

SUNDAY 12 JANUARY 2020
+Afterfeast
Martyr Tatianí and Companions of Rome C3
30th Sunday Tone 5 & Eothinón 8

VESPERS

Lord I have cried

Tone 5

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, you have put the Devil to shame by your precious cross. You have blunted the sting of sin and saved us from the gates of death by your resurrection. We glorify you, only begotten *Lord*.

S9: The just will wait for me, until you reward me.

Christ was led like a sheep to the slaughter in order to grant resurrection to the human race. The princes of Hades were frightened by this, for the gates of sorrow were raised. Christ the King of glory had entered. He said to those in chains, "Go out," and to those in darkness, "Come to the light."

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

O great wonder! The Creator of invisible matter suffered in the flesh in his love for the human race and rose again as immortal *Lord*. O families of nations, come and worship him. We have been rescued from error by his compassion and have learnt to sing about one God in three persons.

S7: Let your ears note the voice of my plea.

O unfading Light, we offer you our evening worship. You shone on the world in the flesh in these last days as though in a glass. You even descended to Hades to banish its darkness. You have revealed the light of the resurrection to the nations. Glory to you, O Lord, Giver of light, glory to you!

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

We glorify the Author of our salvation. The world was saved from deceit by his resurrection from the dead. The choir of angels rejoices as the error of demons takes flight. Fallen Adam rises as the Devil is overthrown.

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.

The guards were instructed by the lawless people, "Hide the resurrection of Christ; take money and say, 'The body was stolen from the tomb while we were asleep.' But who has heard of a body being stolen, a body anointed and naked, with its grave clothes left behind in the tomb? O Jews, do not be deceived, study the words of the prophets and understand that he is truly the Redeemer of the world and all-powerful.

Tone 2

S4: Let Israel hope in the Lord

from the morning watch until night,

from the morning watch.

The Forerunner saw our Enlightenment, who illuminates every man, approach to be baptised. He rejoiced in soul, but his hand trembled. He showed him to the people and said, "See the Redeemer of Israel who sets us free from corruption." O sinless *Lord*, Christ our God, glory to you!

X2

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel

from all his offences.

The angelic armies were filled with fear when they saw our Saviour as he was baptised by a servant and received witness through the coming of the Spirit. The Father's voice was heard from above, "The one on whom the

Forerunner lays his hand is my dear Son in whom I am well pleased.” O Christ our God, glory to you!

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

O Source, the streams of the Jordan received you and the Advocate descended in the form of a dove. The *Lord* who bowed the heavens inclined his head and the clay cried out to the one who formed him, “Why do you command me to do what lies beyond my power, for I need to be baptised by you?” O sinless *Lord*, Christ our God, glory to you!

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

When you wanted to save the human race which had gone astray, you did not disdain to clothe yourself in the form of a servant. O Rescuer, it was right for you, as Master and God, to take our nature on yourself for our sake, for you have been baptised in the flesh and made us worthy *to receive* forgiveness. Therefore, we cry out to you, “O Christ our God and Benefactor, glory to you!”

Glory: Tone 8

O Lord, in your desire to fulfil what you appointed from eternity, you have selected servants from the whole creation to accomplish about your mysteries. *There is* Gabriel from among the angels, the Virgin from among men, the star from the heavens and Jordan from the waters; you have washed away the offences of the world in its stream. O Saviour, glory to you!

Both now:

An image of the virgin Bride was prefigured In the Red Sea. There Moses divided the waters, while here Gabriel assisted in the miracle. There Israel crossed the sea without getting wet, while here the Virgin gave birth to Christ without seed. After Israel's passage, the sea remained impassable, while after Emmanuel's birth, the spotless *Lady* remained a virgin. O eternally-existing God, O Lord appearing as man, have mercy on us.

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 5

O Christ, incarnate Saviour, you were not parted from the heavens. We glorify you with songs of praise, for you accepted the cross and death for the sake of our race. O Lord, Lover of the human race, you overthrew the gates of Hades and rose on the third day to save our souls.

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

O Giver of life, you have poured out streams of forgiveness, life and salvation for everyone by being pierced in the side. You have granted us immortality by accepting death in the flesh. You have freed us by being placed in the tomb and, as God, have raised us with you in glory. Therefore we cry out, “Glory to you, O Lord, Lover of the human race!”

