

**SUNDAY 22 DECEMBER 2019**  
**Sunday of the Genealogy**  
**+Forefeast of the Nativity**  
**Great-Martyr Anastasia of Sirmium**  
**27<sup>th</sup> Sunday Tone 2 & Eothinón 5**

**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.

<sup>2</sup> 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.

Tone 1

S6: O Lord *our* Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
O pure Virgin, living palace of our God, you have furnished a home  
for the *Lord* whom the heavens themselves cannot contain. You will  
give birth to him in a cave in a manner beyond understanding. He  
has shared in my poverty and become man so that I might become  
like God and share in his riches, for I was once impoverished by  
desire for the bitter fruit.

S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O Christ, you were registered as a servant at the command of Caesar.  
O patient Lord and Saviour of our souls, you come in your  
compassion to grant freedom, life and redemption to your unworthy  
servants who worship your saving birth..

S4: Let Israel hope in the Lord from the morning watch until night,  
from the morning watch.  
The all-holy and pure Virgin considered the ineffable birth which  
renews nature and its laws. She cried out to her Son, "O my dearest  
Child, I am filled with wonder at this great mystery, for I give birth,  
yet remain a virgin at the same time. O Lord, you can accomplish  
everything which you desire through your will."

Tone 8

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

1

Today, as we celebrate the Forefathers' memory, let us the faithful  
praise Christ the Redeemer, who glorified them in every nation. He  
is the Lord who accomplishes marvellous deeds, for he is powerful  
and mighty. Through them he has revealed to us the Rod of his  
strength; she is Mary, the only pure and virgin Maiden of God.  
Christ bloomed from her; he brought life, eternal salvation and  
eternal bliss for all.

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

O Master, you rescued the holy youths from the fire and Daniel from  
the mouths of lions. You blessed Abraham, Isaac your servant and  
Jacob his son. You consented to become like us by being born from  
their seed, and to be crucified and buried in order to save our  
forefathers who fell of old. Therefore, O Christ, King of the ages,  
you crushed the bonds of death and raise with yourself all the dead  
from the past ages who worship you.

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

As they walked among the flames as though in a gentle shower of  
rain, the godly youths rejoiced in the dew of the Spirit. In this they  
mystically foreshadowed the Trinity and Christ's incarnation. They  
were wise through faith and quenched the power of fire. So also the  
just Daniel stopped the mouths of lions. O Saviour, Lover of the  
human race, through their intercessions we implore you, "Rescue us  
from the unquenchable and eternal fire; make us worthy of your  
heavenly kingdom.

Glory: Tone 6

O Lord, Daniel, the man of desires, when he saw you in truth as a  
stone cut without human hands, foretold that you would be a Child  
born without seed, the Word incarnate from the Virgin, the  
unchangeable God and the Saviour of 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.

**Prophecy 1 of the Fathers**

From the Book of Genesis (14:14-20)

Abram, having heard that Lot his nephew had been taken captive,  
numbered his own home-born servants three hundred and eighteen,  
and pursued them to Dan. <sup>15</sup> Then he came to them by night, he and  
his servants; he struck them and pursued them as far as Hoba, which  
is on the left of Damascus. <sup>16</sup> Then he recovered all the cavalry of  
Sodom, and he recovered Lot his nephew, and all his possessions,  
and the women and the people. <sup>17</sup> The king of Sodom went out to  
meet him, after he returned from the slaughter of Chedorlaómer, and  
the kings with him, to the valley of Saby; this was the plain of the  
kings. <sup>18</sup> And Melchizedek king of Salem brought out loaves and  
wine, and he was the priest of the most high God. <sup>19</sup> He blessed  
Abram, and said: Blessed be Abram of the most high God, who made

heaven and earth,<sup>20</sup> and blessed be the most high God who delivered your enemies into your power. Then Abram gave him the tithe of all.

### Prophecy 2 of the Fathers

From the Book of Deuteronomy (1:8-11, 15-17)

Moses spoke to the sons of Israel: See, God has delivered the land before you; go in and inherit the land, which I swore to your fathers, Abraham, Isaac and Jacob, to give them and to their seed after them.<sup>9</sup> I spoke to you at that time, saying: I will unable by myself to bear you.<sup>10</sup> The Lord your God has increased you, and, see, you are today like the stars of heaven for multitude.<sup>11</sup> May the Lord God of your fathers add to you a thousand-fold more than you are, and bless you as he has spoken to you.<sup>15</sup> So I took from you wise, understanding and prudent men, and I set them to rule over you as rulers of thousands, rulers of hundreds, rulers of fifties, rulers of tens and officers for your judges.<sup>16</sup> I ordered your judges at that time, saying: Hear causes between your brothers, and judge rightly between a man and his brother, and the stranger who is with him.<sup>17</sup> You must not respect status in judgment, but must judge small and great equally. You must not shrink from the standing of a man, for the judgment is God's.

