

SUNDAY 1 MARCH 2020
+ Sunday of Cheesefare
Martyr Evdokía of Ilioupólis C2
37th Sunday Tone 4 & Eothinón 4

VESPERS

Lord I have cried

Tone 4

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 our God, we always honour your life-giving cross and glorify your resurrection on the third day. O almighty *Lord*, you have renewed the corrupt nature of the human race and revealed our way to heaven through it, for you are good and the Lover of the human race.

S9: The just will wait for me until you reward me.
O Saviour, you abolished the penalty of the tree of disobedience by being nailed willingly to the tree of the cross. O almighty *Lord*, you broke the bonds of death as God by descending to Hades. Therefore we adore your resurrection from the dead and sing in joy, “Glory to you, O almighty Lord!”

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O Lord, you smashed the gates of Hades and demolished the kingdom of death by your death. You rescued the human race from corruption and granted the world life, incorruption and great mercy.

S7: Let your ears note the voice of my plea.
O people, come and sing about the Saviour's resurrection on the third day. We have all been freed by it from the unbreakable bonds of Hades; we have received life and incorruption. Therefore we cry in unison, “You were crucified, buried and rose again. Unique Lover of the human race, save us by your resurrection.”

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
O Saviour, angels and mortals sing about your resurrection on the third day. The ends of the inhabited earth have been enlightened by it and we have been rescued from bondage to the enemy. We cry, “O Life-creating and almighty Saviour, save us by your resurrection.”

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 Christ our God, you have shattered the gates of brass and destroyed the chains of death. You have raised the fallen human race. Therefore we cry in unison, “O Lord risen from the dead, glory to you!”

Tone 6

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

My Creator and Lord took me as dust from the earth, formed me into a living creature, breathed into me the breath of life and gave me a soul. He honoured me when he established me as a ruler on earth over every visible thing and made me a companion of the angels. However, the deceiver Satan used the snake as his instrument, enticed me with food, separated me from the glory of God and handed me over to the earth, to the lowest depths of death. O Master, recall me in your compassion.

1

S3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel from all his offences.
O Lord, when the enemy tempted me, I disobeyed your command. I exchanged the glory of my immortal body for shame and nakedness. Now I must wear garments of skins and fig-leaves and I am condemned to eat the bread of bitter hardship by the sweat of my brow. The earth is cursed and produces thorns and husks for me. O Lord, you took flesh from the Virgin in the fullness of time; call me back and restore me to Eden.

S2: Every nation, praise the Lord;
every people, acclaim him!
O Paradise, O garden of delight and beauty, O dwelling made perfect by God, O unending gladness and eternal joy, O hope of the prophets and home of the saints, plead with the Creator of all by the music of your rustling leaves to open for me the gates which my sins have closed, so that I may partake of the tree of life and the grace which was given to me in the beginning.

S1: For his mercy is strengthened over us
and the truth of the Lord remains for ever.
Adam was exiled from Paradise through disobedience. He was driven from eternal bliss and deceived by the words of Eve. He sat naked and weeping before the gates of Paradise. Let us hurry to enter the season of fasting. Let us carefully obey the gospel commands, so that we may be made acceptable to Christ our God and regain our home in Eden.

Glory: Tone 6

Adam sat before the gates of Eden, lamented his nakedness and cried out, “Woe to me! I have listened to wicked deceit; I have lost my glory and am now banished! Woe is me! My open-mindedness has left me naked and confused. O Paradise, no longer can I enjoy your delights. No longer can I see my Lord, my God and my Creator. He formed me from dust and now to the dust I return. O compassionate Lord, I implore you, “Have mercy on me who have fallen.”

Both now: Tone 4

O Virgin, the prophet David was a forefather of God through you. He spoke beforehand about you in songs to the *Lord* who worked wonders in you, “At your right hand stood the queen.” God, who was well-pleased to be incarnate from you without a father, announced you as mother and source of Life. He wanted to renew his fallen image, which had been corrupted by passion, so he found the lost sheep wandering on the mountain, placed it on his shoulders and brought it to his Father. He joined it to the heavenly powers by his own will. O Theotokos, Christ who has great and rich mercy, has saved the world.

