

**SUNDAY 29 DECEMBER 2019**  
**+Afterfeast of the Nativity of Our Lord**  
**Joseph the Betrothed, David the King,**  
**James the brother of the Lord**  
**Holy Innocents of Bethlehem C1**  
**Abbot Márkellos of the Unsleeping Monastery C5**  
**28<sup>th</sup> Sunday Tone 3 & Eothínón 6**

**VESPERS**

**Lord I have cried**

Tone 3

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.  
O Christ our Saviour, the dominion of death has been shattered by  
your cross and the deception of the Devil has been destroyed. The  
human race which has been saved by faith always offers you a hymn.

S9: The just will wait for me until you reward me.  
O Lord, everything has been enlightened by your resurrection and  
Paradise has been re-opened. The whole creation praises you and  
continually offers you a hymn.

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.

I glorify the power of the Father and the Son, and I praise the  
authority of the Holy Spirit, the undivided, uncreated Divinity, the  
consubstantial Trinity who reigns for all time.

S7: Let your ears note the voice of my plea.  
O Christ, we bow down in worship before your precious cross. We  
glorify and praise your resurrection, for we have all been healed by  
your wounds.

Tone 2

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.

Come and greatly rejoice in the Lord as we speak about this present  
mystery. The dividing wall has been destroyed *and* the flaming  
sword turns back. The Cherubim withdraw from the Tree of Life and  
I partake of the delight of Paradise from which I was thrown out  
through disobedience. For the express image of the Father, the  
imprint of his Eternity, takes the form of a servant, and, without  
undergoing change, he comes from an unwedded mother. For what  
he was, he has remained, true God. He has taken on himself what he  
was not; he became man in his love for the human race. Let us cry  
aloud to him, "O God born from a virgin, have mercy on us."

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.

When the Lord Jesus was born from the holy Virgin, all the world  
was enlightened. The shepherds watched in the fields, the Wise Men  
adored and the angels praised in song, but Herod was troubled, for  
God has appeared in the flesh; *he is* the Saviour of our souls.

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.

O Christ our God, your kingdom is a kingdom of all the ages and  
your rule is from generation to generation. You were incarnate by  
the Holy Spirit and made man from the ever-Virgin Mary. You have  
enlightened us by your coming. O Light from Light, Brightness of  
the Father, you have made the whole creation shine with joy.  
Everything with breath praises you, for you are the image of the

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Father's glory. O God, you are and have always been. You have  
shone from a virgin; have mercy on us.

Tone 1

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

Let us all praise King David the ancestor of God, for the Virgin came  
from him and from this stem bloomed the flower, Christ. He renews  
the fallen nature of Adam and Eve, for he is compassionate.

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

In his old age Joseph the betrothed clearly saw the prophecies  
fulfilled. He was given a mysterious command, but received  
enlightenment from the angels who cried, "Glory to God, for he has  
granted peace to the world!"

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

Let us all praise the brother of the Lord. He is a bishop, but also a  
courageous martyr. O Jesus, our God, *you were* wrapped in  
swaddling clothes in the manger of a cave, so save those who praise  
you through his prayers.

Glory:

Let us celebrate the memory of the God-fearing David and James.  
One was the king of the prophets. The other was an apostle and the  
first bishop. Because we have been saved from error through their  
teaching, we can glorify Christ who shone in human form from the  
Virgin to save our souls.

Both now: Tone 3

All-honoured *Virgin*, how can we not wonder at your giving birth to  
the *Lord* who is God and man? For, all-pure *Lady* without  
experience of man, you gave birth to a Son in the flesh who was  
begotten without mother from the Father before time. He underwent  
no mingling, change or division, but preserved the attributes of each  
nature. Therefore, O Lady and virgin Mother, plead with him to save  
the souls of those who acknowledge you in the Orthodox manner to  
be the Theotokos.

**Phos Ilarón**

P/D: Wisdom! Stand upright!

