

**8 MAY (Ascensiontide)
+ John the Theologian C1
Arsénios the Great C5**

VESPERS

Lord I have cried

Tone 1

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.

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

But there is forgiveness with you.

The observer of ineffable revelations, the interpreter of the mysteries of God on high, the son of Zebedee, has recorded the gospel of Christ for us. He has taught us to acknowledge God as Father, Son and Holy Spirit.

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 divinely inspired instrument for the songs of heaven had written down its secrets for us, he marvellously sang the Song of Songs. He prays for us to be saved with words from his mouth like music from a harp.

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

O dear apostle, you declare the hidden word of God's wisdom with your tongue which resounds like thunder. You open your mouth to cry, "In the beginning was the Word," and so enlighten the entire human race with the knowledge of God."

Tone 8

S3: For there is mercy with the Lord
and abundant redemption with *him*.

He will redeem Israel from all his offences.

O divinely-minded father Arsénios, your tears of repentance cleansed you and brought you into loving communion with God whom you learnt to know. You are a brilliant pillar of devotion, the pride of monks and have been kindled with reverence for God. Guard us all through your prayers.

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

O renowned father Arsénios, God made you shine with the radiance of light when you searched for him. You thirsted for that light, left the royal court, settled in the desert and enjoyed the inheritance of Christ.

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

You have been favoured with wisdom and understanding. You have been adorned with virtues and glory. Because you were on fire with the love of God, you contended for divine things. You fled to Egypt, where you embraced the monastic life and exchanged your past noble life for the glory of heaven.

Glory: Tone 2

Let us give suitable praise to the son of thunder, the source of divine words, the chief theologian and the first to proclaim the truths of the teachings about the wisdom of God. He is John, the dear one and virgin. When he was divinely inspired from within, he said, "In the beginning was the Word." He taught that he is inseparable from the Father, equal to him in nature and revealed to us the correct worship of the Trinity. You have also revealed to us the Creator, who being with the Father and bearing life, showed us the true light. O awesome and fearful wonder! As you were filled with love, you were filled with divine speech. You were filled with the glory, belief and honour which confirm our undivided faith, and through which we attain eternal good on the day of judgement.

Both now:

From the Pentecostarion

Entrance

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

Of the Day

Reading 1

From the First Letter of John (3:21-4:5)

Dear people, if our hearts do not condemn us, we have confidence before God; ²²and we receive from him whatever we ask, because we keep his commandments and do what pleases him. ²³And this is his commandment, that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. ²⁴All those who keep his commandments remain in him, and he in them. And in this we know that he remains in us, by the Spirit which he has given us. ¹Dear people, do not believe every spirit, but test the spirits to see whether they are from God; for many false prophets have gone out into the world. ²In this you know the Spirit of God: every spirit which confesses that Jesus Christ has come in the flesh is from God, ³and every spirit which does not confess Jesus is not from God. This is the spirit of antichrist, of which you heard that it was coming, and now it is in the world already. ⁴Little children, you are from God and have overcome them, for the one who is in you is greater than the one who is in the world. ⁵They are from the world, therefore what they say is from the world, and the world listens to them. ⁶We are from God. Whoever knows God listens to us, and the one who is not from God does not listen to us. In this we know the spirit of truth and the spirit of error.

Reading 2

From the First Letter of John (4:11-16)

Dear people, if God so loved us, we also ought to love one another. ¹²No man has ever seen God. If we love one another, God lives in us and his love is perfected in us. ¹³In this we know that we live in him and he in us, because he has given us his own Spirit. ¹⁴And we have seen and testify that the Father has sent his Son as the Saviour of the world. ¹⁵Whoever confesses that Jesus is the Son of God, God lives in him, and he in God. ¹⁶So we know and believe the love which God has for us. God is love, and the one who lives in love lives in God, and God lives in him.