S2: For he founded the world which will not be moved. Ps 92

O Lover of the human race, your crucifixion and descent into Hades are awesome. You have captured it and raised the ancient prisoners with you, for you are God in glory. You have opened Paradise and commanded it to take them back. Grant us, who glorify your resurrection on the third day, purification of sins. Make us worthy to be citizens of Paradise, for you alone are merciful.

S3: O Lord, holiness is right for your house to length of days. Ps 92

O Lover of the human race, you accepted death in the flesh for our sake and rose from the dead on the third day. Heal us from our earthly passions, restore us from our evil offences and save us.

Glory: Both now: Tone 8

Today creation is enlightened. Today all nature is glad, both things in heaven and things on earth. Angels and men come together, for where the King is present, there also his army goes. Let us then run to the Jordan and see how John baptises a sinless and uncreated Head. Therefore let us together cry aloud and echo the voice of the apostle, “The grace of God brings salvation to all men and has appeared.” He shines on the faithful and grants them great mercy.

Song of Simeon

B/P: O Master, now let your servant depart in peace

according to your word,
² for my eyes have seen your salvation,
 which you have prepared before all peoples,
³ a light of revelation for *the* nations
 and *the* glory of your people Israel.

Triságon Prayers

Apolytikia

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 1

O Lord, when you were baptised in the Jordan, the worship of the Trinity was revealed. For the voice of the Father witnessed to you and called you his dear Son. And the Spirit, in the form of a dove, confirmed the truthfulness of his word. O Christ our God, you have revealed yourself and enlightened the world; 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.

Apolytikia

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 1

O Lord, when you were baptised in the Jordan, the worship of the Trinity was revealed. For the voice of the Father witnessed to you and called you his dear Son. And the Spirit, in the form of a dove, confirmed the truthfulness of his word. O Christ our God, you have revealed yourself and enlightened the world; glory to you!

Small Litany

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

Kathísma 1

Tone 5

Let us celebrate the cross of the Lord, honour his sacred tomb with song and glorify the resurrection. For as God, he raised the dead from the tomb, stripped death of its power and the Devil of his strength; he illuminated those in Hades.

Glory:

O Lord, you were called dead, but put death to death. You were laid in a tomb, but emptied the tomb. The soldiers guarded the sepulchre above, while below you were raising the dead from all the ages. Glory to you, almighty and incomprehensible Lord!

Both now: Tone 3

O Saviour Christ, you have appeared in the Jordan and were baptised by the Forerunner. Testimony was offered for you, that you are the dear Son. You were revealed to be co-eternal with the Father, and the Holy Spirit descended on you. We are enlightened by you and cry, "Glory to God in Trinity."

Kathísma 2

O Lord, after your resurrection on the third day when the Apostles had worshipped you, Peter called out to you, “The women boldly ventured out, while I was a coward. The Thief acknowledges God, while I denied him. Will you continue to call me a disciple? Will you not make me again a fisherman of the sea? But, O God, accept me as a penitent and save me.”

Glory:

O merciful Lord, the lawless ones nailed you between those who were condemned and pierced your side with a spear. You accepted the tomb, demolished the gates of Hades and rose on the third day. The women ran to see you and announced your resurrection to the Apostles. O Lord, highly exalted Saviour, the angels sing your praises; glory to you!

Both now: Tone 4

O River Jordan, what have you seen which makes you so amazed? “I have seen the invisible *Lord* naked and I trembled. How could I not tremble before him and reverse my flow?” When the angels saw him, they were afraid; the sky was filled with wonder and the earth shook. The sea with everything visible and invisible withdrew, for Christ has appeared in the Jordan to sanctify the waters.

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 sight of the angel dazzled the minds of the myrrhbearing women and their spirits were enlightened by your divine Resurrection. They preached the good news to the Apostles, "Announce to the nations the Lord's Resurrection. He has worked wonders and grants us great mercy!"

Anaváthmi Tone 5

Antiphon 1 Ps 131

My Saviour, I sing to you like David in my trouble;
save my soul from crafty speech.

The life of those who live in the desert is blessed;
they are supported by divine passion.

Glory: Both now:

Everything seen and unseen is preserved by the Holy Spirit,
for he has power in himself as truly one of the Trinity.

Antiphone 2 Ps 120

My soul, let us ascend the mountains;
 come to the place where help is found.

O Christ, let your right hand rush
 to guard me from everything sinister.

Glory: both now:

As we speak about divine matters through the Holy Spirit,
 we say, “You are God, life, desire, light and mind.
 You are goodness and reign for ever.

Antiphon 3 Ps 121

I offer my prayer for those who said to me,
 “Let us go to the courts of the Lord,
 filled with great joy.”

