

SUNDAY 7 JULY 2019
Thomas of Mount Maleum C10
Great Martyr Kyriaki of Achéa C4
3rd Sunday Tone 2 & Eothinón 3

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.

S10: Lead my soul from prison that I may acknowledge your name.
Come and worship the Word of God *who was* begotten by the Father
before all ages and became incarnate from the Virgin Mary. When he had
endured the cross, he was buried, as he himself desired. When he rose
from the dead, he saved me, for I had strayed.

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

Christ our Saviour nailed the bond against us to the cross; he made it of no
effect and destroyed the power of death. We fall down before his
resurrection on the third day.

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

O Lord listen to my voice.

Together with the archangels, let us praise the resurrection of Christ. He is
our Saviour and Redeemer. He is coming with awesome glory and mighty
power to judge the world which he formed.

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

The angel proclaimed you as the crucified and buried Master. He said to
the women, "Come and see the place where he lay. He has risen, as he

said, for he is almighty.” Only immortal *Lord*, we worship you. O Christ, Giver of life, have mercy on us.

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

But there is forgiveness with you.

You destroyed the curse of the tree by your cross. You destroyed the might of death by your burial. You enlightened the human race by your rising. O Benefactor, Christ our God, glory to 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 Lord, the gates of death opened to you with fear. When the gate-keepers of Hades saw you, they were afraid, for you demolished the gates of brass and smashed the iron chains. You have led us from darkness and the shadow of death; you have broken our bonds.

Tone 2

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 triumphant martyr of Christ, in front of the tribunal you courageously testified to the one who had suffered crucifixion. After suffering chains and various tortures, you joyfully rose to heaven in order to join the company of martyrs who had acknowledged Christ from all ages. O Kyriakí, you now rejoice in glory for all time. X2

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

O Kyriakí, you are the chosen bride of the Word who appeared on earth. You are resplendent in the beauty of your deeds and in the radiant light of the passion which you suffered for the sake of God. O virgin and martyr, you continually rejoice in the heavenly dwellings, so remember all of us who keep your feast.

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

You are the amazing shoot from a noble branch and yield the sufferings of your passion as saving fruits. Through grace you dried up the weeds of the

ungodly. Therefore we lovingly honour your holy memory and spiritually venerate your relics in order to receive the gifts of healing.

Glory: Tone 6

The virgin martyr stands at the right of the Saviour. She was victorious in her combat, is clothed in the embroidered robes of her virtues, is adorned with virginal purity and decked with the blood of her struggles. When she has filled her lamp with the oil of joy, she cries out to him, "O Christ my God, I am drawn to you with the fragrance of your anointing. Your love has wounded me; O heavenly Bridegroom, do not be distant from me." O all-powerful Saviour, grant us your great mercy through her prayers.

Both now: Tone 2

The shadow of the Law passed when grace came. As the bush burned, yet was not consumed, so the Virgin gave birth, yet remained a virgin. The Sun of justice has risen instead of a pillar of flame and Christ, the salvation of our souls, instead of Moses.

Phos Ilarón

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory
of the immortal, heavenly, holy, blessed Father,
when we come to the setting of the sun
and see the light of evening,
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you
with voices of praise,
O Son of God *and* Giver of life.
Therefore the world glorifies you.

Prokeímenon

P/D: The Evening Prokeimenon

R: The Lord reigns *and* is clothed with majesty.

S1: The Lord has put on power and clothed himself.

S2: He founded the world, which will not be moved.

Ektení

Prayer

O Lord, allow us this night to be guarded from sin. Blessed are you, O Lord, God of our fathers! Praised and glorified be your name for ever. Amen. O Lord, let your mercy be on us, for we have hoped in you. Blessed are you, O Lord; teach me your statutes. Blessed are you, O Master; make me understand your statutes. Blessed are you, O Holy *One*; enlighten me with your statutes. O Lord, your mercy lasts for ever; do not overlook the work of your hands. To you belongs worship, to you belongs praise, to you belongs glory, to the Father, the Son and the Holy Spirit, both now and ever, and to ages of ages. Amen.

