

11 JANUARY
Afterfeast
+ Theodósios the Cenobiarch of Palestine C6

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.

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

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 just father, God-bearing Theodósios, you struggled valiantly during this fleeting life. You became an example to your disciples in song, vigil and fasting. Now you dance with the angels as you continually glorify Christ who is God from God, Word of God and our Redeemer. He bowed his head beneath the Forerunner's hand and sanctified the nature of the waters. O holy *father*, plead with him and beg him to grant the Church peace, unity and great mercy. X2

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

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

O just father, God-bearing Theodósios, you reached your great desire in the purification of your soul. The grace of the all-Holy Spirit resided within you like a pure light; you were made beautiful by his working. Now you continually glorify Christ. He is one Son in two natures, was baptised by the Forerunner's hand and the voice of the Father testified to him. O holy *father*, plead with him and beg him to grant the Church peace, unity and great mercy. X2

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

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

O just father, God-bearing Theodósios, you have been made worthy to *receive* a blessed life. You won the life on high through purity and self-denial; now you rejoice with the angels. You see Christ and continually glorify him. He miraculously took flesh from a virgin, was baptised in the Jordan and drowned all our sins. O holy *father*, plead with him and beg him to grant the Church peace, unity and great mercy. X2

Glory: Tone 2

O just father, you were a city of the living God. The streams of a river made the temple of your soul glad. That river has the Jordan for its source and flows to the ends of the earth. It waters it with the holy word of Christ our God. All-blessed Theodósios, implore him to save our souls.

Both now:

When you bowed your head beneath the Forerunner, you crushed the heads of the dragons. O Saviour, you have enlightened

everything by descending into the waters so that they might glorify you, for you illuminate our souls.

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

Prophecy 1

From the Wisdom of Solomon (3:1-9)

The souls of the just are in the hand of God and no torment will touch them. ² In the sight of the foolish they seemed to die and their departure is taken for misery, ³ and their going from us to be utter destruction, but they are in peace. ⁴ For although they may be punished in the sight of men, yet their hope is full of immortality. ⁵ Having been a little disciplined, they will be greatly rewarded, for God tested them and found them worthy for himself. ⁶ Like gold in the furnace he has tried them and received them as a burnt offering. ⁷ In the time of their visitation they will shine, and run to and fro like sparks among the stubble. ⁸ They will judge the nations, have dominion over the people, and their Lord will reign for ever. ⁹ Those who put their trust in him will understand the truth. Those who are faithful in love will live with him, for grace and mercy *belongs* to his saints and he visits his chosen.

Prophecy 3

From the Wisdom of Solomon (5:15-6:3)

The just live for evermore and their reward is with the Lord, and their care is with the most High. ¹⁶ Therefore they will receive a glorious kingdom and a beautiful crown from the Lord's hand, for he will shelter them with his right hand, and protect them with his arm. ¹⁷ He will take his fervour to himself for complete armour, and make the creature his weapon for revenge on his enemies. ¹⁸ He will put on justice as a breastplate, and judgment as a helmet. ¹⁹ He will take holiness for an invincible shield. ²⁰ He will sharpen his severe wrath for a sword; the world will fight with him against the foolish. ²¹ Then rightly-aimed thunderbolts will go out; from the clouds, as though from a well-drawn bow, they will fly to the mark. ²² Hailstones full of wrath will be fired as though from a stone bow, the water of the sea will rage against them and the rivers will cruelly drown them. ²³ Truly a mighty wind will rise against them, and like a storm will blow them away. Therefore lawlessness will lay waste the whole earth, and ill-dealing will overthrow the thrones of the mighty. ¹ Hear therefore, O kings, and understand; learn, you who are judges of the ends of the earth. ² Give ear, you who rule many people and glory in the throng of nations. ³ For might is given to you from the Lord, and sovereignty from the Most High.

Prophecy 3

From the Wisdom of Solomon (4:7-15)

Although the just may be overtaken with death, yet he will be at rest. ⁸ For honourable age is not in length of time, nor what is measured by the number of years. ⁹ But wisdom is the gray hair to people, and an unspotted life is old age. ¹⁰ He pleased God, and was loved by him, so that living among sinners he was taken

up. ¹¹ He was snatched, in case evil should alter his understanding, or deceit charm his soul. ¹² For the bewitching of waywardness obscures things that are honest, and the wandering of desire undermines the simple mind. ¹³ Since he was made perfect in a short time, he completed long years, ¹⁴ for his soul pleased the Lord, therefore he hurried to take him away from among the wicked. ¹⁵ The people saw, and did not understand, neither did they perceive that grace and mercy is with his saints, and that he has visited his chosen ones.

Ekteni

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.

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 4

The Lord said to the Forerunner, "See, how else can I wear your image which I myself have formed? I must humble myself in a manner beyond understanding. My friend, why is this so strange? If I bow my head beneath your hand as one of your fellow men and permit the waters to cover my nakedness, I can accomplish my will. I will clothe the naked with immortality in my compassion."

