

SUNDAY 19 JANUARY 2020
Makários the Great of Egypt C4
31st Sunday Tone 6 & Eothinón 9

VESPERS

Lord I have cried

Tone 6

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

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.

O Christ, you were victorious over Hades. You ascended the cross and raised with you those who sat in the shadow of death, for you are free among the dead and pour out life from your light. O almighty Saviour, have mercy on us.

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

Today Christ has trampled on death, for he has risen as he said and granted joy to the world, so that we may all sing this hymn, “O unapproachable Light, Source of life, almighty Saviour, have mercy on us.”

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

O Lord listen to my voice.

O Lord, where shall we sinners flee from you, for you are in all creation? In Heaven? It is there that you live. In Hades? It is there that you trampled on death. In the depths of the sea? Even there is your hand, O Master. As we flee to you and fall down before you, we pray, “You rose from the dead; have mercy on us.”

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

O Christ, we glory in your cross. We sing and honour your resurrection. For you are our God and we know no one else apart from you.

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

But there is forgiveness with you.

We will always bless the Lord and sing about his resurrection, for he endured the cross, and trampled down death by death.

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, your might is great, for you overthrew the one with the power of death! You have renewed us by your cross, and grant us life and incorruption.

Tone 4

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 inspired *saint*, you reached out, for the blessedness which surpasses thought. You took abstinence for luxury, poverty for wealth, lack of possessions as true abundance and humility for glory. O Makários, as you intended, you reached your heart's desire. Now you live in the dwellings of the saints. X2

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

O father, you completed the course of the ascetic life without wavering and kept the faith. Therefore you gained the crown of justice prepared for you by Christ, who grants the prizes of victory, and bestows the gifts and rewards of labour. O God-bearing *saint*, pray now that we also may run this course.

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

O divinely-wise *father*, you denied yourself every pleasure. You beat your body and embittered your senses through hard labour, abstinence,

endurance in temptation and patience in adversity. In their place you have received eternal joy, everlasting delight and ineffable glory.

Glory: Tone 8

O Egypt, rejoice! You produced a flower and great protector in the blessed Makários. He shone with the wisdom of the Holy Spirit and surpassed all asceticism with his virtuous way of life. We offer him as mediator and implore him to intercede with Christ to save our souls.

Both now: Tone 6

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honourable and all-blessed Lady, plead with him to have mercy on our souls.

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.

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.

Aposticha

Tone 6

O Christ our Saviour, the angels in heaven sing hymns to your resurrection. Enable us who are on earth to glorify you with purity of heart.

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

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

You destroyed the gates of brass, broke the chains of Hades and raised the fallen human race, for you were almighty God. Therefore we cry out in unison, “O Lord, glory to you who rose from the dead!”

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

Christ who desired to restore us after our fall, was nailed to the cross and placed in a tomb. The myrrhbearing women sought him with tears and cried, “Woe to us, O Saviour! How do you stoop to live in the tomb? What place can hide your life bearing body? Come to us as you promised; take away our lamentation and tears.” Then the angel appeared to them

and cried, “End your lamentation. Go and proclaim to the apostles that the Lord has risen; he grants us pardon and great mercy.”

S3: O Lord, holiness is right for your house to length of days. Ps 92
 O Christ, you have been crucified as you determined and you captured death by your burial. You rose on the third day as God in glory, and have granted the world eternal life and great mercy.

Glory: Tone 6

O renowned father, the sound of your teaching has gone out into all the earth. Therefore you have discovered the reward for your labours in the heavens. You destroyed the demonic crowds and reached the angelic ranks whose life you blamelessly followed. Since you have boldness before Christ our God, beg peace for our souls.

Both now:

Hail, O lamp-stand of the Light, for he is more brilliant than the sun! Hail, O Queen, for you have saved us from the ancient curse! You are the hope of the hopeless and recall the human race to God. Hail, O radiant palace of the Great King, for you are the fertile mountain from whom rose Saviour rose! Hail, O divine and zealous lamp of the Word of God! Hail, O kindled lamp and throne of Fire!

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.

Triságon Prayers

Apolytikia

Tone 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 1

Our God-bearing father Makários, you were revealed as a citizen of the desert, an angel in the body and a wonder-worker. Through fasting, vigil and prayer, you received heavenly grace to heal the sick and the souls of those who were drawn to you in faith. Glory to the One who gave you strength! Glory to the *Lord* who crowned you! Glory to the one who grants healing through you!