Pliotiká

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 2

O Christ our Saviour, your resurrection has enlightened the whole inhabited earth and recalled your creation. O almighty Lord, glory to you!

S1: The Lord reigns *and* is clothed with majesty;

the Lord has put on power and clothed himself. Ps 92

O Saviour, you destroyed the curse of the tree by the tree and killed the majesty of death by your burial. You have enlightened our race through your resurrection. O Giver of life, Christ our God, glory to you!

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

O Christ, when you were observed as you were nailed to the cross, you restored the beauty of your creatures. The soldiers showed their inhumanity when they pierced your side with a spear. The Hebrews, who did not understand your power, asked for your tomb to be sealed, but you accepted the grave and rose on the third day in the mercy of your compassion. O Lord, glory to you!

S3: O Lord, holiness is right for your house to length of days. Ps 92
 O Christ, Giver of life, you willingly endured the passion for the sake of the dead. You descended into Hades as the mighty *Lord* to save those who waited for your coming and granted them the life of Paradise instead of Hades. Grant also to us, who glorify your resurrection on the third day, cleansing from our sins and great mercy.

Glory: Tone 2

This holy woman, *Kyriakí* stands in the City of our God, on his Holy Mountain, holding her shining lamp. Let us listen to the praise of a virgin, “Virginity is God’s temple, the glory of the martyrs and the companion of the heavenly angels.”

Both now:

O Theotókos, I place all my hope in you. Keep me under the wings of your protection.

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 immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, “O Giver of life, Christ our God, glory to you!”

Tone 4

O Jesus, your lamb *Kyriakí*, 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.

O Theotokos, the mystery hidden from eternity and unknown to the angels, is revealed to those on earth through you. God was incarnate from you in a union without confusion and willingly took up the cross for us. He raised the first-formed man and has saved our souls from death.

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.

Apolytíka

Tone 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, “O Giver of life, Christ our God, glory to you!”

Tone 4

O Jesus, your lamb Kyriakí, 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.

O Theotokos, the mystery hidden from eternity and unknown to the angels, is revealed to those on earth through you. God was incarnate from you in

a union without confusion and willingly took up the cross for us. He raised the first-formed man and has saved our souls from death.

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 2

The noble Joseph took down your most pure body from the tree and wrapped it in fine linen. He anointed it with spices and laid it for burial in a new tomb. But, O Lord, you rose on the third day and granted the world great mercy.

Glory:

The angel stood at the tomb and cried to the myrrhbearing women, “Myrrh is correct for the dead, but Christ has revealed himself a stranger to corruption, so proclaim that the Lord is risen and grants the world great mercy.”

Both now:

O Virgin Theotokos, you are most glorious. We praise you, for Hades has been laid low and death has been slain through the cross of your Son. We were dead in sin, but have risen and been granted life. We have obtained Paradise, our former delight, therefore we thank and glorify Christ our God, for he alone is mighty and great in mercy.

Kathísma 2

You did not prevent the stone of the tomb from being sealed; you rose and granted the rock of faith to everyone. O Lord, glory to you.

Glory:

The choir of the disciples, joined the myrrhbearing women and rejoiced in unison. Therefore, together with them, we keep the feast to glorify and honour your resurrection. O Lord and Lover of the human race, grant your people great mercy through them.

Both now:

O Virgin Theotokos, you are most blessed, for Hades has been captured through the *Lord* who was born from you. Adam has been recalled, the curse has been annulled, Eve has been set free, death has been slain and we have been granted life. Therefore we cry, "Blessed is Christ our God, who was so well-pleased! Glory to you!"

Evlogitária

Blessed are you, O Lord; teach me your statutes.
The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.
The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes.
The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.
The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them: Why do you number the Living among the dead? As God he has risen from the tomb."