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

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

Therefore the world glorifies you.

**Prokeímenon**

P/D: The Evening Prokeimenon

R: The Lord reigns *and* is clothed with majesty.

S1: The Lord has put on power and clothed himself.

S2: He founded the world, which will not be moved.

**Ektení**

**Prayer**

O Lord, allow us this night to be guarded from sin. Blessed are you,  
O Lord, God of our fathers! Praised and glorified be your name for  
ever. Amen. O Lord, let your mercy be on us, for we have hoped in  
you. Blessed are you, O Lord; teach me your statutes. Blessed are you,  
O Master; make me understand your statutes. Blessed are you,  
O Holy *One*; enlighten me with your statutes. O Lord, your mercy  
lasts for ever; do not overlook the work of your hands. To you  
belongs worship, to you belongs praise, to you belongs glory, to the

Father, the Son and the Holy Spirit, both now and ever, and to ages of ages. Amen.

### Plirotiká

#### Prayer

P: Peace be with you all. R: And with your spirit  
D: Bow down your heads to the Lord. R: To you, O Lord.

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

### Apósticha

#### Tone 3

O Christ, you darkened the sun by your passion and enlightened the whole creation with the light of your resurrection. O Lover of the human race, accept our evening hymn.

S1: The Lord reigns *and* is clothed with majesty;  
the Lord has put on power and clothed himself. *Ps 92*  
O Lord, your life-bearing resurrection enlightened the whole inhabited earth and recalled your creation which had become corrupt. Therefore we, who are rescued from the curse of Adam, sing, "O almighty Lord, glory to you!"

S2: For he founded the world which will not be moved. *Ps 92*  
You are the changeless God, yet were changed by suffering in the flesh. Because creation could not endure seeing you on the cross, it was filled with fear, yet praised your patience. You have granted the world life and great mercy by descending into Hades and rising on the third day.

S3: O Lord, holiness is right for your house to length of days. *Ps 92*  
O Christ, you endured death in order to rescue our human race from death. You rose from the dead on the third day, raised with you those who knew you as God and enlightened the world. Glory to you!

#### Glory: Tone 6

O Lord, your marvellous Nativity is a memorial for priests and a source of joy for rulers. We glorify it and say, "Our Father in heaven, may your name be holy, O Lover of the human race."

#### Both now:

Today all the angels of heaven exchange good news and rejoice. The whole creation sings for joy, for the Lord and Saviour is born in Bethlehem. The error of idolatry has disappeared and Christ reigns for all ages.

### 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 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

#### Tone 2

O holy Joseph, proclaim to David, the ancestor of Christ our God, the amazing wonders which you have witnessed. You have seen a Virgin great with child, you gave glory with the shepherds, you worshipped with the Wise Men and an angel of the Lord revealed the wonders to you. Therefore pray to Christ God to save our souls.

#### Tone 4

O Christ our God, your nativity has illuminated the world with the light of wisdom. For by it, O Sun of Justice, those who worshipped the stars were taught by a star to worship you and to know you as the Dawn from above. O Lord, glory to you!

#### Dismissal

### ORTHROS

#### God is the Lord Ps 117

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

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#### Small Litany

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

### Kathisma 1

#### Tone 3

Christ is risen from the dead, the firstfruits of those who sleep. He is the firstborn of all creation and the Maker of everything created. He restored the corrupt nature of our race in himself. O Death, you will reign no more, for the Master of all has destroyed your power.

#### Glory:

O Lord, after you had tasted death in the flesh, you emptied death of its sting through your resurrection. You have strengthened the human race against death and proclaimed the abolition of the ancient curse. Glory to you, O Lord, Protector of our lives!

#### Both now: Tone 4

O faithful, come and see where Christ is born. Let us join the Wise Men, kings from the east, and follow the guiding star. Angels continually sing praises there and the shepherds who live in the fields offer an appropriate hymn and say, "Glory in the highest to the one who is born today from the Virgin and Theotokos in the cave in Bethlehem of Judah.