### Prophecy 3 of the Fathers

From the Book of Deuteronomy (10:14-18, 20-21)

Moses said to the sons of Israel: See, the heaven and the heaven of heavens *belong* to the Lord your God, the earth and everything in it.<sup>15</sup> Also the Lord chose your fathers to love them, and he chose their seed after them, even you, beyond all nations, as on this day.<sup>16</sup> Therefore you must circumcise the hardness of your heart and you must not harden your neck.<sup>17</sup> For the Lord our God, he is the God of gods, and the Lord of lords, the great, mighty and terrible God, who does not show favouritism, nor will he by any means accept a bribe.<sup>18</sup> He executes judgment for the stranger, orphan and widow, and he loves the stranger, giving him food and clothing.<sup>20</sup> You must fear the Lord your God, serve him alone, cling to him and swear by his name.<sup>21</sup> He is your boast, and he is your God, who has accomplished in the midst of you these great and glorious events, which your eyes have seen.

### 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

Hail, O honourable prophets, you properly laid the foundation of the Lord's Law and were revealed as firm and immovable pillars of faith! You have truly become the mediators of Christ's new covenant. Since, therefore, you have been taken up to heaven, plead with him to grant peace to the world and salvation to our souls.

Both now:

See, the time of our salvation is close! Prepare yourself, O cave, for the Virgin approaches to give birth to her Son. Be glad and rejoice, O Bethlehem in the land of Judah, for our Lord shines like the dawn from you. Listen, O mountains, hills and every land around Judea, for Christ is coming to save the human race whom he created and loves.

### Song of Simeon

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

### Triságion 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 2

Great are the accomplishments of faith, for the three holy youths rejoiced in the flames as though they were at the waters of rest. The prophet Daniel appeared as a shepherd to the lions as though they were sheep. O Christ our God, save our souls through their prayers.

Tone 4

O Bethlehem, prepare, for Eden has been opened to all. O Ephratha, adorn yourself, for the Tree of Life blossoms from the Virgin in the cave. Her womb is a spiritual Paradise planted with the divine fruit. If we eat from it, we will live for ever and not die like Adam. Christ comes to restore the image which he made in the beginning.

### 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 2

Great are the accomplishments of faith, for the three holy youths rejoiced in the flames as though they were at the waters of rest. The prophet Daniel appeared as a shepherd to the lions as though they were sheep. O Christ our God, save our souls through their prayers.

Tone 4

O Bethlehem, prepare, for Eden has been opened to all. O Ephratha, adorn yourself, for the Tree of Life blossoms from the Virgin in the cave. Her womb is a spiritual Paradise planted with the divine fruit. If we eat from it, we will live for ever and not die like Adam. Christ comes to restore the image which he made in the beginning.

### 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: Tone 6

The sayings of the prophets are now fulfilled. Tomorrow our God will be born ineffably from the Virgin Mary. Yet he will remain as he was before his birth. The Wise Men hurry together and bear gifts. The shepherds stay in the fields and we sing together with them, "O Lord born from a virgin, glory to you!"

### 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: Tone 8

As shepherds were piping songs, a host of angels stopped them. They called out and said, "Listen, as you stay in the fields at the head of your flocks. Cry out and sing that Christ the Lord is born. He is our God, who takes delight in saving the human race."

### 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*

### Ypakoi

*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.

### Anavathi 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.

**Prokeimenon 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**

Rejoice, O Bethlehem! Be prepared, O Ephrata! See the Ewe is approaching to give birth to the Chief High Shepherd whom she carries in her womb. When they see this, the God-bearing fathers rejoice and sing with the shepherds, "The Virgin nourishes the Creator with her own milk."

**Íkos**

O Virgin, when they see the majestic radiance of your childbearing, Abraham, the lover of God, and the renowned Isaac rejoice with the whole choir of saints assembled by God. They bring creation out to meet you with joyful greetings. For the woman who brings joy to all is revealed. She has conceived in her womb the Lord who was once seen in Babylon and preserved beyond understanding the youths who had been unjustly thrown into the furnace. Therefore they will produce a song to the One who is seen in the hands of the Maiden and will glorify the Virgin who nurses him.