Reading 3

From the First Letter of John (4:20-5:5)

Dear people, if anyone says, "I love God," and hates his brother, he is a liar, for the one who does not love his brother whom he has seen, cannot love God whom he has not seen. ²¹And we have this commandment from him, that the one who loves God should love his brother also. ¹Everyone who believes that Jesus is the Christ is a child of God, and everyone who loves the parent loves the child. ²In this we know that we love the children of God, when we love God and obey his commandments. ³For this is the love of God, that we keep his commandments. And his commandments are not onerous. ⁴For whatever is born from God overcomes the world; and this is the victory that overcomes the world, our faith. ⁵Who is it that overcomes the world, but the one who believes that Jesus is the Son of God?

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.

Lití

Tone 4

O dear Disciple, you reclined on the breast of Christ at the supper of the Lord and drew ineffable mysteries from it which you were allowed to reveal. Your heavenly voice thundered out to all, "In the beginning was the Word, and the Word was with God, and the Word was God." He is Christ our God, the Saviour of our souls and the true Light who enlightens everyone who comes into the world.

Apósticha

Tone 4

O faithful, come today and crown with our songs of praise the glorious and dear apostle John. He is full of wisdom and the teacher of Orthodoxy. He thundered, "In the beginning was the Word." He revealed himself as the powerful and thundering preacher of the Gospel to the whole world.

S1: His sound has gone out into all the earth

and his words to the ends of the world. Ps 18

You are a close friend of Christ the teacher. As a man inspired by God, when you leant against his breast, you drew from it precepts of wisdom to enrich the whole world. The Church treasures your teachings and rejoices in you.

S2: The heavens declare God's glory

and the firmament speaks about his handiwork. Ps 18

Hail, O divine John! Hail, O son of the Lord's Mother, for you stood beside the cross of Christ and heard the voice of the divine Master when he

instructed you, "See, your Mother!" Therefore we all rightly bless you as a divine and blessed apostle of Christ.

Glory: Tone 6

O apostle of Christ, evangelist and divine teacher, you were an initiate of ineffable things. You made teaching plain to the faithful, as you thundered to us, "In the beginning was the Word!" You threw aside the words of heretics who said, "He was not." You were openly the bosom friend and dear one, like the prophet Isaiah, and like Moses who saw God. Since you have boldness before him, continually pray for our souls.

Both now:

From the Pentecostarion

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.

Triságion Prayers

Apolytikia

Tone 2

O beloved apostle of Christ our God, come quickly and rescue your helpless people, for the one on whose breast you leant will accept you as an advocate. O Theologian, plead with him to disperse the clouds of darkness, and to grant us peace and great mercy.

Tone 8

You cultivated the barrenness of the desert with the flood of your tears. You bore fruit abundantly with sighing from the depths of your heart. You became a star and enlightened the world with your wonders. Our devout father Arsénios, intercede with Christ to save our souls.

Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

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 beloved apostle of Christ our God, come quickly and rescue your helpless people, for the one on whose breast you leant will accept you as an advocate. O Theologian, plead with him to disperse the clouds of darkness, and to grant us peace and great mercy.

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Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

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 1

After you had become the disciple of Christ, you have taught all the people about the Master. O apostle John, you have illuminated the world by instructing us about Christ. Therefore we rightly call you a preacher, theologian and dear friend of Christ.

Glory: Both now:

From the Pentecostarion

Kathisma 2

Tone 8

You had the familiarity of a disciple as you leant on the breast of Jesus and asked whom his betrayer would be. The answer was given through the mystery of the bread because you are his dear friend. When you had understood the depths of theology, you taught the world about the incarnation of the Word. O apostle and theologian John, pray to Christ for the forgiveness of sins for those who keep your holy memory with love.

Glory: Both now:

From the Pentecostarion

Polyeleos

Kathisma 3

Tone 4

O faithful, let us celebrate the memory of the apostle John, for his feast today sheds light over all the world. He is the true theologian of the Lord and has been revealed as the true friend of Christ. Therefore the Master grants healing to those who honour him.

