

**SUNDAY 8 MARCH 2020**  
**Confessor Theophyláktos of Nikomedia C9**  
**+ Sunday of Orthodoxy**  
**38<sup>th</sup> Sunday Tone 5 & Eothinón 5**

**VESPERS**

**Lord I have cried**

Tone 5

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

O Lord, I have cried to you, listen to me;  
 Note the voice of my plea when I cry to you.  
 O Lord, listen to me.

<sup>2</sup> 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 have put the Devil to shame by your precious cross. You have blunted the sting of sin and saved us from the gates of death by your resurrection. We glorify you, only begotten *Lord*.

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

Christ was led like a sheep to the slaughter in order to grant resurrection to the human race. The princes of Hades were frightened by this, for the gates of sorrow were raised. Christ the King of glory had entered. He said to those in chains, "Go out," and to those in darkness, "Come to the light."

S8: O Lord, I have cried to you from the depths;  
 O Lord listen to my voice.

O great wonder! The Creator of invisible matter suffered in the flesh in his love for the human race and rose again as immortal *Lord*. O families of nations, come and worship him. We have been rescued from error by his compassion and have learnt to sing about one God in three persons.

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

O unfading Light, we offer you our evening worship. You shone on the world in the flesh in these last days as though in a glass. You even descended to Hades to banish its darkness. You have revealed the light of the resurrection to the nations. Glory to you, O Lord, Giver of light, glory to you!

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

We glorify the Author of our salvation. The world was saved from deceit by his resurrection from the dead. The choir of angels rejoices as the error of demons takes flight. Fallen Adam rises as the Devil is overthrown.

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.

The guards were instructed by the lawless people, "Hide the resurrection of Christ; take money and say, 'The body was stolen from the tomb while we were asleep.' But who has heard of a body being stolen, a body anointed and naked, with its grave clothes left behind in the tomb? O Jews, do not be deceived, study the words of the prophets and understand that he is truly the Redeemer of the world and all-powerful.

Tone 6

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

O incomprehensible Lord, you shone out in eternity before the morning star. The prophets who were inspired by the Spirit from the bosom of the immaterial and bodiless Father, foretold that you would become a Child and be incarnate from the Virgin. They said that you would take your place among men and be visible to those on earth. Therefore, O compassionate *Lord*, make us worthy of your enlightenment through their intercessions as we praise your ineffable and glorious resurrection.

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

He will redeem Israel from all his offences.

The divinely-inspired prophets preached you in word and honoured you with actions. O Master, they received eternal life as their reward, for they firmly refused to worship creation instead of you, the Creator. They renounced the whole world for the sake of the Gospel and in their suffering were united to your passion which they had foretold. Through their pleas make us worthy to pass the time of the Fast without offence, for only you are rich in mercy.

S2: Every nation, praise the Lord;

every people, acclaim him!

O Master, although you are infinite in your divine nature, you condescended to be incarnate in these last days and became finite, for, by putting on the body, you also put on its natures. Therefore we present the likeness of your image and venerate it in honour of its Prototype. We ascend towards your love where we partake of the grace of healing, as we follow the divine traditions of the apostles.

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

The Church of Christ has truly taken on a venerable adornment - the holy icons of Christ the Saviour, of the Theotokos and of all the saints. She is raised with joy and gladness, and rejoices in grace. She refutes the throngs of heretics and gladly glorifies her all-compassionate God, for he patiently bore his voluntary sufferings for her sake.

Glory: Tone 2

The grace of truth has shone and the things foreshadowed of old have been openly fulfilled. For see, the Church has put on the incarnate likeness of Christ. It is an adornment which transcends the world in accordance with the Tabernacle of the Covenant which prefigured it. In this way we are not lost in wandering, since we keep with us the icon of *the Lord* whom we worship and revere. Therefore, let the non-believers be confused. For our kneeling in true worship of the incarnate *Lord* is a glory to us. O believers, let us venerate it and say, "O God, save your people and bless your inheritance."