Glory:
We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

Both now:
O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)
O our God and our hope, glory to you.

Small Litany

P: For blessed is your name, and glorified is your kingdom, of the Father and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. *Amen*

Ypakói

Read without note

O Christ our God, the women went to the grave in order to anoint your body after the Passion. They saw angels in the tomb and were afraid, for they heard them say, “The Lord has risen and grants the world great mercy.

Anaváthmi Tone 2

Antiphon 1 Ps 122

O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.

O my Christ, have mercy on us,
for we frequently and at every hour give you grief;
give us the means to turn back to you before the end.

Glory: Both now:

The rule, blessing and control of creation are the Holy Spirit’s
for he is God, consubstantial with the Father and the Word.

Antiphon 2 Ps 123

If the Lord were not among us,
who could be protected from the murderous enemy?

O Saviour, do not hand over your servant to their teeth.

They move against me like a lion,
for they also are my enemies.

Glory: Both now:

The first cause of life and regal honour is the Holy Spirit’s,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antiphon 3 Ps 124

Those who put their trust in the Lord are like the Holy Mountain;
they are never shaken by the attacks of Beliar.

Do not let those who live for God
stretch out their hands to lawless deeds,

for Christ will not set aside the rod for his inheritance.

Glory: Both now:

All wisdom streams from the Holy Spirit.

Grace comes from him to the Apostles;
the Martyrs are crowned for their struggles
and the Prophets are given vision.

Prokeímenon Ps 7

R: O Lord my God, rise at the order which you have commanded.
and an assembly of people will gather round you.

S: O Lord my God, I have hoped in you.

Small Litany

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

Kontákion

Read without note

O almighty Saviour, Hades became afraid when it saw the miracle of your
resurrection from the tomb. The dead rose and creation, together with
Adam, saw this and rejoiced together with you. My Saviour, the world
praises you for ever.

Íkos

O Saviour, you are the light of those in darkness; you are the resurrection
of everyone and the life of mortals. O Word, when you despoiled the
might of death and shattered the gates of Hades, you raised us all with you.
O Lover of the human race, the dead saw this and wondered at the miracle
and all creation rejoiced together at your resurrection. Therefore, my
Saviour, we also glorify and praise your condescension and the world
praises you for ever.

Synáxarion

Today we remember our renowned father Thomas of Mount Maleon, who
lived in the Tenth Century. He was a famous general, yet renounced the
world to live near Athos. Many came to him for wisdom, prayer and
advice. On the Seventh he began his flight to heaven in order to delight in
the rewards which waited for him.

On the same day we commemorate the holy martyr Kyriakí of Achéa, who lived in the Fourth Century. She willingly went out to martyrdom and expired after bowing her head.

Together with them we remember:

Bishop Palladius of Ireland C8

Bishop Hedda of the West Saxons C8

Bishop Willibald of Eichstatt C8

Nun and Grand Duchess Evdoxía of Moscow C15

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

Katavasías

1: I will open my mouth and be filled with the spirit. I will sing a song to the Queen and Mother. I will come, rejoice in the feast and praise all her glory.

3: O Theotokos, living and inexhaustible fountain, in your divine glory spiritually establish your choir which is assembled in chorus. Make them worthy *to receive* crowns of glory in your mercy.

4: The counsel of God cannot be scrutinised. The Most High was incarnate from a Virgin. The prophet Habakkuk foresaw this and cried, “Glory to your power, O God!”

5: O Virgin, all creation was amazed at your divine glory, for you knew no man. You held thee God of all in your womb and gave birth to the eternal Son. You order salvation for all those who praise you.

6: O devout people, come and clap hands while we observe this divine and most precious feast of the Mother of God. Let us glorify God who was born from her.

7: The devout youths worshipped the Creator rather than created things. They courageously trampled on the threatening fire and joyfully sang, “Blessed are you, most praised Lord, the God of our fathers.”