Fearful things will be done to the house of David,
 for a fire there will consume every shameful thought.

Glory: Both now:

The government of life belongs to the Holy Spirit
 and every creature is given the breath of life through him
 as also in the Father and the Word.

Prokeímenon Ps 9

R: O Lord my God, rise,
 for you reign for ever.

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

Small Litany

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

Kontakion

Read without note

O Christ my Saviour, you descended into Hades, shattered its gates as the
 almighty *Lord*, raised the dead as Creator and destroyed the sting of death.
 O Lover of the human race, you have rescued Adam from the curse; we all
 cry to you, “O Lord, save us!”

Ikos

The women set aside their weeping when they heard the words of the angel and saw the resurrection with awe and joy. See, Christ drew near to them and said, “Hail, take courage, for I have overcome the world and set the prisoners free! Go quickly to the disciples and say that I will go before you to Galilee in order to proclaim the good news.” Therefore we all cry to you, “O Lord, save us!”

Synaxáron

Today we remember the holy martyr Tatianí of Rome who lived in the Third Century. She was flogged, disfigured and torn by iron hooks. She was unharmed in the arena and met her death with a sword. On the Twelfth she was harvested like a ripe sheaf.

Together with her we remember:

Martyr Mértios of Mavretania C3-4

Evpraxia of Tabennesi in Egypt C4

Abbot Benedict of Wearmouth C7

Archbishop Sava I of Serbia C13

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

Katavasías

Tone 2

1: Israel passed through the storm-tossed deep of the sea which God had turned into dry land, but the dark waters completely covered the chief captains of Egypt in a watery grave through the mighty strength of the Master’s right hand.

3: We have all been freed from the ancient snares and the jaws of the devouring lions have been broken. Let us, therefore, greatly rejoice and open our mouths in song, as we weave with words a melody to the Word who delights to grant us gifts.

4: After he had been cleansed by the fire of a mystic vision, the prophet sang praises about the renewal of mortal man. He was filled with the inspiration of the Spirit, raised his voice and spoke about the incarnation of the ineffable Word who had shattered the dominion of the strong.

5: We have been washed by the cleansing of the Spirit from the poison of the dark and unclean enemy. We have set out on a new path free from

error which leads to joy of heart beyond all effort and which only those reach whom God has reconciled to himself.

6: The Father in a voice full of joy revealed his dear Son whom he had begotten from the womb. “This is indeed my Child,” he said, “of the same nature as myself. My living Word has come to the human race bearing light. He is made a mortal man through divine providence.

7: The *Lord* who in the furnace stilled the heat of the flame which mounted high in the air and encircled the godly children, burnt the heads of the dragons in the stream of the Jordan. He washes away all the stubborn obscurity of sin with the dew of the Spirit.

8: Let us praise, bless and worship the Lord.
The creation finds itself set free and those in darkness are now made sons of light; only the Prince of Darkness groans. Let all the inheritance of the nations who were in misery beforehand, now eagerly bless him who has caused this change.

Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen.*

R: Let everything with breath praise the Lord. *X3*

Praise God in his saints;

praise him in his mighty firmament. Ps 50

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

P: Peace be with you all. *And with your spirit*

P: A reading from the Holy Gospel according to John.

P/D: Let us attend

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

Eothinón Gospel 8

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

At that time Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; ¹² and she saw two angels in white, sitting

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

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

Resurrection Ode

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

Psalm 50

O God, have mercy on me in your abundant mercy
and wipe out my offence through your great pity.
⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,
⁵ for I know my lawlessness
and my sin is always before me.
⁶ I have sinned against you alone
and done what is evil before you
^{6b} so that you might be right in your words
and overcome when you are judged,
⁷ for see, I was conceived in lawlessness

- and my mother desired me in sin,
⁸ for see, you have loved truth
 and shown me the mysteries and secrets of your wisdom.
⁹ You will sprinkle me with hyssop and I will be clean;
 you will wash me and I will become whiter than snow.
¹⁰ You will make me hear about joy and gladness;
 humbled bones will rejoice.
¹¹ Turn your face from my sins
 and wipe out all my lawlessness.
¹² O God, make a pure heart within me
 and renew an upright spirit within me.
¹³ Do not banish me from your presence
 or remove your Holy Spirit from me.
¹⁴ Restore your saving joy to me
 and strengthen me with your directing Spirit.
¹⁵ I will teach the lawless your ways
 and the ungodly will return to you.
¹⁶ O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.
¹⁷ O Lord, you will open my lips
 and my mouth will announce your praise,
¹⁸ for if you had wanted sacrifice, I would have given it;
 you will not be pleased with burnt offerings.
¹⁹ Sacrifice for God is a broken spirit;
 God will not despise a broken and humbled heart.
²⁰ O Lord, be good to Zion in your pleasure
 and let the walls of Jerusalem be built,
²¹ then you will be pleased with a just sacrifice,
 with an offering and burnt sacrifices;
 then they will offer calves on your altar.