Both now: Tone 5

In the Red Sea of old, a type of the virgin Bride was prefigured. There Moses divided the waters; here Gabriel assisted in the miracle. There Israel crossed the sea without getting wet; here the Virgin gave birth to Christ without seed. After Israel's passage, the sea remained impassable; after Emmanuel's birth, the spotless *Lady* remained a virgin. O eternally-existing God, O Lord appearing as man, have mercy on us.

### 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 5

O Christ, incarnate Saviour, you were not parted from the heavens. We glorify you with songs of praise, for you accepted the cross and death for the sake of our race. O Lord, Lover of the human race, you overthrew the gates of Hades and rose on the third day to save our souls.

S1: The Lord reigns *and* is clothed with majesty;  
the Lord has put on power and clothed himself. ps 92

O Giver of life, you have poured out streams of forgiveness, life and salvation for everyone by being pierced in the side. You have granted us immortality by accepting death in the flesh. You have freed us by being placed in the tomb and, as God, have raised us with you in glory. Therefore we cry out, “Glory to you, O Lord, Lover of the human race!”

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

O Lover of the human race, your crucifixion and descent into Hades are awesome. You have captured it and raised the ancient prisoners with you, for you are God in glory. You have opened Paradise and commanded it to take them back. Grant us, who glorify your resurrection on the third day, purification of sins. Make us worthy to be citizens of Paradise, for you alone are merciful.

S3: O Lord, holiness is right for your house to length of days. Ps 92

O Lover of the human race, you accepted death in the flesh for our sake and rose from the dead on the third day. Heal us from our earthly passions, restore us from our evil offences and save us.

Glory: Tone 2

*Come*, all of you who have passed from false doctrine to true worship and who are illuminated with the light of knowledge! Let us clap our hands with the psalms and offer praise to God. Let us bow in adoration to the icon of Christ, to the icon of the most pure *Lady*, to the pictures of all the saints drawn on the walls, on tablets and holy vessels. Let us refute the lie of the evil-opinioned people, for Basil said, “The adoration of the picture is transmitted to its prototype. O Christ our God, we implore you to grant us great mercy by the intercession of your pure mother and all the saints.

Both now:

A new miracle surpasses all ancient miracles. Who knows of a mother who gave birth without a man and carried her Creator in her arms? This birth is the will of God. Most pure *Lady*, since you carried him as an infant in your arms and since you possess motherly boldness before him, continually pray for us who honour you, that he may be bountiful and save our souls.

### Song of Simeon

B/P: O Master, now let your servant depart in peace  
according to your word,

<sup>2</sup> for my eyes have seen your salvation,  
which you have prepared before all peoples,

<sup>3</sup> a light of revelation for *the* nations  
and *the* glory of your people Israel.

### Triságon Prayers

#### Apolytikia

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 2

O loving Lord, we venerate your holy icon. O Christ our God, we ask you to pardon our lawless deeds. For you were pleased to ascend the cross in the flesh of your own volition and to rescue from slavery to the enemy those whom you had formed. Therefore we gratefully cry aloud to you, “Our Saviour, you have filled all things with joy when you came to save the world.”

Tone 2

O Theotokos, all your mysteries are beyond understanding and most glorious. You were sealed in purity and preserved in virginity, and so were revealed without deception as the mother who gave birth to the true God. Plead with him to save our souls.

#### 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.

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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 5

Let us celebrate the cross of the Lord, honour his sacred tomb with song and glorify the resurrection. For as God, he raised the dead from the tomb, stripped death of its power and the Devil of his strength; he illuminated those in Hades.

Glory:

O Lord, you were called dead, but put death to death. You were laid you in a tomb, but emptied the tomb. The soldiers guarded the sepulchre above, while below you were raising the dead from all the ages. Glory to you, almighty and incomprehensible Lord!

Both now:

Hail, O sacred mountain, where God has walked! Hail, O living bush which was not consumed by fire! Hail, only bridge between the world and God leading the dead to eternal life! Hail, O undefiled Maiden, for you gave birth to the Salvation of our souls without knowing a man!

