

**11 MAY (Ascensiontide)**  
**Hieromartyr Mókios C3-4**  
**Dedication of Constantinople C4**  
**Consecration of SS Dimítrios & Nikitas, Plymouth, 2003**  
**(+ Kyril and Methodios, Equals to the Apostles C9)**

**VESPERS**

**Lord I have cried**

Tone 6

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.

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

But there is forgiveness with you.

It is an ancient law that dedication should be honoured and that is good. However, what is new must rather be honoured through dedication, for Isaiah says, "Islands are dedicated to God." These must be understood as the Churches of the nations which have recently been established and received permanence for God. Therefore let us also celebrate spiritually the festival of the dedication.

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

O brothers, be re-dedicated! Cast off the old man, live in newness of life and place a bridle on everything from which death comes. Let us discipline all our members, hate every evil meal from the tree and therefore only remember the old so that we may escape it. In this way the human race will be renewed and the day of the dedication be honoured.

S4: Let Israel hope in the Lord

from morning watch until night,  
from morning watch.

O Christ, you have established your Church as a tower of strength, for you have founded her on the rock of the faith. Therefore she remains immoveable for ever, for she has you, who for her sake in these last times became man without change. Therefore we gratefully sing your praise while we say, “You are the *one* who is our King before the ages and for all time. Glory to you!”

Tone 4

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

He will redeem Israel from all his offences.

O blessed father Mókios, you were wise in God. You dawned in the West as brilliant as the sun to shine over the whole world with the splendour of your good fight. O jewel of the athletes, marvellous adornment of priests, equal to the holy angels, you destroyed the power of evil.

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

After you had been warmed by devotion, sharpened by fighting the good fight and polished by manly courage, you became a sword forged by heaven to hack the enemy forces. Therefore today, O Mókios, glory and boast of martyrs, we sincerely celebrate your holy and light-bearing memory.

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

After you had been broken on a wheel, burnt by fire, thrown to the wild animals and forced to undergo many tortures, you were finally beheaded. O blessed martyr Mókios, you never denied Christ or sacrificed to idols. Therefore you received a victor’s crown and plead for us all while you live with the angelic choirs.

Glory:

Today Constantinople, the Queen of cities, dedicates its foundation to the Queen of all, so that it may be strengthened by her power and conquer all the armies of ungodly armies. Her faithful and rulers cry aloud, “O Lady,

you are the firm support of the crown and the sceptre of every Christian authority.”

Both now:

*From the Pentecostarion*

### **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*

### **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**

*From the Pentecostarion*

### **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 4

O saint inspired by God, you became a partner of the apostles in their way of life and a successor to their thrones. You found the means for approaching divine vision. Therefore you have truly taught the word of truth and fought for the faith even to death. O hieromartyr Mókios, pray to Christ *our* God to save our souls.

Tone 4

The city of the Theotokos dedicates its foundation to the Mother of God, for through her it is preserved and strengthened. Therefore we cry out to her, "Hail, O hope of all the ends of the earth."

*From the Pentecostarion*

#### **Dismissal**

### **ORTHROS**

**God is the Lord Ps 117**

R: God is the Lord and has appeared to us.

Blessed is the one who comes in the Lord's name. *Ps 117*

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

S2: All the nations surrounded me,  
but I opposed them in the Lord's name.

S3: This *is* the Lord's doing  
and it is wonderful in our eyes.

### **Apolytikia**

Tone 4

O saint inspired by God, you became a partner of the apostles in their way of life and a successor to their thrones. You found the means for approaching divine vision. Therefore you have truly taught the word of truth and fought for the faith even to death. O hieromartyr Mókios, pray to Christ *our* God to save our souls.

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*From the Pentecostarion*

### **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 8

Christ revealed the Tent of witness, the divine Moses established it on earth and Solomon dedicated a temple with sacrifices. However, let us, as we fly with faith towards the new Jerusalem, offer devout praise like David to the *Lord* who was crucified for us. Let us request pardon for all the actions in which we have sinned.

*From the Pentecostarion*

## Kathisma 2

Tone 8

O Creator of ineffable wisdom, you prepared the heavens as a throne and called the earth a footstool for your feet. O Lord, you have also chosen this temple for your glory, for your dwelling and for hearing the pleas of those who enter it. You have been truly pleased with its foundation in your name. In it we cry aloud to you, “O Master, Christ our God, send remission of sins to those who worship your glory with faith.”

*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*

### Psalm 50

O God, have mercy on me in your abundant mercy  
and wipe out my offence through your great compassion.  
<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 this evil before you  
<sup>6b</sup> so that you might be justified in your words  
and overcome when you are judged.  
<sup>7</sup> For see, I was conceived in lawlessness  
and my mother gave birth to me in sin.  
<sup>8</sup> For see, you have loved truth  
and revealed to me the hidden and secret *things* 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;  
the humbled bones will rejoice.  
<sup>11</sup> Turn your face from my sins  
and wipe out all my lawlessness.  
<sup>12</sup> O God, create 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 the joy of your salvation to me  
and make me firm 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, set me free from the guilt of blood;  
O God of my salvation,  
my tongue will rejoice in your justice.
- <sup>17</sup> O Lord, you will open my lips  
and my mouth will proclaim 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 sacrifice of justice,  
with an offering and burnt sacrifices;  
then they will offer calves on your altar.