### Kathisma 2

O Lord, Hades was dismayed when it saw your unchanging divinity, yet observed your voluntary passion. It mourned and said, "I tremble before the flesh of the incorruptible Person. I see the one who cannot be seen as he mysteriously fights me, while those I hold in my power are crying out, 'O Christ, glory to your resurrection!'"

#### Glory:

O faithful, when we speak about divine matters, we touch on an ineffable mystery, the incomprehensible crucifixion and the inexplicable resurrection. For today death and Hades are plundered while the human race is clothed with incorruption. Therefore we cry aloud with thanksgiving, "Glory to your resurrection, O Christ!"

Both now: Tone 4

"O Mary, why are you filled with wonder? Why are you amazed at what has come to pass in you?" "I have given birth in time to the timeless Son, yet I do not understand how I conceived him. I have not known a man; how then could I bear a child? Who has ever seen a birth without seed?" But as it is written, "When God so wills, the order of nature is overturned." Christ is born from the Virgin in Bethlehem of Judah.

#### **Evlogitária**

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

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

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

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

Glory:

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

Both now:

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

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

O our God and our hope, glory to you.

#### **Small Litany**

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

#### **Ypakói**

*Read without note*

The radiant angel caused amazement through his appearance and brought dew by his words to the myrrhbearing women, "Why do you seek the Living in a grave? The one who has emptied the tomb has risen and has changed corruption, *for he is the Lord* without change. Say to God, 'How fearful are your works, for you have saved the human race!'"

#### **Anaváthmi Tone 3**

Antiphon 1 Ps 125

O Word, you freed the captivity of Zion from Babylon, so pull me from the passions of life in the same way. Those who sow divine tears in the South will reap everlasting sheaves with joy.

Glory: Both now:

Every good gift comes from the Holy Spirit,

for he is radiant, together with the Father and the Son; everything lives and moves in him.

Antiphon 2 Ps 126

If the Lord had not built the house of virtues, then we would labour in vain; while he protects the soul no one destroys our city. The saints are always like the fruit of the womb for you; O Christ, they have been adopted as sons by the Father through the inspiration of the Holy Spirit.

Glory: Both now:

All wisdom and holiness are observed in the Holy Spirit, for he is the essence of all creation. Let us worship him with the Father and the Word, for he is God.

Antiphon 3 Ps 127

Happy are those who fear the Lord and walk in his ways; for they eat the life-giving fruits of the commandments. O chief Shepherd, rejoice as you see your children who carry branches of good deeds around your table.

Glory: Both now:

All richness of glory is the Holy Spirit's and from him come grace and life for all creation, for he is praised with the Father and the Word.

#### **Prokeimenon Ps 95**

R: Say among the nations that the Lord reigns, and has founded the world which will not be moved.  
S: Sing to the Lord a new song.

#### **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**

*Plain Reading*

Today holy David is filled with joy. Joseph and James offer hymns of worship. The glorious crown of their kinship with Christ fills them with great joy. They offer their hymns of praise to the *Lord who was born ineffably on earth and cry out, "O merciful one, save those who honour you."*

#### **Íkos**

The bodiless *Lord* is born in the flesh by an ineffable decision. The one whom no space can encompass is covered with a body. He has two natures, but is without change. The only Person *who is* timeless by nature enters into time. The one who surpasses all perfection allows himself to be visible as a Child. The one who supports the inhabited earth is held in human arms. Those who went before him are proud of their kinship to him. As God he crowns them in his birth. We glorify them in faith and continually cry out, "O merciful *Lord*, save those who honour you."

#### **Synaxáron**

Today we remember the Holy Innocents killed by Herod. The wise men did not return to tell Herod where the King had been born, so the latter caused all the children under the age of two living in Bethlehem to be killed. On the Twenty Ninth their frail lives came to an end.