**Synaxáriorion**

Today we remember the holy great martyr Anastasia the healer of Sirmium who lived in the Fourth Century. Because she consumed noxious poison in the flames she is a heavenly remedy for the faithful. On the Twenty Second she died in the flames and became like refined silver.

Together with her we remember:  
Teacher and Martyr Chrysógonos C4  
Maryrs Theodóti and Companions C4

**Ypómnima**

Today we remember the genealogy of Jesus Christ, the son of David, the son of Abraham. Here are the generations from Adam to the Patriarchs: (There are 21 generations between Adam and Abraham. There are 15 generations between Abraham and David. There are 15 generations between David and the Babylonian Exile. There are 12 generations between the Babylonian Exile and Joseph, the betrothed of the Holy Virgin.)

*Omitted List of Names*

Through the intercessions of your holy ancestors and of all the just who proceeded your coming into the world, O Lord Jesus Christ, have mercy on us. *Amen*.

**Katavasias**

1: Christ is born, glorify him! Christ is from heaven, receive him!  
Christ is on earth, be raised! All the earth, sing to the Lord! All you people, praise him with joy, for he has been glorified!

3: Let us cry out to Christ our God, to the Son begotten of the Father before all ages and incarnate from the Virgin without seed in these latter days, "O Lord, you have raised our horn and are holy."

4: O Rod of the stem of Jesse and Flower which bloomed from a virgin, O all-praised Christ, you have come from the mountain covered with darkness. You have been made flesh from the one who did not know marriage. O God not formed from matter, O Lord, glory to your might!

5: God of peace and Father of mercies, you have sent us the Angel of great council who grants us peace. So we are guided to the light of the knowledge of God. O Lover of the human race, we wake early from the night and praise you.

6: The sea-monster spewed Jonah unharmed as it had received him, like a baby from the womb. When the Word came to live in the Virgin and was made flesh, he came out, yet preserved her incorrupt, for he himself was not subject to decay and kept his mother free from harm.

7: The children brought up together in godliness, despised the unjust command, and were not afraid of the threat of fire, but as they stood in the midst of the flames, they sang, "Blessed are you, O God of our fathers!"

8: Let us praise, bless and worship the Lord.  
The furnace which was moist with dew, was the image of a wonder beyond nature, for it did not burn the children whom it had received, just as the Fire of Divinity did not consume the Virgin's womb when it entered. So let us raise the song, "Let the entire creation 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. <sup>13</sup> That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, <sup>14</sup> and talking with each other about all these things that had happened. <sup>15</sup> While they were talking and discussing together, Jesus himself drew near and went with them. <sup>16</sup> But their eyes were kept from recognizing him. <sup>17</sup> 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. <sup>18</sup> 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?" <sup>19</sup> 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, <sup>20</sup> and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. <sup>21</sup> 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. <sup>22</sup> Moreover, some women of our company amazed us. They were at the tomb early in the morning <sup>23</sup> 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. <sup>24</sup> 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." <sup>25</sup> And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! <sup>26</sup> Was it not necessary that the Christ should suffer these things and enter into his glory?" <sup>27</sup> And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. <sup>28</sup> So they drew near to the village to which they were going. He appeared to be going further, <sup>29</sup> 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. <sup>30</sup> When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. <sup>31</sup> And their eyes were opened and they recognized him; and he vanished out of their sight. <sup>32</sup> 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?" <sup>33</sup> And they rose that same hour and returned to Jerusalem; and they

found the eleven gathered together and those who were with them,<sup>34</sup> who said, "The Lord has risen indeed, and has appeared to Simon!"<sup>35</sup> 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 great martyr Anastasia, of the Holy Forefathers, 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: I see a strange and most glorious mystery. Heaven is the cave and the cherubic throne is the Virgin. The manger is the place where Christ lay. *He* is the God who cannot be contained and whom we glorify in song.

### 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.

### Expostelária

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 in them everything in the Scriptures about his suffering. Let us cry out with them, "The Lord is risen indeed and has appeared to Peter."

The leaders of the patriarchs and fathers who came before the Law, Abraham, Isaac and Jacob, shone with faith like stars. All the

prophets and just were enlightened by them. They were shining lamps and the rays of their honourable prophecy enlightened the whole darkened creation.