O Virgin, O sacred ark, when Gabriel greeted you with “Hail!” he cried out like the just David, for the Master of all was incarnate in you. You were revealed as more spacious than the heavens, for you carried your Creator. Glory to the *Lord* who lives in you! Glory to the one who comes from you! Glory to the one who frees us through your Child!

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 6

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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 6

When the tomb was opened, Hades lamented and Mary cried to the Apostles *who were* in hiding, “O workers of the vineyard, come out and proclaim the word of the resurrection, ‘The Lord has risen and grants the world great mercy.’”

Glory:

Mary Magdalene stood beside your tomb and, because she thought that you were the gardener, said with loud lamentation, “Where have you hidden the Eternal Life? Where have you laid the one who sits on the throne of the Cherubim? Those who were guarding him have died with fright. Either give me my Lord or cry out with me, ‘Glory to you, for you were among the dead, yet you made the dead rise!’”

Both now:

O Theotokos, Gideon foreshadowed your conceiving and David revealed your childbearing, for the Word descended into your womb like rain on the fleece. O holy *Lady*, full of grace, you brought into flower without seed the Salvation of the world; *he is* Christ our God.

Kathísma 2

Life lay in the tomb and the seal lay over the stone. The soldiers guarded Christ like a sleeping King. When he had invisibly struck his enemies, the Lord rose.

Glory:

O immortal Lord, Jonah prefigured your burial and Simeon foretold your divine resurrection. For you went down as a corpse into the tomb and shattered the gates of Hades. O Christ our God, Enlightener of those in darkness, you rose as Master without corruption for the salvation of the world.

Both now:

O Virgin Theotokos, pray to your Son, Christ our Lord, who was willingly nailed to the cross and rose from the dead so that he might save our souls.

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, you have shattered the gates of Hades as God and have opened to us the former Paradise by your voluntary and life-giving death. You have saved our lives from corruption by rising from the dead.

Anaváthmi Tone 6

Antiphon 1 Ps 122

O Word, I raise my eyes to you in heaven;

have pity on me so that I may live for you.

O Lord, have mercy on us who are of no worth
and restore your vessels for service.

Glory: Both now:

The cause of salvation is in the Holy Spirit;

if he decides to breathe on one of these,

he quickly raises him from earthly things, gives him wings, makes him grow and gives him standing above.

Antiphon 2 Ps 123

If the Lord had not been among us,

none of us could have firmly struggled with the enemy,

but the victors will be exalted.

O Word, do not let my soul be taken like a sparrow in their teeth.

Alas! How can I, a lover of sin, be set free from the enemies?

Glory: Both now:

Everyone is made divine
and given joy, peace and blessing through the Holy Spirit,
for he is equally active with the Father and the Lord.

Antiphon 3 Ps 124

Those who trust in the Lord are fearful to their enemies
and objects of wonder to everyone,
for their vision is above.

O Saviour, the land of the just has you for helper
and will not extend its hands to do wrong.

Glory: Both now:

The power over everyone is vested in the Holy Spirit;
the hosts of heaven worship him as also every earthly breath.

Prokeímenon Ps 79

R: O Lord, stir up your power and come to save us.

S: O Shepherd of Israel, listen.

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

When Christ our God, the Giver of life, raised all the dead from the valleys
of misery with his mighty hand, he granted resurrection to the human race.
He is the Saviour of all, the Resurrection, Life and God of all.

Íkos

O faithful, let us praise and venerate the tomb of the Giver of Life. For
you, immortal *Lord*, have bound Hades as Almighty God and raised the
dead. You have destroyed death and shattered the gates of Hades.
Therefore those of us who live on earth glorify you with love, for you have
risen, overthrown the might of the all-destroying enemy, raised all those
who have put their faith in you and rescued the world from the sting of the
serpent. O Almighty *Lord*, you have saved us from the deceit of the
enemy. Therefore we sing the praises of your resurrection through which
you, who are the Resurrection, Life, and God of all, have saved us.