Glory: Tone 6

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

Both now:

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

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

Intercession

Short form

P/D: O God, save your people and bless your inheritance.
 Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy martyr Tatiani, 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: O Theotokos, no tongue is capable of praising you worthily and the angelic mind is overawed in exalting you. Accept our faith, since you are gracious and know our love for divine things. You are the protector of Christians and we praise you.

Small Litany

P: For all the powers of heaven praise you, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*

Holy is the Lord

Holy is the Lord our God. X3

Exalt the Lord our God and worship at his footstool.
for he is holy.

Exaposteilária

Tone 8

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

Tone 3

The Saviour, who is grace and truth, has appeared in the streams of the Jordan; he has enlightened those who sleep in darkness and shadow. For the Light which no one can approach has come and been revealed.

Praises

Tone 5

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, you came out from the grave, which had been sealed by lawless men, just as you were born from the Theotokos. Your bodiless angels did not know how you were incarnate; the soldiers did not see the moment of your resurrection. These two marvels were concealed from curious minds, but were revealed to those who worshipped with faith the mystery about which we sing. Grant us joy and great mercy as we offer you praise.

S7: Praise God in his saints;
praise him in his mighty firmament.

O Lord, you demolished the eternal bars and broke apart the chains of the grave. You rose from the tomb and left your wrappings in the grave as a witness to your three-day burial. You left the guards watching at the tomb and went before your disciples to Galilee. O incomprehensible Saviour, great is your mercy; have mercy on us!

S6: Praise him for his mighty deeds;
praise him for the abundance of his majesty.

O Lord Christ, you suffered for us and the women hurried to your tomb to see you. When they approached with fear, they saw an angel sitting on the stone which had been rolled away. He cried to them "The Lord is risen. Go and tell the disciples that the Saviour of our souls has risen from the dead."

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

O Lord, you came into the midst of your disciples, although the doors were shut, just as you came from the sealed tomb. O long-suffering Saviour, you revealed the sufferings of the body which you had accepted, for you endured wounds as the Seed of David, but saved the world as Son of God. O incomprehensible Saviour, your mercy is great; have mercy on us.

Tone 1

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

The Light from Light, Christ our God has shone on the world; he is revealed as God. O people, let us worship him.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.

Let everything with breath praise the Lord.

Our Saviour, you were baptised in the Jordan and have sanctified the waters. You accepted a servant's hand on your head and heal the passions of the world. Great is the mystery of your dispensation! O Lord and Lover of the human race, glory to you!

S2: The sea saw and fled; Jordan was turned back. Ps 113

The true Light has appeared and grants enlightenment to all. Christ, who is above all purity, is baptised with us; he brings sanctification to the water and it becomes a purification for our souls. What is outward and visible is earthly; what is inwardly understood is higher than heaven. Salvation comes through washing; the Spirit through water. We ascend to God by descending into water. O Lord, how wonderful are your works; glory to you!

S1: O sea, what *happened* to you that you fled
and you, O Jordan, that you turned back? Ps 113

The *Lord* who covers the heavens with clouds, is himself covered today by the streams of Jordan. The one who takes away the sin of the world is cleansed so that I may be made clean. The only-begotten Son of the most high Father receives the testimony of the consubstantial Spirit from above.

Let us cry aloud to him, “O Christ our God, you have revealed yourself and saved us; glory to you!

Glory: Tone 8

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

Both now: Tone 2

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

Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

² We praise you, we bless you, we worship you,
we glorify you, we thank you for your great glory,

³ O Lord King, heavenly God, almighty Father,
O Lord, only-begotten Son, Jesus Christ,
and you, O Holy Spirit!

⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;

have mercy on us,

for you take away the sin of the world.

⁵ Receive our prayer,
for you sit on the right of the Father,
and have mercy on us.

⁶ For only you are holy, only you are Lord,
O Jesus Christ, to the glory of God the Father. Amen.

⁷ I will bless you every day
and always praise your name for ever and ever. Ps 144

⁸ O Lord, allow us this day
to be guarded from sin.

