

16 SEPTEMBER
Afterfeast
± Great Martyr Effimía of Chalcedon C4

VESPERS

Lord I have cried

Tone 2

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.

Tone 2

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

But there is forgiveness with you.

The evil taste of the tree in Eden long ago condemned our first parents to a covenant of terror. Death was introduced to the human race. But now we have been raised to the better portion of eternal life by the holy Cross. At its exaltation we praise the Lord who was lifted on it and raised the world with himself.

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 Saviour, you carried your deluded flock on your shoulders and offered it to your Father. You numbered it with the angels through the Holy Spirit and your precious and life-bearing cross. You resisted the tree with your Tree. Now, in faith we raise it high. We glorify you, for you were lifted on it and raised us with yourself.

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

O faithful, let us stand in the presence of God. Let us attend to spiritual things and gaze in spirit on the place of the skull with purified minds. We mortals will join with angels to see the holy wood exalted on which Christ our God voluntarily stretched out his hands to gather all us who are prisoners and raise us to the heavenly places.

Tone 4

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

He will redeem Israel from all his offences.

O glorious martyr, you adorned your soul with the beauties of virginity and the blood of martyrdom. You were betrothed to the Creator who has truly preserved you incorrupt for the ages. Therefore, most-praised Effimía, you join the choir with the ranks of archangels, angels, apostles, prophets and martyrs.

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

You were bound to wheels of torture and torn in pieces by wild beasts. Your mind was sharpened with fire and water by the Spirit of God; you courageously drowned the princes of darkness with the streams of your blood. O virgin, you hurried to the spiritual bridal chambers and offered your suffering as a dowry to your bridegroom.

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

O martyr, although you have died, you live for ever and have poured streams of blood in the praise of the Lord. You water the faithful and enlighten them with understanding, but drown the unbelieving enemy. Therefore the divine scroll of the teaching of the Church was given to you; you preserve and hold it for ever.

Glory: Tone 6

All-glorious Effimía, you are adorned with virtues; you are radiant with reason. You are myrrh poured out in the hearts of the faithful; you rose from the east as a shining star. You taught the assembly of the holy fathers by the visitation of the Holy Spirit. Continually plead with the Lord to save our souls.

Both now:

O Christ our God, today the four ends of the earth are sanctified by the exaltation of the four arms of your cross. Your faithful people are exalted in strength and dash in pieces the might of the devil. You are great and your works are wonderful. Glory to you, O Lord!

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

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 6

O long-suffering Master, you endured mockery, scourging and crucifixion. Only life-giving and all-compassionate Lover of the human race, you wanted to rescue us all from the grasp of the deceiver.

S1: Exalt the Lord our God
and worship at his footstool. Ps 98

O good Lord, I bow before your Cross; O Saviour, I honour the nails and the spear. O life-giving Protector, only Saviour and Lover of the human race, you have ransomed all from corruption through them.

S2: God *was* our King in the past;
he has brought about salvation in the midst of the earth. Ps 73

My good Saviour, you were nailed to the Cross for me; O Redeemer, you were struck and outraged; you were given vinegar and gall to drink. Your side was pierced with a spear, yet, O sinless *Lord*, you endured all things.

Glory: Both now: Tone 8

Moses prefigured the Cross and defeated Amalek; David ordered worship at your footstool. So today, O Christ, we sinners fall in worship before your precious feet. O crucified Lord, we cry to you, "O Lord, make us worthy of your kingdom together with the thief."

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 4

O Jesus, your lamb Effimía, cries out to you with a loud voice, “My Bridegroom, I yearn for you and struggle as I seek you. I am crucified and buried with you in baptism. I die for you so that I may live in you. Receive me as a pure sacrifice since I offer myself with longing.” Save our souls through her prayers, for you are merciful.

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

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 Jesus, your lamb Effimía, cries out to you with a loud voice, “My Bridegroom, I yearn for you and struggle as I seek you. I am crucified and buried with you in baptism. I die for you so that I may live in you. Receive me as a pure sacrifice since I offer myself with longing.” Save our souls through her prayers, for you are merciful.