S1: The sea saw and fled; Jordan was turned back. Ps 113
"You have assumed a body and appeared to us. A womb received you, yet was not consumed by fire. This was prefigured long ago, when the furnace would not burn the holy youths, but I am only grass. O Master, how can my hands touch your fire? Almighty Jesus, Saviour of our souls, the heavens and everyone on earth trembles before you."

S2: O sea, what *happened* to you that you fled and you, O Jordan, that you turned back? Ps 113
"Although I am wholly free from grime, you wash me in the waters of the Jordan. Therefore human nature, *which is* tarnished by Adam's fall, is washed clean and born again, for by my baptism regeneration is granted to all men through water and the Spirit.

Glory: Tone 8

O Theodósios, we honour you, our father and instructor of a host of monks. We have indeed learnt to walk correctly in your footsteps. You are blessed, for after you had laboured for Christ, you denounced the power of the enemy. O speaker with the angels and companion of the venerable and just *saints*, implore the Lord, together with them, to grant mercy to our souls.

Both now:

O Saviour, today the armies of angels are amazed when they see you stand naked in the waters of the Jordan and bow your pure

head for baptism by John. You have filled the inhabited earth with riches by your voluntary poverty. O Lord, glory to you!

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 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 Theodósios, intercede with Christ to save our souls.

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 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 Theodósios, intercede with Christ to save our souls.

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*

Kathisma 1

Tone 4

Joshua, the son of Nun, led the people and the ark into the River Jordan and so foreshadowed the goodness which was to come. Their passing over was an image of our regeneration and a reliable type of the new creation which would be accomplished

by the Spirit, for Christ has appeared in the Jordan to sanctify the waters. X2

Kathisma 2

Tone 4

The time of God's revelation has come; Christ is revealed to us in the Jordan. O faithful, come; let us draw water and be rescued from our sins, for Christ has compassionately clothed himself with flesh. He seeks the sheep caught in the jaws of the wolf. He will find him and lead him back to Paradise. He has been revealed in the Jordan for the illumination of the inhabited earth. X2

Polyeleos

Kathisma 3

O renowned father, you raised your hands above, were like a pillar of fire and were majestic in the brilliance of your prayers. O blessed *Theodósios*, you were taken up to heaven on the wings of your spirit. You became radiant through your communion in the ineffable mysteries and continually plead with Christ our God to grant us great mercy.

Glory: Both now:

Today the Master comes to the water to be baptised by the heavenly Forerunner. The Father has testified from above, "This is my dear Son." The Spirit has appeared over him in the amazing form of a dove.

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*

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 115 Tone 4

R: The death of his saints is precious in the sight of the Lord. ps

115

S: I will take up the cup of salvation and call on the name of the Lord.

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 Luke (6:17-23a)

At that time Jesus came down with them and stood on a level place, with a great crowd of his disciples and a great crowd of people from all Judea and Jerusalem and the seacoast of Tyre and Sidon, who came to hear him and to be healed of their diseases; ¹⁸ and those who were troubled with unclean spirits were cured. ¹⁹ And all the crowd sought to touch him, for power came forth from him and healed them all. ²⁰ And he lifted up his eyes on his disciples, and said: "Blessed are you poor, for yours is the kingdom of God. ²¹ "Blessed are you that hunger now, for you shall be satisfied. "Blessed are you that weep now, for you shall laugh. ²² "Blessed are you when men hate you, and when they exclude you and revile you, and cast out your name as evil, on account of the Son of man! ²³ Rejoice in that day, and leap for joy, for behold, your reward is great in heaven."

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 lawless deeds through the intercession of Theodósios.

Both now:

O Merciful *Lord*, blot out the abundance of our lawless deeds through the intercession of the Theotokos.

Have mercy:

O venerable father, the sound of your teaching has gone out into all the earth. Therefore you have found the reward of your labours in the heavens. You destroyed the hosts of demons and reached the ranks of angels whose life you blamelessly followed. Since you have boldness before Christ God, request peace for our souls.

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 our father among the saints Theodósios, 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 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."

Tone 8

O master of God's holy sheepfold, you were planted in the courts of the Lord and bloomed there; you produced praiseworthy virtues. You increased your children in the wilderness and gave them a drink from the abundance of your tears. Therefore we cry out to you, "Hail, O father Theodósios!"

Íkos

O holy father, although you were a man by nature, you revealed yourself as a fellow-citizen of the angels, for you lived as if you had no body on earth. O wise father, you renounced every defilement of the flesh, therefore you receive these greetings from us.

Hail, O heir of the devotion of your father! Hail, O branch sprung from a devout mother! Hail, for you transformed the desert into a city! Hail O torch, for you enlighten the world!

Hail, for you followed Christ from your childhood! Hail, for you subdued the lusts of the flesh! Hail for you obtained salvation for monks! Hail, for you warned the lazy!

Hail, for you guided crowds from error! Hail, for your miracles flow in streams! Hail, for you are a support for all the poor! Hail, for you are our protector and defender. Hail, O father Theodósios!