Glory: Both now:

From the Pentecostarion

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. *Amen*

Anaváthmi Ps 128 Tone 4

1: Many passions have fought against me from my youth,
but help me and save me, O my Saviour. *X2*

2: Those who hate Zion will be shamed by the Lord;
they will be withered like grass by the fire. *X2*

Glory:

3: Every soul lives through the Holy Spirit, is exalted in purity
and illuminated by the Triune Unity in a sacred mystery.

Both now:

4: The streams of grace pour out through the Holy Spirit;
they water all creation and produce life.

Prokeímenon Ps 18 Tone 4

R: His sound has gone out into all the earth. *Ps 18*

S: The heavens declare God's glory.

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 the firmament of his power. *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 Luke.

P/D: Let us attend

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

Gospel

From the Holy Gospel according to John (21:15-25)

At that time Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love

you.” He said to him, "Feed my lambs.”¹⁶ A second time he said to him, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you.” He said to him, "Tend my sheep.”¹⁷ He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you.” Jesus said to him, "Feed my sheep.”¹⁸ Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go.”¹⁹ (This he said to show by what death he was to glorify God.) And after this he said to him, "Follow me.”²⁰ Peter turned and saw following them the disciple whom Jesus loved, who had lain close to his breast at the supper and had said, "Lord, who is it that is going to betray you?"²¹ When Peter saw him, he said to Jesus, "Lord, what about this man?"²² Jesus said to him, "If it is my will that he remain until I come, what is that to you? Follow me!"²³ The saying spread abroad among the brothers that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, "If it is my will that he remain until I come, what is that to you?"²⁴ This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true.²⁵ But there are also many other things which Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written.

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

Psalm 50

O God, have mercy on me in your abundant mercy
and wipe out my offence through your great compassion.
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 this evil before you
^{6b} so that you might be justified in your words
and overcome when you are judged.
⁷ For see, I was conceived in lawlessness
and my mother gave birth to me in sin.

⁸ For see, you have loved truth
and revealed to me the hidden and secret *things* 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;
the humbled bones will rejoice.
¹¹ Turn your face from my sins
and wipe out all my lawlessness.
¹² O God, create 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 the joy of your salvation to me
and make me firm with your directing Spirit.
¹⁵ I will teach the lawless your ways
and the ungodly will return to you.
¹⁶ O God, set me free from the guilt of blood;
O God of my salvation,
my tongue will rejoice in your justice.
¹⁷ O Lord, you will open my lips
and my mouth will proclaim 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 sacrifice of justice,
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 your apostle.

Both now:

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

Have mercy: Tone 2

O faithful, come and bless the highest of the apostles, John. *He is* the trumpet of theology, the spiritual general who conquered the whole inhabited earth and the disciple worthy of our hymns. After he had been promoted from earth to heaven, he did not stay aloof from it, but lives in heaven as he waits for the dreadful second coming of the Master. O spiritual friend of Christ, you rested on his bosom, so request that those of us who lovingly celebrate your sacred memory, may meet him without condemnation.

Intercession

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 apostle and theologian John, 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 uniquely-fathered 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.

Kontákia

Tone 2

O God-bearing Arsénios, you followed angelic ways while you lived a human life. Therefore you stand before the Master with the angels and request divine forgiveness for us all.

O virgin disciple, who can declare your greatness? As a fountain of healing you flow with miracles and intercede for our souls as theologian and friend of Christ.

Íkos

It is presumptuous and beyond our reach to try to gain complete understanding of the heights of heaven and the depths of the sea. In the same way it is impossible to count all the stars, the sand on the seashore, or to speak adequately of the Theologian who has been crowned with so many crowns by Christ whom he loved. For he leant on his breast and ate with him at the last supper as the theologian and friend of Christ.

