ Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. ³¹ Now by chance a priest was going down that road; and when he saw him he passed by on the other side. ³² So likewise a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, ³⁴ and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him. ³⁵ And the next day he took out two denarii and gave them to

the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.'³⁶ Which of these three, do you think, proved neighbour to the man who fell among the robbers?"³⁷ He said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."

Communion Ps 148

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