Synaxáriorion

Today we remember our renowned father Makários the Hermit of Egypt who lived in the Fourth Century. He was falsely accused by a girl of fathering her child. He accepted the slander and laboured to support the child. After the truth became known he fled to the desert where his sayings became prized. On the Nineteenth he received the portion of the blessed as a reward for so many trials.

Together with him we remember:

Abbot Makários of Alexandria C4

Branwalader (Breward) of Cornwall C6

Bishop Sulpice of Bourges C7

Archbishop Arsénios of Kerkyra C10

Fool-for-Christ Theodore of Novgorod C14

Archbishop Mark of Ephesus C15

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

Katavasías

1: The sun's rays once shone on dry land in the midst of the deep, for the water on both sides became as firm as a wall while the people crossed over the sea on foot. They offered this song acceptable to God, "Let us sing to the Lord, for he has been greatly glorified."

3: O Lord, *you are* the firm foundation of those who put their trust in you. Strengthen the Church which you have purchased with your precious blood.

4: O Christ, your virtue has covered the heavens, for after you came from your undefiled Mother, the ark of your sanctification, you appeared in the Temple of your glory as a Child in arms and the whole world was filled with your praise.

5: Isaiah symbolically saw God on a throne. He was lifted high and carried in triumph by angels in glory. He cried, "Woe is me, for I have seen the incarnate God beforehand. He is the Lord of the light which knows no evening and the King of peace."

6: When the Elder with his eyes saw the Salvation which had come to the Gentiles, he cried aloud to you, "O Christ, *you* come from God and are my God."

7: O Word of God, you dropped dew on the children as they spoke about divine matters in the midst of the fire. You took up your home in the pure Virgin. We praise you as we sing with devotion, "Blessed are you, O God of our fathers!"

8: Let us praise, bless and worship the Lord.
The youths who fought for godliness stood together in the unbearable fire, yet were not harmed by it. They sang a divine hymn, "Bless the Lord, all you his works, 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 9

From the Holy Gospel according to John (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." ²⁰ When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. ²¹ Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." ²² And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. ²³ If

you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.”²⁴ Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came.²⁵ So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe.”²⁶ Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you.”²⁷ Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing.”²⁸ Thomas answered him, "My Lord and my God!"²⁹ Jesus said to him, "Have you believed because you have seen me, Thomas? Blessed are those who have not seen and yet believe.”³⁰ Now Jesus did many other signs in the presence of the disciples, which are not written in this book;³¹ but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

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 Makários, 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 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: Those of us who are faithful see the outline in the shadow of the Law
and in the Scriptures, “Every male child which opens the womb will be
holy for God.” Therefore we also glorify the First-begotten Word, and
Son of the Father who has no beginning, the First-born Son of the
unwedded Mother.

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 5

When you had entered while the doors were shut, you filled your apostles
with the Holy Spirit. You breathed peace on them and said, “Forgive sins
or retain them.” After eight days you showed Thomas your hands and
your side. Therefore we cry out with him, “My Lord, and my God!”

Tone 3

You went far into the desert places in your desire for the angelic life. Our God-bearing father Makários, you subjugated the passions of the flesh and emulated the angels.

O pure *Lady*, by your mighty protection, keep us all safe from enemy plots. We are your servants; you are our only refuge in necessity.

Praises

Tone 6

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, your cross is life and resurrection for your people. We place our trust in it and praise you as our risen God. Have mercy on us.

S7: Praise God in his saints;
praise him in his mighty firmament.
O Master, your burial has opened Paradise for the human race. We have been rescued from corruption and praise you, our risen God. Have mercy on us.

S6: Praise him for his mighty deeds;
praise him for the abundance of his majesty.
Let us praise Christ, together with the Father and the Spirit, *for he* has risen from the dead. Let us cry to him, “You are our Life and Resurrection, have mercy on us.”

S5: Praise him with the trumpet sound;
praise him with lute and harp.

O Christ, you rose from the grave on the third day according to the Scriptures; you raised our forefather with you. Therefore the whole human race glorifies you and praises your resurrection.

Tone 4

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 inspired *saint*, you reached out, for the blessedness which surpasses thought. You took abstinence for luxury, poverty for wealth, lack of possessions as true abundance and humility for glory. O Makários, as you intended, you reached your heart's desire. Now you live in the dwellings of the saints.

S2: The death of his saints

is precious in the sight of the Lord.