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.

Ekteni

Prayer

O Lord, allow us this night to be guarded from sin. Blessed are you,
O Lord, God of our fathers! Praised and glorified be your name for

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

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 4

O Lord, you have annulled our ancestral curse by ascending the cross. You have freed those in chains throughout the ages by descending to Hades and have granted incorruption to the human race. Therefore we glorify your life-giving and saving resurrection with hymns.

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92
Uniquely-powerful Lord, you made the whole creation quake by hanging on the tree. You have raised those who lived in the tombs by being laid in the tomb; you have granted life and incorruption to the human race. Therefore we glorify your resurrection on the third day with hymns.

S2: For he founded the world which will not be moved. Ps 92
O Christ, a lawless people handed you over to Pilate and condemned you to be crucified, therefore they proved themselves ungrateful before their Benefactor. You willingly endured burial, rose by your own power on the third day and granted us eternal life and great mercy, for you are God.

S3: O Lord, holiness is right for your house to length of days. Ps 92
The women reached your tomb with tears, searched for you, but did not find you. They cried out with grief, "Woe to us! Our Saviour, King of all, how were you stolen? What place can hold your life-bearing body?" But an angel replied to them, "Do not weep but go and proclaim that the Lord has risen and grants us joy, for he is the uniquely-compassionate *Lord.*"

Glory: Tone 6

Adam ate the forbidden fruit and was driven from Paradise. He sat outside and wept bitterly, "Woe is me! What will become of me, for I am a worthless man? I disobeyed one command of my Master and lost every good thing. O holy Paradise, planted for me by God and closed by the weakness of Eve, grant that I may once again gaze on the flowers of your gardens." The Saviour said to him, "I do not want the death of my creation. I desire that all should be saved and come to the knowledge of the truth, for I will never cast out the one who comes to me

Both now:

O most pure Virgin, my Maker and Redeemer, Christ the Lord, was born from you. By accepting my nature, he freed Adam from his ancient curse. We continually glorify you as the Mother of God. Hail, celestial joy! Hail, O Lady, the protection, intercession and salvation of our souls!

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

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

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 of his own will freely endured 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.

Apolytikia

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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*

Kathisma 1

Tone 4

The myrrh-bearing women looked at the entrance of the tomb. They were unable to bear the sight of the flaming angel, trembled with wonder and said, "Can it be that the one who opened Paradise to the Thief has been stolen? Or is he risen, who before his passion proclaimed his resurrection? Christ is risen indeed; he grants life and resurrection to those in Hades."

Glory:

O Saviour, you suffered the cross by your free will. Mortal men laid you in a new tomb, although you are the *Lord* who founded the ends of the earth with your word. Therefore the alien was held in bondage and death was plundered without mercy. Everyone in Hades cried out at your life-bearing resurrection, "Christ, the Giver of life, is risen and will remain for ever!"

Both now:

O Theotokos, your seedless conceiving was beyond nature; Joseph was struck with wonder and called to mind the fleece wet with dew, the bush which burned, yet was not consumed, and the rod of Aaron which budded. In witness to these things, your betrothed guardian cried to the priests, "A Virgin bears a child and after childbearing remains a virgin."

Kathisma 2

O Saviour, Christ our God, you rose from Hades as immortal and raised the world with you by your resurrection. O Merciful *Lord*, you have broken in pieces the dominion of death and revealed the resurrection to everyone. Therefore we glorify you, only Lover of the human race.

Glory:

Gabriel came down from above and approached the stone where the Rock of Life lay. He was clothed in white and cried out to the mourners, "Stop your tears and wailing, for you have Mercy with you for ever. Take courage, for the *Lord* whom you seek with tears has truly woken. Therefore cry out to the Apostles that the Lord has risen."