On the same day we commemorate our renowned father Márkellos, abbot of the Monastery of the Unsleeping who lived in the Fifth Century. Although he spent his life in vigil, he had rest today when the tomb received him.

Together with them we remember:

Bishop Trophime of Arles C3

Monk Benjamin of Nitria in Egypt C4

#### **Ypónnima**

On the Sunday after the Nativity of Christ we remember the divine ancestors, Joseph the betrothed of our holy pure virgin Theotokos, of

James, the brother of the Lord and of the prophet and King David. O God, have mercy on us and save us through the prayers of your holy ones. Amen.

### Katavasia

1: In times past the Master who accomplishes wonders saved his people and made the watery wave of the sea into dry land. Now he has been willingly born from a maiden and so establishes a path for us by which we can ascend to heaven. We glorify him the *Lord* who is equal in being with the Father and also with mortal men.

3: O Benefactor, graciously accept, the praises of your servants and bring down the spiteful, haughty looks of the enemy. O blessed Lord, you see everything, so raise us far above sin and establish your singers firm and unshaken on the foundation of the faith.

4: In past time Habakkuk the prophet was counted worthy to see ineffably the figure and symbol of Christ's birth; he foretold in song the renewal of the human race. For a young Baby, even the Word, has now come from the mountain, which is the Virgin, for the renewal of the peoples.

5: O Christ, we watch in vigil during the night of the deeds of dark error and sing to you as our Benefactor. "Come to us and grant us cleansing. Ease the path for us by which we may ascend and so attain glory."

6: Jonah was enclosed in the remotest depths of the sea; he implored you to come and still the storm. O Christ, I am pricked by the dart of the tyrant and call out to you, the Slayer of evil; I implore you to come quickly and rescue me from my slothfulness.

7: The children were captured and held fast by love for the King of all. They did not despise the ungodly threats of the tyrant in his boundless fury. As the terrible fire withdrew before them, they said to the Master, "Blessed are you throughout all the ages!"

8: Let us praise, bless and worship the Lord. The children of the Old Covenant who walked in the fire without being burnt, prefigured the womb of the Maiden which remained sealed when she gave birth in a manner beyond nature. The same grace of God brought both these wonders to pass in a miracle and raised the nations to sing in praise.

### 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 6

From the Holy Gospel according to Luke (24:36-53)

At that time, when Jesus rose from the dead, he stood in the midst of his disciples, and said to them, "Peace be with you!"<sup>37</sup> But they were startled and frightened, and supposed that they saw a spirit.<sup>38</sup> And he said to them, "Why are you troubled, and why do questionings rise in your hearts?<sup>39</sup> See my hands and my feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have."<sup>41</sup> And while they still disbelieved for joy, and wondered, he said to them, "Have you anything here to eat?"<sup>42</sup> They gave him a piece of broiled fish,<sup>43</sup> and he took it and ate before them.<sup>44</sup> Then he said to them, "These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled."

<sup>45</sup> Then he opened their minds to understand the scriptures,<sup>46</sup> and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead,<sup>47</sup> and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem.<sup>48</sup> You are witnesses of these things.<sup>49</sup> And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high."<sup>50</sup> Then he led them out as far as Bethany, and lifting up his hands he blessed them.<sup>51</sup> While he blessed them, he parted from them, and was carried up into heaven.<sup>52</sup> And they returned to Jerusalem with great joy,<sup>53</sup> and were continually in the temple blessing God. Amen.

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.

<sup>4</sup> Wash me thoroughly from my lawless act  
and cleanse me from my sin,

<sup>5</sup> for I know my lawlessness  
and my sin is always before me.

<sup>6</sup> I have sinned against you alone  
and done what is evil before you

<sup>6b</sup> so that you might be right in your words  
and overcome when you are judged,

<sup>7</sup> for see, I was conceived in lawlessness  
and my mother desired me in sin,

<sup>8</sup> for see, you have loved truth  
and shown me the mysteries and secrets of your wisdom.