### **Kontákion**

#### Tone 3

O Mókios, because you were protected by the shield of faith, you overpowered the ungodly host and received the crown of glory from the Lord. Since you rejoice for all time with the angels, rescue from danger those who sing to you. Continually plead for us all.

#### Tone 2

O Virgin, your city is placed under your protection as your selected inheritance. Preserve it invincible through your strength so that it may look towards you and cry out, “O Theotokos, you are the safety of your people.”

### **Synaxáron**

Today we remember the holy hieromartyr Mókios of Amphipólis in Makedonía who lived during the Third and Fourth Centuries. On the Eleventh the holy Church celebrates the beheading of this martyred priest.

On the same day we recall the foundation and dedication of Constantinople in 330 AD. O City, it is right for me to celebrate your birth, for I find my roots in you.

On the same day we remember Kyril and Methódios, Equal-to-the-Apostles, who brought the first Slavic Christians to Christ and lived in the Ninth Century. They are credited with the invention of the Cyrillic alphabet devised to translate the Scriptures and services.

We also remember:

Missionary Tudy of the Celtic Lands C5

Equal-to-the-Apostles Rostislav of Moravia C9

Archbishop Nikódimus of Serbia C14

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.

**M**y soul glorifies the Lord

and my spirit has rejoiced in God my Saviour. **R**

<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: 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.

### Exaposteilária

Tone 2

O Lord, Lover of the human race, through your Holy Spirit renew the souls and hearts of those who celebrate with faith the sacred dedication of your most honourable house. O Saviour, accept as a sacrifice the prayers of us who worship you in it.

*From the Pentecostarion*

### **Praises**

*From the Pentecostarion*

Tone 4

Let everything with breath praise the Lord.

Praise the Lord from the heavens;

praise him in the heights.

To you, O God, is due a song.

Praise him, all his angels;

praise him, all his powers.

To you, O God, is due a song.

S7: Praise God in his saints;

praise him in his mighty firmament.

S6: Praise him for his mighty deeds;

praise him for the abundance of his majesty.

S5: Praise him with the trumpet sound;

praise him with lute and harp.

S4: Praise him with cymbal and dance;

praise him with strings and flute.

S3: Praise him with tuneful cymbals;

praise him with joyful cymbals.

Let everything with breath praise the Lord.

### **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

## Triságion

## Apolytíkion

Tone 4

The city of the Theotokos dedicates its foundation to the Mother of God, for through her it is preserved and strengthened. Therefore we cry out to her, "Hail, O hope of all the ends of the earth."

## 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**

*From the Pentecostarion*

Tone 4

O saint inspired by God, you became a partner of the apostles in their way of life and a successor to their thrones. You found the means for approaching divine vision. Therefore you have truly taught the word of truth and fought for the faith even to death. O hieromartyr Mókios, pray to Christ *our* God to save our souls.

Tone 4

The city of the Theotokos dedicates its foundation to the Mother of God, for through her it is preserved and strengthened. Therefore we cry out to her, "Hail, O hope of all the ends of the earth."

*Of the Patrons*

### **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 92 Tone 4**

R: Your testimonies are very sure;

O Lord, holiness is right for your house to length of days.

S: The Lord reigns *and* is clothed with majesty;

the Lord is covered and surrounded with power.

### **Apóstolos**

From the Letter to the Hebrews [3:1-4]

Holy brothers who share in a heavenly call, consider Jesus, the apostle and high priest of our confession. <sup>2</sup> He was faithful to him who appointed him, just as Moses also was faithful in God's house. <sup>3</sup> Yet Jesus has been counted worthy of as much more glory than Moses as the builder of a house has more honour than the house. <sup>4</sup> (For every house is built by someone, but the builder of all things is God.) <sup>5</sup> Now Moses was faithful in all God's house as a servant, to testify to the things that were to be spoken later, <sup>6</sup> but Christ was faithful over God's house as a son. And we are his house if we hold fast our confidence and pride in our hope.

#### **Alleluia Ps 131 Tone 4**

S1: Let us enter his tabernacle

and worship at the place where his feet have stood.

S2: O Lord, rise into your resting-place,

you and the ark of your holiness.

### **Gospel.**

From the Holy Gospel according to John [10:22-30]

It was the feast of the Dedication at Jerusalem; <sup>23</sup> it was winter, and Jesus was walking in the temple, in the portico of Solomon. <sup>24</sup> So the Jews gathered round him and said to him, "How long will you keep us in suspense? If you are the Christ, tell us plainly." <sup>25</sup> Jesus answered them, "I told you, and you do not believe. The works that I do in my Father's name, they bear witness to me; <sup>26</sup> but you do not believe, because you do not belong to my sheep. <sup>27</sup> My sheep hear my voice, and I know them, and

they follow me; <sup>28</sup> and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand. <sup>29</sup> My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. <sup>30</sup> I and the Father are one.”

### **Post Communion**

Christ is risen from the dead!

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