Both now:

O Pure Virgin, all the choirs of angels were struck with wonder at the dread mystery of your conceiving. "How was it that the one whose hand held everything firm with a mere nod, was held in your arms as a mortal man? How was it that the *Lord* who was before the ages, was born from you? How was it that the one who feeds everything with breath was suckled at the breast?" They glorify you with hymns as the true Theotokos.

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, the Myrrh-bearers hurried to announce to the Apostles the glad news of your all-glorious resurrection. They proclaimed that you had risen as God and granted the world great mercy.

Anaváthmi Tone 4

Antiphon 1 Ps 128

My Saviour, many passions have fought against me

from my youth, but help and save me.
May those who hate Zion be shamed by the Lord;
they will be withered like grass by fire.

Glory: Both now:

Every soul lives through the Holy Spirit;
it is exalted through purity
and illuminated by the Triune Unity in a sacred mystery.

Antiphon 2 Ps 129

O Lord, I have cried fervently from the depths of my soul;
let your divine ears listen to me.

Everyone who has hoped in the Lord
is higher than everyone who grieves.

Glory: Both now:

The streams of grace gush through the Holy Spirit;
they water all creation to produce life.

Antiphon 3 Ps 130

O Word, let my heart be raised to you;

let none of the world's pleasures enchant me back to earth.

As each of us has affection for his mother,
so we must have even more ardent love for the Lord.

Glory: Both now:

The wealth of divine knowledge, heavenly vision and wisdom
comes from the Holy Spirit;
for the Word unveils all the Father's teaching through him.

Prokeímenon Ps 43

R: O Lord, rise and help us;

free us for your name's sake.

S: O God, we have heard with our ears.

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

Without note

O Master, Guide to wisdom, Giver of wise advice, Educator of the foolish and Champion of the poor, strengthen my heart and grant it understanding. O Word of the Father, give me speech, for see, I will not prevent my lips from crying, "I have fallen; have mercy on me in your compassion."

Íkos

O Lord of supreme love, as I think about your fearful judgment seat and the day of Judgment, I tremble and am filled with fear. I am accused by my own conscience. When you sit on your throne and bring all to trial then no one will be able to deny his sins, for the truth will accuse him and terror hold him fast. The flames of Gehenna will roar and the sinners will grind their teeth. Therefore, O just Judge, have mercy on me before the end and spare me.

Synaxáron

Today we remember the holy martyred nun Evdokia of Ilioupólis who lived in the Second Century. She had accumulated wealth by living as a prostitute. One day an ascetic came to stay next door and chanted the Psalms at night. He also read about the Last Judgement. At dawn she sent for him, listened to him and then requested baptism. She gave away her goods and entered a community. On the First she offered the streams of her blood which flowed from her neck by the point of a sword.

Together with her we remember:

Martyrs Nestor and Companions of Pamphylia C3

Virgin Domnina of Syria C5

Bishop David of Wales C6

Ypómнима

Today we commemorate the expulsion of Adam of the first creation from Paradise. Let the world mourn, together with the leaders of the human race. Let it bitterly lament, for having fallen through the sweet meal, the human race fell stumbling with them. Therefore, O

Christ our Lord, make us worthy of the Paradise of bliss, and have mercy on us, for you alone are the Lover of the human race. Amen.

Katavasias

1: As they crossed the deep on foot as though it were dry land, the people of Israel saw their pursuer Pharaoh drowning in the waves. They cried out, "Let us sing a hymn of victory to our God!"

3: O Lord my God, only you are holy, for in your love you have raised the horn of the faithful and placed them on the rock of your true faith.

4: The Holy Church devoutly sings, "Christ is my strength, my God and my Lord." She raises her voice with purity and keeps festival in the Lord.

5: O good Lord, I implore you to illuminate with your divine light, the souls of those of those who lovingly seek you early in the morning. O Word of God, let them know you as truly the God who recalls them from the gloomy darkness of offences.

6: When I observe the raging sea of life and the storm of temptation, I run to your calm harbour. I cry to you, "O most merciful *Lord*, draw my life from corruption."