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

<sup>10</sup> You will make me hear about joy and gladness;  
humbled bones will rejoice.

<sup>11</sup> Turn your face from my sins  
and wipe out all my lawlessness.

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

<sup>13</sup> Do not banish me from your presence  
or remove your Holy Spirit from me.

<sup>14</sup> Restore your saving joy to me  
and strengthen me with your directing Spirit.

<sup>15</sup> I will teach the lawless your ways  
and the ungodly will return to you.

<sup>16</sup> O God, God of my salvation, free me from bloodshed,  
*then* my tongue will rejoice in your justice.

<sup>17</sup> O Lord, you will open my lips  
and my mouth will announce your praise,

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

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

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

<sup>21</sup> 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 Innocents of our renowned father Márkellos, of the divine  
ancestors, 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.

<sup>2</sup> For he has regarded his servant’s humility;  
see, from now all generations will call me blessed. R:

<sup>3</sup> 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:

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

<sup>5</sup> 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:

<sup>6</sup> 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: It would be easier, as a refuge from danger, for us to keep silence  
in fear. O Virgin, it is hard indeed to compose songs in love which  
are put together in harmony. O Mother, give us strength to fulfil our  
good intention.

**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

O Saviour, when you rose from the grave, you revealed yourself as  
human by nature. You stood in the midst of the disciples, ate with  
them, and taught them about the baptism of repentance. Then you

ascended to your heavenly Father after promising to send them the  
Advocate. Glory to your resurrection, most divine and incarnate  
God!

Let us praise David, the forefather of God, together with James, the  
Lord’s noble brother, and the divine Joseph who was betrothed to the  
Theotokos, for they served the divine birth of Christ in Bethlehem in  
a manner which was right for God. They sang praises with the  
angels, the Wise Men and shepherds, for he is God and Lord.

Our Saviour, the Dawn from the east, has visited us from above. We  
who were in darkness and shadow have found the truth, for the Lord  
is born from the Virgin.

**Praises**

Tone 3

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.  
Come, every nation, and learn the power of the awesome mystery,  
for Christ our Saviour, who is the Word from the beginning, was  
crucified and willingly suffered burial for our sake. He rose from the  
dead so that he might save all things; let us worship him.

S7: Praise God in his saints;  
praise him in his mighty firmament.  
O Lord, your guards spoke about all the wonders, but the deluded  
council filled their right hands with gifts, imagining that they would  
then conceal your resurrection which the world glorifies. Have  
mercy on us!

S6: Praise him for his mighty *deeds*;  
praise him for the abundance of his majesty.  
Everything was filled with joy on learning the proof of the  
resurrection. Mary Magdalene came to the tomb and found an angel  
in radiant clothing sitting on the stone. He said, “Why do you seek  
the living among the dead? He is not here, but is risen as he foretold;  
he goes ahead of you to Galilee.”

S5: Praise him with the trumpet sound;  
praise him with lute and harp.  
O Master, we see light in your light. For you have risen from the  
dead and, as the Lover of the human race, grant salvation to man, so  
that the whole creation may glorify you, the only sinless *Lord*. Have  
mercy on us!

Tone 4

S4: Praise him with cymbal and dance;  
praise him with strings and flute.  
O just, celebrate! O heavens, rejoice greatly! O mountains, dance  
for joy, for Christ is born. The Virgin is enthroned like the Cherubim  
and carries on her bosom God the Word *who was* made flesh.  
Shepherds glorify the new-born child and Wise Men offer the Master  
gifts. Angels sing praises and say, “O Lord, *you are* beyond  
understanding, glory to you!”