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

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

Since you revered Christ as your Spouse and had your lamp ready, you were brilliant with the radiance of virtues and entered the wedding banquet with him. You received the crown of victory from him. Rescue from every danger those who observe your holy memory with faith.

Glory: Both now:

O Christ our God, since you were willingly raised on the cross, grant mercies to your new community called by your name. Make firm our faithful rulers with your power and grant them victories over their enemies. May your help be a weapon of peace and an invincible trophy.

Kathisma 2

Tone 4

O virgin martyr, the crown merited by your struggle and amazing effort, has covered the triumph of the Devil with shame. Since you sincerely loved Christ as your Bridegroom, you did not fear beating or death, but totally offered yourself to your God as you carried the crown of faith.

Glory: Both now:

O Christ, after the sad fall from Paradise which had been brought about by the bitter advice of the enemy, you raised me and removed the ancient curse through your cross. You killed the serpent whose cunning had murdered me and gave me the gift of life. Glory to your divine crucifixion, O Saviour! *X2*

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*

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.

Kontákia

Tone 4

O Christ our God, since you were willingly raised on the cross, grant mercies to your new community called by your name. Make firm our faithful rulers with your power and grant them victories over their enemies. May your help be a weapon of peace and an invincible trophy.

Tone 4

All praised Effimía, you completed your struggle well. Even after death you pour out healing on us for our sanctification. We stand beside your venerable relics to honour your holy dormition so that we may be delivered in faith from the frailty of our nature and profit by the grace of your miracles.

Íkos

The temple of the renowned martyr has become a Paradise, because it has her body as a tree of immortality in its midst. Whoever takes its fruits is quickly sanctified. There is a miracle here when we see how her body still seems alive and sheds blood whose fragrance is noted by everyone. All of you, come along with me, although I am poor. Let us venerate her relics. Since we are purified from every ill, let us profit by the grace of her miracles.

Synaxáron

Today we remember the holy and renowned great martyr Effimía who lived in the Fourth Century. She was a young Christian of Chalcedon who refused to honour its pagan god Ares at a festival. When September had passed half its days, she passed over to live near Christ for ever.

Together with her we remember:

Hermit Dorotheos of Egypt C4

Bishop Ninian of Whithorn C5

Martyr Ludmilla of Czechia C10

Nun Edith of Wilton C10

Metropolitan Cyprian of Moscow C15

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

Katavasías

1: Moses inscribed the invincible weapon of the cross on the waters and marked a straight line before him with his staff. He divided the Red Sea and opened a path for Israel who went over dry shod. Then he marked a second line across the waters, united them in one and overwhelmed the chariots of Pharaoh. Therefore let us sing to Christ our God, for he has been glorified.

3: The rod of Aaron is an image of this mystery; it comes into bud to show who should be priest. So the wood of the Cross has now flowered in the Church that once was barren. It has filled her with strength and steadfastness.

4: O Lord, I have heard the mystery of your dispensation. I have considered your works and I glorified your divinity.

5: O three times blessed tree, on which Christ the King and Lord was stretched, the beguiler who tempted the human race with the tree fell because of you. He was caught in the trap set by God who was crucified on you in the flesh and grants peace to our souls.

6: Jonah stretched out his hands in the form of a cross within the belly of the whale and plainly prefigured your redeeming passion. He was cast out after three days and foreshadowed the mighty resurrection of Christ our God who was crucified in the flesh and enlightened the world by his rising on the third day.

7: The senseless decree of the wicked tyrant confused the people and breathed out threats and blasphemy hateful to God. Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three children. As they stood together in the flame and were fanned by the wind that brought

refreshment like the dew, they sang, "Blessed are you and praised above all, our God and the God of our fathers!"

8: Let us praise, bless and worship the Lord.