Rejoice, O Bethlehem! Be prepared, O Ephrata! The Theotokos is on her way to a cave and a manger to give birth to God in an ineffable manner. What an awe-inspiring mystery, for he existed even before the patriarchs Abraham, Isaac and Jacob, as well as the prophets. Together with the angels the human race will celebrate his birth with great joy.

### 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!"

Tone 5

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.

Raise your voice, O Zion, divine city of God! Proclaim the divine  
memory of the fathers. Honour Abraham, Isaac and Jacob. See,  
together with Judah and Levi, we glorify the great Moses and the  
wonder-working Aaron. Together with David, we celebrate the  
memory of Joshua and Samuel. We invite them all with divine songs  
and praises to the Forefeast of Christ's Birth. We pray that we may  
receive his goodness, for he is the *Lord* who grants the world great  
mercy. X2

S2: Blessed are you, O Lord, God of our fathers,  
*who* must be praised and greatly exalted for ever. Dan 3  
Come, O Elijah, for you ascended the divine chariot of fire in days of  
old! O divinely wise Elisha, rejoice together with Ezekiel and  
Joseph. O honourable company of the twelve prophets inspired by  
God, exchange good news with them on the birth of the Saviour. All  
you just. O holy children, you quench the flames of the fire with the

dew of the Spirit, so pray for us. Plead with Christ that he will grant  
our souls great mercy.

S1: For you are just in everything that you have done for us  
and all your works are true. Dan 3

The Theotokos has truly been revealed on the earth and proclaimed  
by the words of the prophets of old. *She was* foretold by the wise  
patriarchs and the company of the just. She will exchange good  
news with the honourable women, Sarah, Rebecca, glorious Anna,  
and Miriam, the sister of Moses. All the ends of the earth will rejoice  
with them together with the whole creation, for God will come to be  
born in the flesh and to grant the world great mercy.

Glory: Tone 8

The whole of the Mosaic teaching truly revealed the divine birth of  
Christ in the flesh to all who heard the preaching of grace which  
precedes the law and transcends the law by faith. Therefore, O Lord,  
since your birth brought salvation from corruption, they foretold your  
resurrection to the souls imprisoned in Hades. Glory to you!

Both now: Tone 2

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

### Great Doxology

Glory to you who have shown us the light!  
glory to God in the highest!  
Peace on earth and goodwill to men!  
2 We praise you, we bless you, we worship you,  
we glorify you, we thank you for your great glory,  
3 O Lord King, heavenly God, almighty Father,  
O Lord, only-begotten Son, Jesus Christ,  
and you, O Holy Spirit!  
4 O Lord God, Lamb of God, Son of the Father,  
you take away the sin of the world;  
have mercy on us,  
*for* you take away the sin of the world.  
5 Receive our prayer,  
*for* you sit on the right of the Father,  
and have mercy on us.  
6 For only you are holy, only you are Lord,  
O Jesus Christ, to the glory of God the Father. Amen.  
7 I will bless you every day  
and always praise your name for ever and ever. Ps 144  
8 O Lord, allow us this day  
to be guarded from sin.  
9 Blessed are you, O Lord God of our fathers!  
Praised and glorified be your name for ever. Amen. Daniel 3  
10 O Lord, let your mercy *be* on us,  
for we have hoped in you. Ps 32.  
16 Blessed are you, O Lord!  
Teach me your statutes. X3 Ps 118  
12 O Lord, you have been our refuge  
from generation to generation. Ps 89  
I said, "O Lord, have mercy on me;  
heal my soul, for I have sinned against you." Ps 40  
14 O Lord, I have fled to you;  
teach me to do your will, for you are my God. Ps 142  
15 For with you is the source of life  
and in your light we will see light. Ps 35  
16 Stretch out your mercy  
to those who know you. Ps 35

### Triságon

#### Resurrection Troparion

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

### LITURGY

**Antiphon 1 Ps 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!"

Tone 2

Great are the accomplishments of faith, for the three holy youths  
rejoiced in the flames as though they were at the waters of rest. The  
prophet Daniel appeared as a shepherd to the lions as though they  
were sheep. O Christ our God, save our souls through their prayers.

Tone 4

O Bethlehem, prepare, for Eden has been opened to all. O Ephrath,  
adorn yourself, for the Tree of Life blossoms from the Virgin in the  
cave. Her womb is a spiritual Paradise planted with the divine fruit.  
If we eat from it, we will live for ever and not die like Adam. Christ  
comes to restore the image which he made in the beginning.