S3: Praise him with tuneful cymbals;  
praise him with joyful cymbals.  
Let everything with breath praise the Lord.  
O virgin Theotokos, you have given birth to the Saviour and have  
overthrown the curse of Eve. For you have become the Mother of  
him in whom the Father was well pleased and have carried God the  
incarnate Word on your bosom. We cannot fathom the mystery, but  
we all glorify it by faith alone. We cry out with you and say, “O  
Lord beyond all understanding, glory to you!”

S2: The Lord said to my lord, "Sit at my right hand until I make your enemies a stool for your feet." Ps 109  
Come and sing the praises of the Saviour's Mother. After she had given birth to the Child she still remained a virgin. Rejoice, O living City of the King in which Christ has lived and brought to pass our salvation! Together with Gabriel, we sing your praises. Together with the shepherds, we glorify you and cry, "O Theotokos, intercede for our salvation with the one who took flesh from you!"

S1: I have fathered you from the womb before the Morning Star; the Lord has sworn and will not change his mind.  
It was through the good pleasure of the Father that the Word became flesh and the Virgin gave birth to the God *who was* made man. A star spreads abroad the news *and* the Wise Men worship. The shepherds stand amazed and creation is filled with great joy.

Glory: Tone 8  
The blood, fire and pillars of smoke are the earthly miracles foreseen by the prophet Joel. The blood prefigures the Incarnation; the fire is the Divinity and the pillars of smoke are the Holy Spirit who descended on the Virgin like incense for the whole world. Great is the mystery of your Incarnation! O Lord, 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!  
<sup>2</sup> We praise you, we bless you, we worship you,  
we glorify you, we thank you for your great glory,  
<sup>3</sup> O Lord King, heavenly God, almighty Father,  
O Lord, only-begotten Son, Jesus Christ,  
and you, O Holy Spirit!  
<sup>4</sup> 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.  
<sup>5</sup> Receive our prayer,  
*for* you sit on the right of the Father,  
and have mercy on us.  
<sup>6</sup> For only you are holy, only you are Lord,  
O Jesus Christ, to the glory of God the Father. Amen.  
<sup>7</sup> I will bless you every day  
and always praise your name for ever and ever. Ps 144  
<sup>8</sup> O Lord, allow us this day  
to be guarded from sin.  
<sup>9</sup> Blessed are you, O Lord God of our fathers!  
Praised and glorified be your name for ever. Amen. Daniel 3  
<sup>10</sup> O Lord, let your mercy *be* on us,  
for we have hoped in you. Ps 32.  
<sup>16</sup> Blessed are you, O Lord!  
Teach me your statutes. X3 Ps 118  
<sup>12</sup> 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  
<sup>14</sup> O Lord, I have fled to you;  
teach me to do your will, for you are my God. Ps 142  
<sup>15</sup> For with you is the source of life  
and in your light we will see light. Ps 35  
<sup>16</sup> 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 110 Tone 2

S1: O Lord, I will acknowledge you with my whole heart;  
I will proclaim all your wonders.

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

S2: In *the* council of the upright and in the assembly,  
great are the works of the Lord!

S3: They are researched for all his purposes!

S4: His work is confession and splendour;  
his justice remains from age to age.

S5: Glory: Both now:

#### Antiphon 2 Ps 111 Own Tone

S1: Blessed is the man who fears the Lord;  
he will take great pleasure in his commandments.

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

S2: His seed will be powerful on the earth;  
the generation of the upright will be blessed.

S3: Glory and wealth *will be* in his house  
and his justice remains from age to age.

S4: Light has risen in the darkness for the upright;  
he is merciful, compassionate and just.

S5: Glory: Both now:  
*Monogenes*

#### Antiphon 3 Ps 109 Tone 4

S1: The Lord said to my lord, "Sit at my right hand until I make your enemies a stool for your feet."

R: O Christ our God, your nativity has illuminated the world with the light of wisdom. For by it, O Sun of Justice, those who worshipped the stars were taught by a star to worship you and to know you as the Dawn from above. O Lord, glory to you!