7: An angel made the furnace moist with dew for the Holy Children, but the Chaldeans were consumed with flames at God's command. Therefore the tyrant cried out, "Blessed are you, O God of our fathers!"

8: Let us praise, bless and worship the Lord.
O Christ, you made dew fall from the flames over the Holy Children and burnt the sacrifice of your just servant with water, for you achieve everything by your will alone. We exalt you 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.

Eothinon Gospel 4

From the Holy Gospel according to Luke (24:1-12)

On the first day of the week, at early dawn, the women went to the tomb, taking the spices which they had prepared. ² And they found the stone rolled away from the tomb, ³ but when they went in they did not find the body. ⁴ While they were perplexed about this, behold, two men stood by them in dazzling apparel; ⁵ and as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? ⁶ Remember how he told you, while he was still in Galilee, ⁷ that the Son of man must be delivered into the hands of sinful men, and be crucified, and on the third day rise." ⁸ And they remembered his words, ⁹ and returning from the tomb they told all this to the eleven and to all the rest. ¹⁰ Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the apostles; ¹¹ but these words seemed to them an idle tale, and they did not believe them. ¹² But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

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 Life-giver, open the doors of repentance to me, for my spirit rises early to pray towards your holy Temple, as I carry the temple of my body all defiled. But purify me by the loving kindness of your mercy in your compassion.

Both now:

O Theotokos, lead me along the paths of salvation, for I have profaned my soul with shameful sins and wasted my life in laziness. But release me from every impurity through your intercessions.

Have mercy:

When I think about the many evil things which I have done, wretch that I am, I tremble at the fearful day of judgment. But since I trust in your loving kindness, I cry to you like David, "O God, have mercy on me according to your 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 the holy martyr Evdokia of Ilioupolis 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: No one can see God on whom the angelic orders dare not gaze.
Yet, all-pure Virgin, the Word assumed flesh and revealed himself to men through you. Together with the hosts of heaven we glorify him and call you blessed.

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.

Exapostelária

Tone 4

Let us be radiant and shine with virtues while we see the angel in brilliant clothing as he stands inside the tomb. He brought life to the downcast faces of the myrrhbearing women. Let us learn about the resurrection of the Lord of heaven. Let us hurry to the tomb with Peter and wonder at the great event. Let us wait to see Christ the Life.

O Lord, I have disobeyed your commandment in my misery. Woe is me! I have been stripped of glory, filled with shame and banished from the joy of Paradise. I have been rightly deprived of your blessings. Take pity on me in your mercy and compassion.

O Lord, once we were expelled from Paradise by eating from the tree, yet you, my God and Saviour, have brought us back again through your cross and passion. Through the pleas of your Mother give us strength through your cross to observe the fast in holiness and to worship your divine waking, the Pascha of salvation.

Praises

Tone 4

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

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

S8: This glory will be for all his holy ones.
Almighty Lord, you suffered the cross and death, and rose from the dead. We glorify your resurrection.

S7: Praise God in his saints;
praise him in his mighty firmament.

O Christ, you have rescued us by your cross from the ancient curse and suppressed by your death the Devil who was tyrannising our nature. You have filled everything with joy by your resurrection. Therefore we cry out to you, "O Lord, risen from the dead, glory to you!"

S6: Praise him for his mighty *deeds*;
praise him for the abundance of his majesty.

O Christ our Saviour, lead us into your truth through your cross and rescue us from the snares of the enemy; you have risen from the dead. O Lord, Lover of the human race, extend your arm and, at the prayers of your saints, raise us who have fallen because of sin.

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

O uniquely-fathered Word of God, in your love for the human race you came to earth without leaving the bosom of the Father. You became truly man, so that you could suffer the cross and death in the flesh, although you are without passion in Divinity. You have granted the human race immortality by your resurrection, for you alone are all-powerful.

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

O Saviour, you suffered death in the flesh in order to accomplish our immortality. You lodged in the tomb so that you might rescue us from Hades and raise us with you. For as man you suffered, but as God you have risen. Therefore we cry out, "O Lord, Giver of life, only Lover of the human race, glory to you!"