Synaxáron

Today we remember our renowned father Theodósios the founder of monasteries who lived in the Sixth Century. The communities he founded contained hostels for travellers, hospitals for the sick and quarters for the aged. The Bishop of Jerusalem appointed him as archimandrite for all the cenobitic

monasteries in Palestine. He had good relations with Savvas who led the hermetical communities. Both held firmly to the teaching of the Fourth Council and condemned the Monophysite position. On the Eleventh the Good Shepherd led him into the true sheepfold.

Together with him we remember:

Hieromartyr Yginos of Rome C2

Abbot Theodósios of Antioch C5

Ethenia and Fidelmia, daughters of King Laoghaire C5

Fool-for-Christ Michael of Klops monastery C15

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

Katavasias

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.

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.

y soul glorifies the Lord

Mand 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: 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*

Exapostelária

O renowned father, after you had purified your soul from
disturbances of the passions, you unmistakably received the
heavenly splendours of God. O blessed Theodósios, joy of every
holy monk, you surpassed all light in its threefold clarity. O
God-bearing father, continually plead for us.

My almighty Saviour, how wonderful are your works! You were
God before the ages, yet without change you were made flesh
from your mother. O Master, you have come from a virgin,
washed in the waters of the Jordan, cleansed mortal nature from
its grime and healed our sinful souls.

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.

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

O Theodósios, when you had become the home of the holy
virtues, you were counted worthy to visit and inhabit the divine
temple of the Theotokos whose majesty you loved to
contemplate. Now you see the splendid and ineffable beauty of
the true dwelling founded by the Most High, where he keeps
those who turn to him with their whole heart. O renowned
father, ask him to grant our souls great mercy.

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

O blessed *father*, you were purified by ascetic toil and became an
imitator of the Master. Therefore you healed the affliction of the
woman who touched the hem of your habit. You fed those who
were hungry in the wilderness and gained for them an unlimited
treasure, for you were a gift of God in keeping with your name.
O holy father, you preached the Orthodox faith and ignored the
anger of the tyrant. O renowned father, ask Christ to grant our
souls great mercy.

S1: The sea saw and fled; Jordan was turned back. Ps 113
When you had kindled a smouldering flame of lasting love for
God, in return you received from heaven the fire which revealed
the will of God for you. You had to build a holy temple *and a*

school of virtue where souls could meditate. You faithfully
accepted the command and completed it. O blessed *saint*, your
body rests there after many struggles; it is a relic which receives
great honour. O renowned father, ask Christ to grant our souls
great mercy.

S2: O sea, what *happened* to you that you fled
and you, O Jordan, that you turned back? Ps 113
O Theodósios, you have departed for the marvellous dwelling,
the house of God, where your soul is filled with happiness and
joy, and where the sounds of feasting ring out. O blessed *father*,
with the harmony of sweet joy you share in the unspeakably
delicious feast which was the only object of your desire and for
which you humbled your body. You have received in the
majesty of divine holiness what you desired. O renowned father,
ask Christ to grant our souls great mercy.

Glory: Tone 2

You were displayed to those on earth as a model and ladder of
goodness. O boast of ascetics, we praise you, for you have
become an equal of the great Anthony. With humility beyond
measure you shepherded your flock in justice and led them into
the fold of holiness, the home of the saintly choir. We cry
earnestly to you, "All-blessed Theodósios, do not forget your
flock, but pray to the Lord that we may be saved."

Both now:

Today Christ has come to be baptised in the Jordan. Today John
touches the Master's head. The powers of heaven are amazed to
see a strange mystery. The sea saw and fled. Jordan was driven
back at the sight and we, *who are* enlightened, cry aloud, "Glory
to the revealed God, who has appeared on earth and enlightened
the world."

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

Apolytikion

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!

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 117

Blessed is he who comes in the name of the Lord;
we have blessed you from the house of the Lord.

God is the Lord, and has appeared to us.
O Son of God, you were baptised by John in the Jordan.
Save us who sing to you, "Alleluia!"

Apolytikia

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!

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 Theodósios, intercede with Christ to save our souls.

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 115 Tone 7

R: The death of his saints is precious in the Lord's sight.
S: What shall I give back to the Lord
for everything that he has given me?

Apóstolos

Obey your leaders.

From the Letter of Paul to the Hebrews (13:17-21)

Brothers, obey your leaders and submit to them, for they are keeping watch over your souls like men who will have to give account. Let them do this joyfully, and not sadly, for that would be of no advantage to you. ¹⁸ Pray for us, for we are sure that we have a clear conscience, desiring to act honourably in all things. ¹⁹ I urge you the more earnestly to do this in order that I may be restored to you the sooner. ²⁰ Now may the God of peace, who brought again from the dead our Lord Jesus, the great shepherd of the sheep, through the blood of the eternal covenant, ²¹ equip you with everything good so that you may do his will. May he accomplish in you what is pleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. Amen.

Alleluia Ps 111 Tone 6

S1: Blessed is the man who fears the Lord.
S2: His justice remains for ever.

Gospel

You are the light of the world.

From the Holy Gospel according to Matthew (11:27-30)

The Lord said to his disciple, "All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸ Come to me, all who labour and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

Communion Ps 111

The just will be in everlasting remembrance. Alleluia!