S2: The Lord will send you a sceptre of power from Zion;  
rule among your enemies.

S3: Sovereignty is yours on the day of your power  
*and* in the splendour of your saints.

### 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 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

#### Tone 4

O Christ our God, your nativity has illuminated the world with the light of wisdom. For by it, O Sun of Justice, those who worshipped the stars were taught by a star to worship you and to know you as the Dawn from above. O Lord, glory to you!

#### Tone 2

O holy Joseph, proclaim to David, the ancestor of Christ our God, the amazing wonders which you have witnessed. You have seen a Virgin great with Child, you gave glory with the shepherds, you

worshipped with the Wise Men and an angel of the Lord revealed the wonders to you. Therefore pray to Christ God to save our souls.

*Of the Church*

### **Kontákion**

Tone 3

Today the Virgin gives birth to the transcendent Being and the earth offers a cave to the unapproachable *Lord*. Angels with shepherds glorify him. The wise men travel with the star, because for our sake the eternal God was born as a little Child.

### **Trisagion**

#### **Prokeímenon Ps 67 Tone 4**

R: God is wonderful in his saints.

S: Bless God, in *the* assemblies.

### **Apóstolos**

From the Letter of Paul to the Galatians (1:11-19)

Brothers, I want you to know that the gospel which was preached by me is not man's gospel. <sup>12</sup>For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. <sup>13</sup>For you have heard of my former life in Judaism, how I violently persecuted the church of God and tried to destroy it. <sup>14</sup>*You have* heard how I advanced in Judaism beyond many of my own age among my people, because I was so extremely zealous for the traditions of my fathers. <sup>15</sup>But when the one who had set me apart before I was born and had called me through his grace, <sup>16</sup>was pleased to reveal his Son to me, in order that I might preach him among the Gentiles, I did not talk to flesh and blood. <sup>17</sup>Neither did I go up to Jerusalem to those who were apostles before me, but I went away to Arabia; and again I returned to Damascus. <sup>18</sup>Then after three years I went up to Jerusalem to visit Cephas, and remained with him for fifteen days. <sup>19</sup>But I saw none of the other apostles except James the Lord's brother.

#### **Alleluia Ps 131 Tone 3**

S1: O Lord, remember David and all his humility.

S2: The Lord has sworn in truth to David and will not set it aside.

From the Holy Gospel according to Matthew (2:13-23)

At that time an angel of the Lord appeared to Joseph in a dream and said, "Rise, take the child and his mother, and flee to Egypt, and remain there till I tell you; for Herod is about to search for the child, to destroy him." <sup>14</sup> And he rose and took the child and his mother by night, and departed to Egypt, <sup>15</sup> and remained there until the death of Herod. This was to fulfil what the Lord had spoken by the prophet, "Out of Egypt have I called my son." <sup>16</sup> Then Herod, when he saw that he had been tricked by the wise men, was in a furious rage, and he sent and killed all the male children in Bethlehem and in all that region who were two years old or under, according to the time which he had ascertained from the wise men. <sup>17</sup> Then was fulfilled what was spoken by the prophet Jeremiah: <sup>18</sup> "A voice was heard in Ramah, wailing and loud lamentation, Rachel weeping for her children; she refused to be consoled, because they were no more." <sup>19</sup> But when Herod died, behold, an angel of the Lord appeared in a dream to Joseph in Egypt, saying, <sup>20</sup> "Rise, take the child and his mother, and go to the land of Israel, for those who sought the child's life are dead." <sup>21</sup> And he rose and took the child and his mother, and went to the land of Israel. <sup>22</sup> But when he heard that Archelaus reigned over Judea in place of his father Herod, he was afraid to go there, and being warned in a dream he withdrew to the district of Galilee. <sup>23</sup> And he went and dwelt in a city called Nazareth, that what was spoken by the prophets might be fulfilled, "He shall be called a Nazarene."

#### **Communion Ps 148**

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