Tone 5

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

Adam cried and wailed, "Woe is me, for the serpent and the woman have deprived me of my boldness before God and I have become an exile from the joy of Paradise through eating from the tree! Woe is me, for I can no longer endure the shame! I was once sovereign over all the creatures of God on earth, but have now become a prisoner and have been led astray by evil advice. I was once clothed with immortal glory, but must now cover myself lamentably in mortal skins like someone condemned to die. Woe is me, for who will share my sorrow with me? O Lord, you love the human race, have formed me from earth and are covered with compassion, so recall me from slavery to the enemy and save me.

S2: O Lord, I will thank you with all my heart
and recount all your wonders.

The arena of the virtues has been opened. Let everyone who now wants to compete for the prize enter and clothe himself for the noble

contest of the Fast, for the one who competes lawfully is rightly crowned. Let us take the armour of the cross and make war against the enemy. Let us have faith as our invincible fortification, prayer as our breastplate, charitable giving as our helmet and use fasting as our sword to cut out every evil from our heart. If we accomplish this, we will receive the true crown from Christ the King of all on the Day of Judgement.

Tone 6

S1: O Lord God, rise; let your hand be exalted
and never forget your poor.

Adam was expelled from Paradise because he had eaten food in disobedience, but Moses was allowed a vision of God because he had purified his soul's eyes with fasting. If we desire to live in Paradise, let us go without all unnecessary food. If we long to see God, let us fast for forty days like Moses. Let us sincerely persevere in prayer and intercession, calm the passions of our soul, and subjugate the unruly instincts of the flesh. Let us begin to tread with a light step the path to heaven, where the angelic choirs sing the praises of the undivided Trinity with a voice that is never quiet. There we will see the exceeding beauty of the Master. O Son of God *and* Giver of life, we have hoped in you. O Christ, count us worthy *to receive* a place there with the angelic armies, at the prayers of the Mother who bore you, of the apostle, martyrs and all the saints.

Glory: Tone 6

The time has approached for us to commence the spiritual warfare and gain victory over the demonic powers. Let us put on the armour of abstinence and clothe ourselves with the glory of the angels. Moses spoke boldly to the Creator and heard the voice of the invisible God. O Lord, allow us in your love for the human race to have the same boldness to venerate your passion and holy resurrection.

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: When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

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 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

Of the Church

Kontáktion

Tone 6

O Master, Guide to wisdom, Giver of wise advice, Educator of the foolish and Champion of the poor, strengthen my heart and grant it

understanding. O Word of the Father, give me speech, for see, I will not prevent my lips from crying, "I have fallen; have mercy on me in your compassion."

Triságion

Prokeímenon Ps 46 Tone 3

R: Make melody to our God, make melody!

S: All you nations, clap your hands.

Apóstolos

From the Letter of Paul to Romans (13:11-14:4)

Brothers, now our salvation is nearer to us now than when we first believed. ¹² The night is far gone, the day is at hand. Let us then throw out the works of darkness and put on the armour of light. ¹³ Let us conduct ourselves becomingly as in the day, not in revelling and drunkenness, not in debauchery and dissipation, not in quarrelling and jealousy. ¹⁴ But put on the Lord Jesus Christ and make no provision to gratify the flesh its desires. ¹ As for the man who is weak in faith, welcome him, but not for disputes over opinions. ² One believes he may eat anything, while the weak man eats only vegetables. ³ Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. ⁴ Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

Alleluia Ps 30 Tone 3

S1: O Lord, I have hoped in you, never let me be shamed.

S2: Become my God of defence.

Gospel

From the Holy Gospel according to Matthew (6:14-21)

The Lord said: If you forgive men their trespasses, your heavenly Father also will forgive you; ¹⁵ but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. ¹⁶ And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. ¹⁹ Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. ²¹ For where your treasure is, there will your heart be also.

Communion Ps 148

Praise the Lord from the heavens;

praise him in the heights. Alleluia!