O children, equal in number to the Trinity, bless God the Father and Creator. Sing the praises of the Word who descended and changed the fire to dew and exalt above all for ever the most Holy Spirit who gives life to all.

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:

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*

9: O Theotokos, you are a mystical Paradise in which Christ blossomed. Through him the life-bearing wood of the Cross was planted on earth. Now at its elevation we bow in worship before it and glorify you.

Exaposteilária

Tone 3

Let us all celebrate together the memory of the renowned Effimía. She received the definition of Orthodoxy from the fathers. Through grasping it she plainly revealed those who acknowledged the true faith.

The cross is the salvation of the whole inhabited earth! The cross is the staff and support of all the saints! The cross is the sceptre and power of kings! The cross is the refuge and castle of believers! The cross is the strength of the entire human race!

Praises

Tone 3

Let everything with breath praise the Lord.

Praise the Lord from the heavens;

praise him in the heights.

To you, O God, is due a song.

Praise him, all his angels;

praise him, all his powers.

To you, O God, is due a song.

Tone 3

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.

O brothers, on the feast of the holy martyr Effimía let us sing in gratitude to God who is marvellous in his wisdom,. He has conquered the enemy through this woman and revealed his power through female weakness.

May he grant our souls great mercy through her prayers. X2

S1: Exalt the Lord our God

and worship at his footstool. Ps 98

The renowned martyr of Christ has mixed the cup of truth with her blood. She calls out to the children of the Church, "Drink the cup of salvation. It is a pure protecting sign of the resurrection which preserves those who say to the Saviour, 'You have filled us with the living water of the Spirit. Now save us.'"

S1: God *was* our King in the past;

he has brought about salvation in the midst of the earth. Ps 73

Let those who have been sealed with the blood of Christ against the day of redemption, now joyfully praise the blood of the martyrs, for it proclaims the Saviour's passion and eternal glory. Let us say to him, "O Lord, you are marvellous in your saints. Save us through the prayers of the renowned martyr Effimía."

Glory: Tone 1

Most praised Effimía, today the choirs of the fathers assemble for the sake of Christ. They offer you the scroll of the Orthodox faith. You receive it in your honourable hands and preserve it for ever. Therefore we assemble in chorus and honour your suffering. We cry out with devotion, "Hail, most-praised *martyr*, for you transformed your feminine nature into courageous readiness! Hail, most praised *saint*, for you preserved inviolate the Orthodox faith handed down by the fathers! Hail, for you pray for our souls!

Both now:

Today indeed the words of David inspired by the Holy Spirit have gone out to the ends of the earth. For see, we openly worship at the footstool of your most pure feet, and place our hope under the shadow of your wings. All-compassionate *Lord*, we cry out to you, "Let the light of your face shine on us. O Christ of great mercy, raise the horn of Orthodox people as they raise your precious Cross.

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 Jesus, your lamb Effimía, cries out to you with a loud voice, "My Bridegroom, I yearn for you and struggle as I seek you. I am crucified and

buried with you in baptism. I die for you so that I may live in you. Receive me as a pure sacrifice since I offer myself with longing.” Save our souls through her prayers, for you are merciful.

LITURGY

Antíphon 1 Ps 21 Tone 2

S1: O God, my God, be attentive to me;
why have you forsaken me?

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

S2: The words of my offences are far from my salvation.

S3: My God, I will cry by day, *but* you will not listen.

S4: O Praise of Israel, you will live in the sanctuary.

S5: Glory: Both now:

Antíphon 2 Ps 73 Own Tone

S1: O God, why have you completely banished us?

R: Save us, O Son of God.

You were crucified in the flesh.

We sing to you, “Alleluia!”

S2: Remember your assembled people

whom you have purchased from the beginning.

S3: This is Mount Zion on which you have settled.

S4: God *was* our king in the past;

he has accomplished salvation in the midst of the earth.

S5: Glory: Both now:

Monogenes

Antíphon 3 Ps 98 Tone 1

S1: The Lord reigns; let the peoples rage.