#### Kathisma 2

O Lord, after your resurrection on the third day when the Apostles had worshipped you, Peter called out to you, "The women boldly ventured out, while I was a coward. The Thief acknowledges God, while I denied him. Will you continue to call me a disciple? Will you not make me again a fisherman of the sea? But, O God, accept me as a penitent and save me."

Glory:

O merciful Lord, the lawless ones nailed you between those who were condemned and pierced your side with a spear. You accepted the tomb, demolished the gates of Hades and rose on the third day. The women ran to see you and announced your resurrection to the Apostles. O Lord, highly exalted Saviour, the angels sing your praises; glory to you!

Both now:

Unwedded Bride, you gave birth to God *and* have turned Eve's grief to joy. The faithful sing your praises and venerate you because you have led us away from the ancient curse. O honourable *and* all-holy *Lady*, pray continually that we may be saved.

#### 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*

The sight of the angel dazzled the minds of the myrrhbearing women and their spirits were enlightened by your divine Resurrection. They preached the good news to the Apostles, "Announce to the nations the Lord's Resurrection. He has worked wonders and grants us great mercy!"

### **Anaváthmi Tone 5**

Antiphon 1 Ps 131

My Saviour, I sing to you like David in my trouble;  
save my soul from crafty speech.

The life of those who live in the desert is blessed;  
they are supported by divine passion.

Glory: Both now:

Everything seen and unseen is preserved by the Holy Spirit,  
for he has power in himself as truly one of the Trinity.

Antiphone 2 Ps 120

My soul, let us ascend the mountains;  
come to the place where help is found.

O Christ, let your right hand rush  
to guard me from everything sinister.

Glory: both now:

As we speak about divine matters through the Holy Spirit,  
we say, "You are God, life, desire, light and mind.  
You are goodness and reign for ever.

Antiphon 3 Ps 121

I offer my prayer for those who said to me,  
"Let us go to the courts of the Lord,  
filled with great joy."

Fearful things will be done to the house of David,  
for a fire there will consume every shameful thought.

Glory: Both now:

The government of life belongs to the Holy Spirit  
and every creature is given the breath of life through him  
as also in the Father and the Word.

### **Prokeímenon Ps 9**

R: O Lord my God, rise,  
for you reign for ever.

S: O Lord, I will thank you with all my heart.

### **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 Theotokos, no one could describe the Word of the Father, but when he took flesh from you, he agreed to be described and restored the fallen image to its former state by uniting it to divine beauty. We confess and proclaim our salvation with word and image.

### **Íkos**

The divinely-inspired prophets were enlightened by this mystery of God's providence. They prophesied about it in the past for our sakes who now see the fulfilment of the ages. We receive divine knowledge through this mystery. We know one Lord and God, glorified in three Persons, and worship him alone. We have one faith, one baptism and are clothed in Christ. We acknowledge and proclaim our salvation with word and image.

### **Synaxáριον**

Today we remember our renowned father Theophyláktos, Bishop of Nikomedia who lived in the Ninth Century. He refused to surrender the holy icons and suffered a thirty year banishment. On the Eighth the saint, who was protected by God, united his voice with that of the heavenly choirs and is welcomed back into the sheepfold.

Together with him we remember:

Apostle Hermas of the Seventy C1

Hieromartyr Theodóritos of Antioch C4

Abbot Senan of Inniscarra C6

### Υπόμνιμα

Today is the first Sunday in the Fast and we commemorate the hanging of the venerable and holy icons which was accomplished by the ever-memorable monarchs of Constantinople, Michael, and his mother, Theodora, in the days of the holy confessor, Methodios. When I see the icons return to their place, I correctly bow down and rejoice. Therefore, O uncreated likeness of the Father, have mercy on us through the prayers of your confessing saints. Amen.

### Katavasías

1: In ancient times Israel walked dry-shod across the Red Sea. Moses also raised his hands in the form of the cross and put the power of Amalek to flight in the desert.

3: O Christ, your Church celebrates with you and cries aloud, "O Lord, you are my strength, my refuge and my stronghold!"