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

The *Lord* who was born from the Theotokos saved the holy children in the furnace. The one who was then prefigured has now been born on earth and gathers the whole inhabited earth to sing, “All you works of the Lord, bless the Lord and exalt him above all for ever.

Gospel Dialogue

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

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

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

Praise God in his saints;

praise him in his mighty firmament. *Ps 50*

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

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

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

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

P/D: Let us attend

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

Eothinón Gospel 3

From the Holy Gospel according to Mark (16:9-20)

When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons. ¹⁰ She went and told those who had been with him, as they mourned and wept. ¹¹ But when they heard that he was alive and had been seen by her, they would not believe it. ¹² After this he appeared in another form to two of them, as they were walking into the country. ¹³ And they went back and told the rest, but they did not believe them. ¹⁴ Afterward he appeared to the eleven themselves as they sat at table; and he upbraided them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. ¹⁵ And he said to them, "Go into all the world and preach the gospel to the whole creation. ¹⁶ He who believes and is baptized will be saved; but he who does not believe will be condemned. ¹⁷ And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; ¹⁸ they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." ¹⁹ So then the Lord

Jesus, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God. ²⁰ And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. Amen.

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

Resurrection Ode

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

Psalm 50

O God, have mercy on me in your abundant mercy
and wipe out my offence through your great pity.
⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,
⁵ for I know my lawlessness
and my sin is always before me.
⁶ I have sinned against you alone
and done what is evil before you
^{6b} so that you might be right in your words
and overcome when you are judged,
⁷ for see, I was conceived in lawlessness
and my mother desired me in sin,
⁸ for see, you have loved truth
and shown me the mysteries and secrets of your wisdom.
⁹ You will sprinkle me with hyssop and I will be clean;
you will wash me and I will become whiter than snow.
¹⁰ You will make me hear about joy and gladness;
humbled bones will rejoice.
¹¹ Turn your face from my sins
and wipe out all my lawlessness.

- 12 O God, make a pure heart within me
and renew an upright spirit within me.
- 13 Do not banish me from your presence
or remove your Holy Spirit from me.
- 14 Restore your saving joy to me
and strengthen me with your directing Spirit.
- 15 I will teach the lawless your ways
and the ungodly will return to you.
- 16 O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.
- 17 O Lord, you will open my lips
and my mouth will announce your praise,
- 18 for if you had wanted sacrifice, I would have given it;
you will not be pleased with burnt offerings.
- 19 Sacrifice for God is a broken spirit;
God will not despise a broken and humbled heart.
- 20 O Lord, be good to Zion in your pleasure
and let the walls of Jerusalem be built,
- 21 then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;
then they will offer calves on your altar.

Glory: Tone 6

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

Both now:

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

Have mercy:

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

Intercession

Short form

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of

our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of our renowned father Thomas of Mount Maleon, of the holy martyr Kyriakí, 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. XI2

Through the mercy, compassion and love for the human race of your only-begotten Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

Ode 9

My soul glorifies the Lord
and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim
and beyond compare more glorious than the Seraphim.
You gave birth to God the Word without defilement;
O true Theotokos, we glorify you.

² For he has regarded his servant’s humility;
see, from now all generations will call me blessed. R:

³ For the Almighty has accomplished great *things* for me
and his name is holy.

His mercy is from generation to generation
on those who fear him. R:

⁴ He has accomplished strength with his arm
and scattered the proud in the imagination of their hearts. R:

⁵ He has put down the mighty from *their* thrones
and exalted the humble.

He has satisfied the hungry with good *things*
and dismissed the rich with nothing. R:

⁶ He has helped his servant Israel
in remembering his mercy,

as he spoke to our fathers,
to Abraham and his seed for ever. R:

9: Let every earthborn mortal spiritually rejoice and carry lamps. be radiant and spiritually leap for joy. Let the ranks of angelic powers celebrate as they honour the sacred wonders of the Theotokos and cry, “Hail, O pure and blessed Ever-virgin who gave birth to God!”