Synaxáron

Today we remember the ash or Manna produced by the tomb of the holy apostle and evangelist John the Theologian. It was not food, but gave strength. After the repose of the Theotokos John preached the Gospel in Asia Minor and cared for the churches there. (Apoc 2 and 3) When persecution broke out he was exiled to Patmos. On the Eighth we celebrate his office and call to mind the heavenly dew.

On the same day we remember our renowned father Arsénios the Great of Skiti who lived in the Fifth Century. He was born into a noble Roman family, but retired to Egypt to live as a hermit. Although he wanted to live unknown to anyone, his passing could not escape notice.

Together with them we remember:

Ascetic Pimen of the Kiev Caves C12

Lover-of-labour Arsénios of the Kiev Caves C 14

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

Katavasías

1: *The man* who had been slow in speech proclaimed the Law written by God when he was covered with divine darkness. He shook the dust away from the eyes of the wise as they saw the Existing *Lord*. After they had attained the knowledge of the Spirit, they praised him with divine songs.

3: Hannah, the prophetess of old, was drawn with a contrite spirit to the mighty God of wisdom; she undid the bonds of an infertile womb and the rebukes of her rival, for she gave birth to a child by her prayer alone.

4: O King of kings, unique Word coming from the only Father without beginning, O Lord, as Benefactor you have sent the Holy Spirit who is equal to you in might, to the disciples who glorify your power.

5: O renowned children of the Church, receive the fiery dew of the Spirit which brings perfect purification from sin, for now the Law has come from Sion. The grace of the Spirit is like tongues of fire.

6: O Master Christ, you are our purification. You have appeared to us from the Virgin and come like the prophet Jonah from the belly of the whale. You rescue all the fallen sons of Adam.

7: Instruments once resounded in harmony in honour of the lifeless golden idol, but the life-bearing grace of the Advocate moves believers to cry, "Blessed are you, O Trinity in Unity! You are without beginning and equal in power!"

8: Let us praise, bless and worship the Lord.
The three-fold radiance of the Divinity moistened the flames with dew and loosened the bonds. Therefore the youths sang to the Creator of all, "Blessed is our only Benefactor and Saviour."

Ode 9

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.

My soul glorifies the Lord
and my spirit has rejoiced in God my Saviour. **R**
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: Hail, O Queen! You are the glory of mothers and virgins. No mouth, however sweet or fluent, is eloquent enough to praise you worthily. Every mind is overawed by your childbearing. Therefore we glorify you in unison.

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*

Exaposteilária

Tone 2

As a son of thunder, you spoke loudly to mortals about God when you said, “In the beginning was the Word.” O apostle John, you leant faithfully on the breast of your Master and drew out streams of theology with which you enriched the whole creation.

Tone 2

O holy monk Arsénios, you submitted to the divine law of the Master. You left the world and took up your cross to follow him with rejoicing. You gave yourself to fasting, prayer, tears, sleepless vigils and holy quietness. In this way, O wise *monk*, you were calmed by the Holy Spirit.

Tone 2

O Christ, the disciples were watching your ascension to the throne of the Father. The angels cried, “Receive him, O gates, receive him, for the King has gone up to radiant glory!”

Praises

Tone 8

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.

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

Most wise and blessed John, because of the warmth of your love for Christ, you were the best-loved of the disciples by the all-seeing Word who justly judges the world. O divinely-blessed *apostle*, you were radiant in body and mind through the beauty of chaste purity.

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

O flower of virginity, *you were* an acceptable home of virtues, a musical instrument of wisdom, a temple of the Spirit, a voice bringing the light of grace, and a brilliant and treasured eye of the Church. Let us all now praise with songs John the servant of Christ.

S1: His sound has gone out into all the earth
and his words to the ends of the world. Ps 18

O foremost disciple John, you leant on the Breast of wisdom and drew out streams of theology which flow throughout the world. Through knowledge of the Trinity you dried up the sea of ungodly deeds. Like a pillar and cloud you lead us into the heavenly kingdom.