4: O Sun of Justice, when she saw you lifted on the cross, the Church stood still and cried aloud, "O Lord, glory to your power!"

5: O Lord my light, you have come to the world as a light of holiness. You turn back from dark ignorance those who sing your praises with faith.

6: O Lord, the Church, which is purified from the blood offered to demons by the blood which flowed in mercy from your side, cries aloud to you, "I will offer you a sacrifice of praise."

7: The children of Abraham in the Persian furnace, were ablaze with love for the true faith which was stronger than the flames. They cried out from the midst of the fire, "O Lord, blessed are you in the temple of your glory!"

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

Daniel stretched out his hands for prayer in the lions' den and stopped their mouths. The children, lovers of the true faith and clothed with holiness, quenched the power of the fire as they cried aloud, "All you works of the Lord, bless the Lord!"

### Gospel Dialogue

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

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

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

Praise God in his saints;

praise him in 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 5

From the Holy Gospel according to Luke (24:13-35)

At that time 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. <sup>13</sup> That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, <sup>14</sup> and talking with each other about all these things that had happened. <sup>15</sup> While they were talking and discussing together, Jesus himself drew near and went with them. <sup>16</sup> But their eyes were kept from recognizing him. <sup>17</sup> And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. <sup>18</sup> Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" <sup>19</sup> And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, <sup>20</sup> and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. <sup>21</sup> But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. <sup>22</sup> Moreover, some women of our company amazed us. They were at the tomb early in the morning <sup>23</sup> and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. <sup>24</sup> Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see." <sup>25</sup> And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! <sup>26</sup> Was it not necessary that the Christ should suffer these things and enter into his glory?" <sup>27</sup> And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. <sup>28</sup> So they drew near to the village to which they were going. He appeared to be going further, <sup>29</sup> but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. <sup>30</sup> When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. <sup>31</sup> And their eyes were opened and they recognized him; and he vanished out of their sight. <sup>32</sup> They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" <sup>33</sup> And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, <sup>34</sup> who said, "The Lord has risen indeed, and has appeared to Simon!" <sup>35</sup> Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

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.  
<sup>4</sup> Wash me thoroughly from my lawless act  
and cleanse me from my sin,  
<sup>5</sup> for I know my lawlessness  
and my sin is always before me.  
<sup>6</sup> I have sinned against you alone  
and done what is evil before you  
<sup>6b</sup> so that you might be right in your words  
and overcome when you are judged,  
<sup>7</sup> for see, I was conceived in lawlessness  
and my mother desired me in sin,  
<sup>8</sup> for see, you have loved truth  
and shown me the mysteries and secrets of your wisdom.  
<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.  
<sup>10</sup> You will make me hear about joy and gladness;  
humbled bones will rejoice.  
<sup>11</sup> Turn your face from my sins  
and wipe out all my lawlessness.  
<sup>12</sup> O God, make a pure heart within me  
and renew an upright spirit within me.  
<sup>13</sup> Do not banish me from your presence  
or remove your Holy Spirit from me.  
<sup>14</sup> Restore your saving joy to me  
and strengthen me with your directing Spirit.  
<sup>15</sup> I will teach the lawless your ways  
and the ungodly will return to you.  
<sup>16</sup> O God, God of my salvation, free me from bloodshed,  
*then* my tongue will rejoice in your justice.  
<sup>17</sup> O Lord, you will open my lips  
and my mouth will announce your praise,  
<sup>18</sup> for if you had wanted sacrifice, I would have given it;  
you will not be pleased with burnt offerings.  
<sup>19</sup> Sacrifice for God is a broken spirit;  
God will not despise a broken and humbled heart.  
<sup>20</sup> O Lord, be good to Zion in your pleasure  
and let the walls of Jerusalem be built,  
<sup>21</sup> 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 our renowned father Theophylaktos, 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.