Small Litany

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

Holy is the Lord

Holy is the Lord our God. X3

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

Exaposteilária

Tone 3

Christ is risen indeed! Let no one doubt or question. He appeared to Mary, then to those who were fishing. After that he appeared to his eleven disciples as they sat at table. He sent them to baptise, then he ascended to heaven from which he had descended; he confirmed the message by the signs which attended it.

O Kyriakí, you were adorned like a bride and betrothed to your Bridegroom with an honourable passion. Since you carry the lamp of a virgin, you have entered the resplendent palace as a chosen *saint* and joyfully reign with the *Lord* who exists for ever.

O Sun, you have shone today from the tomb like a Bridegroom from his chamber. You have led Hades captive and destroyed death. At the prayers of your Mother, send light to illuminate our hearts and souls, a light to lead us in the way of your commandments and along safe paths.

Praises

Tone 2

Let everything with breath

praise the Lord.

Praise the Lord from the heavens;
praise him in the heights.
To you, O God, is due a song.

Praise him, all his angels;
praise him, all his powers.
To you, O God, is due a song.

S8: This glory will be for all his holy ones.
O Lord, everything with breath glorifies you. For you, the only Lover of the human race, have destroyed death by your cross and revealed to the peoples your resurrection from the dead.

S7: Praise God in his saints;
praise him in his mighty firmament.
Do the Jews say that the soldiers who guarded the King destroyed him instead? Do they say that the stone did not preserve the Rock of life? Either let them give up the buried *Lord* or adore with us the one *who has* risen with us and say, “Glory to your great mercies! O Saviour, glory to you!”

S6: Praise him for his mighty *deeds*;
praise him for the abundance of his majesty.
O people, rejoice and be glad! An angel sitting on the stone has announced to us the glad news and said, “Christ, the Saviour of the world, has risen from the dead and filled everything with sweet fragrance.” O people, rejoice and be glad!

S5: Praise him with the trumpet sound;
praise him with lute and harp.
O Lord, before your conception an angel came with the greeting, “Hail!” to the *Lady* who was full of grace and an angel rolled the stone from your glorious tomb at your resurrection. The one announced the signs of joy in place of sorrow, the other proclaimed to us the life-giving Master in place of death. Therefore we cry out to you, “O Lord and Benefactor of all, glory to you!”

Tone 2

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 triumphant martyr of Christ, in front of the tribunal you courageously testified to the one who had suffered crucifixion. After suffering chains and various tortures, you joyfully rose to heaven in order to join the company of martyrs who had acknowledged Christ from all ages. O Kyriakí, you now rejoice in glory for all time. X2

S2: I truly waited for the Lord and he was attentive to me. Ps 39

O Kyriakí, you are the chosen bride of the Word who appeared on earth. You are resplendent in the beauty of your deeds and in the radiant light of the passion which you suffered for the sake of God. O virgin and martyr, you continually rejoice in the heavenly dwellings, so remember all of us who keep your feast.

S1: He set my feet on a rock and guided my steps. Ps 39

You are the amazing shoot from a noble branch and yield the sufferings of your passion as saving fruits. Through grace you dried up the weeds of the ungodly. Therefore we lovingly honour your holy memory and spiritually venerate your relics in order to receive the gifts of healing.

Glory: Tone 3

The disciples were rebuked for their hardness of heart because they did not believe Mary Magdalene when she proclaimed the Saviour's resurrection and his appearance to her. Yet they were sent out to preach armed with miracles and wonders. O Lord, you ascended to your Father, the Source of light. Then the disciples preached in every place; they confirmed their words with wonders and miracles. O Lover of the human race, we are enlightened by them and glorify your resurrection from the dead.