O father, you completed the course of the ascetic life without wavering and kept the faith. Therefore you gained the crown of justice prepared for you by Christ, who grants the prizes of victory, and bestows the gifts and rewards of labour. O God-bearing *saint*, pray now that we also may run this course.

S1: Blessed is the man who fears the Lord;
there is great desire in his commandments.

O divinely-wise *father*, you denied yourself every pleasure. You beat your body and embittered your senses through hard labour, abstinence, endurance in temptation and patience in adversity. In their place you have received eternal joy, everlasting delight and ineffable glory.

S2: O Lord God, rise; let your hand be exalted
and never forget the poor.

O Jews, how could you be robbed since the tomb was sealed? You placed the guards and fixed the seals, but the King has passed through closed doors. Either produce him as a corpse or worship him as God and sing with us, "O Lord, glory to your cross and resurrection."

S1: O Lord, I will thank you with all my heart;

I will recount all your wonders.

The myrrh-bearing women reached your tomb, the source of life, with loud lamentation. They wanted to anoint your most pure body. They found a radiant angel sitting on the stone, who spoke to them and said, “Why do you mourn for the *Lord* who has caused life to flow from his side to the world? Why do you seek the immortal one among the dead in a tomb? Go quickly and tell his disciples the total joy of his glorious resurrection.” O Saviour; enlighten us also with it; grant us forgiveness and great mercy.

Glory: Tone 5

O Christ, you appeared to your dear *disciples* in the fullness of time on the eve of the Sabbath. You confirmed a wonder for them through a miracle, when you entered while the doors were shut and revealed your resurrection from the dead. You filled your disciples with joy, granted them the Holy Spirit and gave them the power to forgive sins. You did not allow Thomas to drown in the depths of faithlessness. O compassionate Lord, grant us also knowledge of the truth and forgiveness of sins.

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

Triságion

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. After he had 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 Tone 6

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

R: The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; 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!"

Apolytíkion

Tone 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 1

Our God-bearing father Makários, you were revealed as a citizen of the desert, an angel in the body and a wonder-worker. Through fasting, vigil and prayer, you received heavenly grace to heal the sick and the souls of those who were drawn to you in faith. Glory to the One who gave you strength! Glory to the *Lord* who crowned you! Glory to the one who grants healing through you!

Of the Church

Kontákion

Tone 1

O Christ God, you sanctified the Virgin's womb by your birth and blessed Simeon's hands; now you have come and saved us. Grant peace to your people in time of war and strengthen the rulers whom you have loved, for you are the only Lover of the human race.

Triságion

Prokeímenon Ps 46 Tone 3

R: Make music to our God, make music!

Make music to our King, make music!

S: All you nations, clap your hands;
shout to God with a joyful sound.

Apóstolos of Sunday 29

From the Letter of Paul to the Colossians (3:4-11)

Brothers, when Christ who is our life appears, then you also will appear with him in glory. ⁵ Put to death, therefore, what is earthly in you: fornication, impurity, passion, evil desire, and envy, which is idolatry. ⁶ On account of these the fury of God is coming. ⁷ You once walked in

these things when you lived in them. ⁸ But now put them all away: anger, fury, malice, slander, and foul talk from your mouth. ⁹ Do not lie to one another, because you have put off the old nature with its practices ¹⁰ and have put on the new nature, which is being renewed in knowledge in accordance with the image of its Creator. ¹¹ Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

Alleluia Ps 30 Tone 3

S1: O Lord, I have hoped in you, never let me be shamed;
free me in your justice and rescue me.

S2: Become my defending God
and a house of refuge to save me.

Sunday Luke 12

The healing of ten lepers

From the Holy Gospel according to Luke (17:12-19)

At that time as Jesus entered a village, he was met by ten lepers, who stood at a distance ¹³ and lifted up their voices and said, "Jesus, Master, have mercy on us." ¹⁴ When he saw them he said to them, "Go and show yourselves to the priests." And as they went they were cleansed. ¹⁵ Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; ¹⁶ and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan. ¹⁷ Then said Jesus, "Were not ten cleansed? Where are the nine? ¹⁸ Was no one found to return and give praise to God except this foreigner?" ¹⁹ And he said to him, "Rise and go your way; your faith has made you well."

Communion Ps 148

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