- ⁹ Blessed are you, O Lord God of our fathers!
 Praised and glorified be your name for ever. Amen. Daniel 3
- ¹⁰ O Lord, let your mercy *be* on us,
 for we have hoped in you. Ps 32.
- ¹⁶ Blessed are you, O Lord!
 Teach me your statutes. X3 Ps 118
- ¹² O Lord, you have been our refuge
 from generation to generation. Ps 89
- I said, "O Lord, have mercy on me;
 heal my soul, for I have sinned against you." Ps 40
- ¹⁴ O Lord, I have fled to you;
 teach me to do your will, for you are my God. Ps 142
- ¹⁵ For with you is the source of life
 and in your light we will see light. Ps 35
- ¹⁶ Stretch out your mercy
 to those who know you. Ps 35

Triságion

Resurrection Troparion

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

LITURGY

Antiphon 1 Ps 113 Tone 1

S1: Israel left Egypt
 and the house of Jacob *departed* from a foreign people.

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

S2: Judah became his sanctuary
and Israel his dominion.

S3: The sea saw and fled;
 Jordan was turned back.

S4: O sea, what *happened* to you that you fled
 and you, Jordan, that you turned back?

S5: Glory: Both now:

Antiphon 2 Ps 114 Tone 2

S1: I have *poured out* love,
for the Lord will hear the voice of my plea.

R: Save us, O Son of God.
You were baptised by John in the Jordan.
We sing to you, “Alleluia!”

S2: For he has inclined his ear to me;
I will address him throughout my days.

S3: The pains of death have surrounded me,
the perils of Hades have discovered me;

I have found affliction and grief;
I addressed the name of the Lord,

S4: The Lord is merciful and just;
our God has pity.

S5: Glory: Both now:
Monogenes

Antiphon 3 Ps 117 Tone 1

S1: Thank the Lord, for he is good,
for his mercy endures for ever.

R: O Lord, when you were baptised in the Jordan, the worship of the Trinity was revealed. For the voice of the Father witnessed to you and called you his dear Son. And the Spirit, in the form of a dove, confirmed the truthfulness of his word. O Christ, our God, you have revealed yourself and have enlightened the world, glory to you!

S2: Let the house of Israel now say that he is good,
for his mercy endures for ever.

S3: Let the house of Aaron now say that he is good,
for his mercy endures for ever.

S4: Let all those who fear the Lord now say that he is good,
for his mercy endures for ever.

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 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 1

O Lord, when you were baptised in the Jordan, the worship of the Trinity was revealed. For the voice of the Father witnessed to you and called you his dear Son. And the Spirit, in the form of a dove, confirmed the truthfulness of his word. O Christ our God, you have revealed yourself and enlightened the world; glory to you!

Of the Church

Kontáktion

Tone 4

O Lord, you have appeared today to the inhabited earth and your light has shone on us, for we praise you with understanding. "O unapproachable Light, you have come and revealed yourself."

Triságion

Prokeímenon Ps 32 Tone 1

R: O Lord, let your mercy be on us,
 S: O just *people*, rejoice in the Lord.

Apóstolos

From the Letter of Paul to the Ephesians (4:7-13)

Brothers, grace was given to each of us according to the measure of Christ's gift. ⁸ Therefore it is said, "When he ascended on high he led a host of captives and he gave gifts to men." ⁹ (In saying, "He ascended," what does it mean but that he had also descended into the lower parts of

the earth? ¹⁰ The one who descended is the one who also ascended far above all the heavens, so that he might fill all things.) ¹¹ And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers. ¹² They would equip the saints for the work of ministry, for building up the body of Christ, ¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

Alleluia Ps 88 Tone 5

S1: O Lord, I will sing about your mercies for ever.

S2: For you have said, "Mercy will be built up for ever."

Gospel

From the Holy Gospel according Matthew (4:12-17)

At that time when Jesus heard that John had been arrested, he withdrew into Galilee; ¹³ and leaving Nazareth he went and dwelt in Caper'na-um by the sea, in the territory of Zeb'ulun and Naph'tali, ¹⁴ that what was spoken by the prophet Isaiah might be fulfilled: ¹⁵ "The land of Zeb'ulun and the land of Naph'tali, toward the sea, across the Jordan, Galilee of the Gentiles -- ¹⁶ the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." ¹⁷ From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

Communion Ps 148

Praise the Lord from the heavens;

praise him in the heights. Alleluia.