Both now: Tone 2

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

Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

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

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

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

have mercy on us,

for you take away the sin of the world.

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

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

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

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

⁹ Blessed are you, O Lord God of our fathers!
Praised and glorified be your name for ever. Amen. Daniel 3

¹⁰ O Lord, let your mercy *be* on us,
for we have hoped in you. Ps 32.

¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118

¹² O Lord, you have been our refuge
from generation to generation. Ps 89

I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40

¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142

¹⁵ For with you is the source of life
and in your light we will see light. Ps 35

¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságon

Resurrection Troparion

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

LITURGY

Antiphon 1 Ps 91

S1: It is good to thank the Lord
and make melody to your name, O Most High.

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

S2: To announce your mercy in the morning
and your truth by night,

S3: For the Lord our God is upright
and there is no injustice in him.

S4: Glory: Both now:

Antiphon 2 Ps 92

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

R: Save us, O Son of God.
You arose from the dead
We sing to you, “Alleluia!”

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

S3: Your throne *was* made ready in the past;
you are from eternity.

Monogenes

Antiphon 3 Ps 94

S1: Come, let us rejoice in the Lord,
and shout with joy to God our Saviour.

R: O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, “O Giver of life, Christ our God, glory to you!”

S2: Let us enter his presence with thanksgiving
and gladly cry to him with psalms,

S3: For the Lord is a great God
and a high king over all the earth.

Entrance Ps 94

Come, let us worship and fall down before Christ.
Save us, O Son of God.
You arose from the dead.
We sing to you, “Alleluia!”

Apolytikia

Tone 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, “O Giver of life, Christ our God, glory to you!”

Tone 4

O Jesus, your lamb Kyriakí, 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

Kontákion

O unfailing protection of Christians and unchanging mediator before the Creator, do not despise the prayers of us sinners, but in your goodness extend your help to those of us who faithfully cry to you, “O Theotokos, you always protect those who honour you, so hurry to intercede for us and hasten to plead for us.”

Triságion

Prokeímenon Ps 18

R: Their sound has gone out into all the earth
and their words to the ends of the world.

S: The heavens proclaim God's glory.
and the firmament tells about his handiwork.

Apóstolos

From the Letter of Paul to the Galatians (3:23-4:5)

Brothers, before faith came, we were confined under the law and kept under restraint until faith should be revealed. ²⁴ Therefore the law was our guardian until Christ came, so that we might be made just by faith. ²⁵ But now that faith has come, we are no longer under a guardian; ²⁶ for you are all sons of God through faith in Christ Jesus. ²⁷ For as many as were baptised into Christ have put on Christ. ²⁸ There is neither Jew or Greek, there is neither slave or free, there is neither male or female; for you are all one in Christ Jesus. ²⁹ And if you are Christ's, then you are Abraham's offspring, heirs according to promise. ¹ I mean that the heir, as long as he is a child, is no better than a slave, although he is the owner of the whole estate. ² He is under guardians and trustees until the date set by the father. ³ So with us; when we were children, we were slaves to the elemental spirits of the universe. ⁴ But when the time had fully come, God sent his Son, born of woman, born under the law, ⁵ to redeem those who were under the law, so that we might receive adoption as sons.

Alleluia 88 Tone 1.

S1: O Lord, the heavens will acknowledge your wonders
and your truth in the assembly of saints,

S2: God is glorified in a council of saints;
he is great and terrible towards all those around him.

Sunday Matthew 3

From the Holy Gospel according to Matthew (6:22-33)

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; ²³ but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! ²⁴ "No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and

despise the other. You cannot serve God and mammon. ²⁵ "Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add one cubit to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? ³¹ Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the Gentiles seek all these things; and your heavenly Father knows that you need them all. ³³ But seek first his kingdom and his righteousness, and all these things shall be yours as well.

Communion Ps 148

Praise the Lord from the heavens;
praise him in the heights. Alleluia!