S1: Blessed is the man who fears the Lord. Ps 111

O godly minded father Arsénios, after leaving the tumult of the world, you rose to the greatest of heights. O blessed *saint*, you reached your desire, which was indeed the Source of good things. You were ablaze with such enlightenment. Save us from the darkness of sin through your prayers.

Glory: Tone 8

O John the Evangelist, equal of the angels, divinely taught virgin theologian, you announced to the world in Orthodox teaching, the flesh of the undefiled side from which blood and water flowed, and by which we obtain eternal life for our souls.

Both now:

From the Pentecostarion

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

Apolytíkion

Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

LITURGY

Antíphon 1 Ps 46 Tone 2

S1: All you nations, clap your hands;
shout to God with *the* sound of rejoicing.

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

S2: For the Most High Lord is terrible
and a great King over all the earth.

S3: He has subdued *the* peoples under us
and the nations under our feet.

S4: Glory: Both now:

Antiphon 2 Ps 47 Own Tone

S1: Great is the Lord and highly praised
in the city of our God
and on his holy mountain.

R: Save us, O Son of God.
You ascended in glory from us to the heavens.
We sing to you, "Alleluia!"

S2: God is known in her great houses
when he comes to help her.

S3: For see, the kings of the earth have been assembled;
they came together.

S5: Glory: Both now:
Monogenes

Antiphon 3 Ps 48 Tone 4

S1: All you nations, listen to these words;
all who live in the world, be attentive,

R: O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

S2: My mouth will speak about wisdom;
the meditation of my heart will be about understanding.

S3: I will incline my ear to a parable
and unfold my enigma with the lute.

S5: Glory: Both now:

Entrance Ps 46

God has gone up with a shout,
the Lord with the sound of *the* trumpet.

Save us, O Son of God.

You ascended to heaven in glory from us.

We sing to you, "Alleluia!"

Apolytikia

Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

Tone 2

O beloved apostle of Christ our God, come quickly and rescue your helpless people, for the one on whose breast you leant will accept you as an advocate. O Theologian, plead with him to disperse the clouds of darkness, and to grant us peace and great mercy.

Tone 8

You cultivated the barrenness of the desert with the flood of your tears. You bore fruit abundantly with sighing from the depths of your heart. Becoming a star, you enlightened the world with your wonders. Our devout father, Arsénios, intercede with Christ to save our souls.

Of the Church

Kontákion

Tone 8

O Christ our God, when you had fulfilled the dispensation for our sake and united things on earth with things in heaven, you ascended in glory. You are not separated from any place, are constant without being removed and cry to your loved ones, "I myself am with you and no one will be against you."

Triságion

Prokeímenon Ps 18 Tone 8

R: His sound has gone out into all the earth.

S: The heavens declare God's glory.

Apóstolos

From the First Catholic Letter of John (1:1-7)

We proclaim to you what was from the beginning, what we have heard, what we have seen with our eyes, what we have looked at and touched with our hands, concerning the word of life -- ²the life was revealed, we saw it, testify to it and proclaim to you the eternal life which was with the Father and was revealed to us -- ³what we have seen and heard, we proclaim also to you, so that you may have fellowship with us; and our fellowship is with the Father and with his Son Jesus Christ. ⁴And we are writing this that our joy may be complete. ⁵This is the message we have heard from him and proclaim to you, that God is light and in him is no darkness at all. ⁶If we say we have fellowship with him while we walk in

darkness, we lie and do not live according to the truth. ⁷But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

Alleluia Ps 88 Tone 1

S1: O Lord, the heavens will acknowledge your wonders.

S2: God is glorified in a council of the saints.

Gospel

From the Holy Gospel according to John (19:25-27, 21:24-25)

At that time standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Mag'dalene. ²⁶ When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold, your son!" ²⁷ Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home. ²⁴ This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. ²⁵ But there are also many other things which Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written.

Communion Ps 111

The just will be in everlasting remembrance. Alleluia!

Post Communion

Christ is risen from the dead!

He has trampled death with death
and granted life to those in the tombs.