*Of the Church*

**Kontakion**

Tone 3

Today the Virgin comes to the cave where she will ineffably give  
birth to the pre-eternal Word. O inhabited earth, rejoice when you  
hear the news! Glorify with the angels and shepherds the one who

chose to be revealed as a new born Child, *yet was* God before the  
ages.

**Triságion****Prokeimenon Dan 3 Tone 4**

R: Blessed are you, O Lord God of our fathers.

S: For you are just in everything that you have done for us.

**Apóstolos of Sunday of Forefeast**

From the Letter of Paul to the Hebrews (11:9-10, 32-40)

Brothers by faith Abraham made his home in the promised land like  
a stranger in a foreign country; he lived in tents, as did Isaac and  
Jacob, who were heirs with him of the same promise. For he was  
looking forward to the city with foundations, whose architect and  
builder is God. And what more shall I say? I do not have time to tell  
about Gideon, Barak, Samson, Jephthah, David, Samuel and the  
prophets, who through faith conquered kingdoms, administered  
justice, and gained what was promised; who shut the mouths of lions,  
quenched the fury of the flames, and escaped the edge of the sword;  
whose weakness was turned to strength; and who became powerful in  
battle and routed foreign armies. Women received back their dead,  
raised to life again. Others were tortured and refused to be released,  
so that they might gain a better resurrection. Some faced jeers and  
flogging, while still others were chained and put in prison. They  
were stoned; they were sawn in two; they were put to death by the  
sword. They went about in sheepskins and goatskins, destitute,  
persecuted and ill-treated -the world was not worthy of them. They  
wandered in deserts and mountains, and in caves and holes in the  
ground. These were all commended for their faith, yet none of them  
received what had been promised. God had planned something  
better for us so that only together with us would they be made  
perfect.

**Alleluia Ps 43 & 33 Tone 4**

S1: O God, we have heard with our ears.

S2: The just cried and the Lord heard them.

**Gospel of Sunday of Forefeast**

From the Holy Gospel according to Matthew (1:1-25)

A record of the genealogy of Jesus Christ the son of David, the son  
of Abraham. Abraham was the father of Isaac, Isaac the father of  
Jacob, Jacob the father of Judah and his brothers, Judah the father of  
Perez and Zerah, whose mother was Tamar, Perez the father of  
Hezron, Hezron the father of Ram, Ram the father of Amminadab,  
Amminadab the father of Nahshon, Nahshon the father of Salmon,  
Salmon the father of Boaz, whose mother was Rahab, Boaz the father  
of Obed, whose mother was Ruth, Obed the father of Jesse, and Jesse  
the father of King David.

David was the father of Solomon, whose mother had been Uriah's  
wife, Solomon the father of Rehoboam, Rehoboam the father of  
Abijah, Abijah the father of Asa, Asa the father of Jehoshaphat,  
Jehoshaphat the father of Jehoram, Jehoram the father of Uzziah,  
Uzziah the father of Jotham, Jotham the father of Ahaz, Ahaz the  
father of Hezekiah, Hezekiah the father of Manasseh, Manasseh the  
father of Amon, Amon the father of Josiah, and Josiah the father of  
Jecooniah and his brothers at the time of the exile to Babylon.

After the exile to Babylon: Jecooniah was the father of Shealtiel,  
Shealtiel the father of Zerubbabel, Zerubbabel the father of Abiud,  
Abiud the father of Eliakim, Eliakim the father of Azor, Azor the  
father of Zadok, Zadok the father of Akim, Akim the father of Eliud,  
Eliud the father of Eleazar, Eleazar the father of Matthan, Matthan  
the father of Jacob, and Jacob the father of Joseph, the husband of  
Mary, of whom was born Jesus, who is called Christ. Thus there  
were fourteen generations in all from Abraham to David, fourteen  
from David to the exile to Babylon, and fourteen from the exile to the  
Christ.

This is how the birth of Jesus Christ came about: His mother Mary  
was pledged to be married to Joseph, but before they came together,  
she was found to be with child through the Holy Spirit. Because  
Joseph her husband was a righteous man and did not want to expose

her to public disgrace, he had in mind to divorce her quietly. But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins." All this took place to fulfil what the Lord had said through the prophet: The virgin will be with child and will give birth to a son, and they will call him Emmanuel!" - which means, "God with us." When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. But he did not know her until she gave birth to a son. And he gave him the name Jesus.

**Communion Ps 148**

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