R: O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

S2: He sits on the cherubim; let the earth be shaken.

S3: The Lord is great in Zion and high over all the peoples.

S4: Let them acknowledge your great name
for *it* is terrible and holy.

Entrance Ps 98

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

Save us, O Son of God.

You were crucified in the flesh.

We sing to you, "Alleluia!"

Apolytikia

Tone 4

O Jesus, your lamb Effimía, cries out to you with a loud voice, "My Bridegroom, I yearn for you and struggle as I seek you. I am crucified and buried with you in baptism. I die for you so that I may live in you. Receive me as a pure sacrifice since I offer myself with longing." Save our souls through her prayers, for you are merciful.

Of the Church

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

Kontákion

Tone 4

O Christ our God, since you were willingly raised on the cross, grant mercies to your new community which is called by your name. Make firm our faithful rulers with your power and grant them victories over their enemies. May your help be a weapon of peace and an invincible trophy.

Trisagion

Prokeimenon Ps 67 Tone 4

R: God is wonderful in his saints.

S: Bless God, in *the* churches.

Apostolos

From the Second Letter of Paul to the Corinthians (6:1-10)

Brothers, as we then work jointly with him, we implore you not to accept the grace of God in vain. ² For he says, "At the acceptable time I have listened to you and helped you on the day of salvation." See, now is the acceptable time; see, now is the day of salvation. ³ We put no obstacle in anyone's way, so that no fault may be found with our ministry. ⁴ As servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, ⁵ beatings, imprisonments, tumults, labours, watching, hunger; ⁶ by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, ⁷ truthful speech, and the power of God; with the weapons of justice for the right hand and for the left; ⁸ in honour and dishonour, in ill-repute and good repute. We are treated as impostors and yet are true; ⁹ as unknown and yet well-known; as dying, and, see, we live; as punished, and yet not killed; ¹⁰ as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Alleluia Ps 33 Tone 4

S1: The just cried and the Lord heard them;
he released them from all their afflictions.

S2: The afflictions of the just are many,
but the Lord will rescue them from every *hardship*.

Gospel

From the Holy Gospel according to Luke (7:36-50)

At that time one of the Pharisees asked him to eat with him, and he went into the Pharisee's house, and took his place at table. ³⁷ And behold, a woman of the city, who was a sinner, when she learned that he was at table in the Pharisee's house, brought an alabaster flask of ointment, ³⁸ and standing behind him at his feet, weeping, she began to wet his feet with her tears, and wiped them with the hair of her head, and kissed his feet, and anointed them with the ointment. ³⁹ Now when the Pharisee who had invited him saw it, he said to himself, "If this man were a prophet, he would have known who and what sort of woman this is who is touching him, for she is a sinner." ⁴⁰ And Jesus answering said to him, "Simon, I have something to say to you." And he answered, "What is it, Teacher?" ⁴¹ "A certain creditor had two debtors; one owed five hundred denarii, and

the other fifty. ⁴² When they could not pay, he forgave them both. Now which of them will love him more?" ⁴³ Simon answered, "The one, I suppose, to whom he forgave more." And he said to him, "You have judged rightly." ⁴⁴ Then turning toward the woman he said to Simon, "Do you see this woman? I entered your house, you gave me no water for my feet, but she has wet my feet with her tears and wiped them with her hair. ⁴⁵ You gave me no kiss, but from the time I came in she has not ceased to kiss my feet. ⁴⁶ You did not anoint my head with oil, but she has anointed my feet with ointment. ⁴⁷ Therefore I tell you, her sins, which are many, are forgiven, for she loved much; but he who is forgiven little, loves little." ⁴⁸ And he said to her, "Your sins are forgiven." ⁴⁹ Then those who were at table with him began to say among themselves, "Who is this, who even forgives sins?" ⁵⁰ And he said to the woman, "Your faith has saved you; go in peace."

Communion Ps 111

The just will be in everlasting remembrance. Alleluia!