<sup>2</sup> For he has regarded his servant's humility;  
see, from now all generations will call me blessed. R:

<sup>3</sup> 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:

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

<sup>5</sup> 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:

<sup>6</sup> He has helped his servant Israel  
in remembering his mercy,  
as he spoke to our fathers,  
to Abraham and his seed for ever. R:

9: O Virgin, Christ, the Cornerstone not cut by the hand of man, was taken from you, the unhewn mountain. He united two different natures. Therefore, O Theotokos, we glorify you with great joy.

### 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

Christ, the Way and the Life, accompanied Luke and Cleopas after his resurrection. They recognised him at Emmaus in the breaking of the bread. Their hearts were set on fire as he spoke to them on the way. He interpreted to them everything in the Scriptures about his suffering. Let us cry out with them, "The Lord is risen indeed and has appeared to Peter."

Jump for joy, clap your hands with joy, sing and cry out, "O Christ, how strange and marvellous are your works! O Saviour, you have united us in harmonious agreement within one Church. Who is able to recount all your powerful deeds?"

Most pure *Lady*, the fierce weapons of the heretics and the very mention of them have been completely destroyed. Most pure *Maiden*, when we see your temple adorned in splendour with the grace of venerable icons, we all are filled with joy and gladness.

### Praises

Tone 5

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

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

S8: This glory will be for all his holy ones.

O Lord, you came out from the grave, which had been sealed by lawless men, just as you were born from the Theotokos. Your bodiless angels did not know how you were incarnate; the soldiers did not see the moment of your resurrection. These two marvels



were concealed from curious minds, but were revealed to those who worshipped with faith the mystery about which we sing. Grant us joy and great mercy as we offer you praise.

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

O Lord, you demolished the eternal bars and broke apart the chains of the grave. You rose from the tomb and left your wrappings in the grave as a witness to your three-day burial. You left the guards watching at the tomb and went before your disciples to Galilee. O incomprehensible Saviour, great is your mercy; have mercy on us!

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

O Lord Christ, you suffered for us and the women hurried to your tomb to see you. When they approached with fear, they saw an angel sitting on the stone which had been rolled away. He cried to them "The Lord is risen. Go and tell the disciples that the Saviour of our souls has risen from the dead."

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

O Lord, you came into the midst of your disciples, although the doors were shut, just as you came from the sealed tomb. O long-suffering Saviour, you revealed the sufferings of the body which you had accepted, for you endured wounds as the Seed of David, but saved the world as Son of God. O incomprehensible Saviour, your mercy is great; have mercy on us.

Tone 3

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

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

O Lord, you love the human race, so now the Church rejoices in you, her Bridegroom and Founder, since through divine will you have rescued her from the error of idolatry. Through your precious blood you have betrothed her to yourself. She gladly accepts the restoration of the holy icons, faithfully sings in your praise and gives you glory. X2

Tone 4

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

O Lord, after restoring the depiction of your flesh to the churches, we assign them a relative honour and so express the great mystery of your dispensation. O loving Lord, you have not revealed yourself to us solely in outward form, as is claimed by the followers of Mani, who are enemies of God, but in the full and true reality of the flesh. Therefore the icons which depict your flesh lead us to desire and love you.

S1: O Lord, I will thank you with all my heart;  
I will recount all your wonders.

A feast of joy and gladness is revealed to us today, for the teaching of the true faith are radiant with all their glory. The Church of Christ is brilliant with splendour and adorned now with the restored holy icons. God has granted a united spirit to the faithful.

Glory: Tone 6

In the period of fasting Moses received the Law and announced it to the people. Elijah closed the heavens through fasting and the three children of Abraham overcame the lawless tyrant. O Christ, count us also worthy to reach the feast of the Resurrection through fasting. We cry out, "Holy God, Holy Strong, Holy Immortal, have mercy on us.

Glory: Tone 5

O Christ, how wise are your judgments! You allowed Peter to understand your resurrection through the linen clothes alone, but you talked with Luke and Cleopas while you walked with them. You did not reveal yourself and were taunted as being the only stranger in Jerusalem who did not know what had happened there. Since you order all things in accordance with your creation, you explained to them what the prophets had taught about you. They recognised you in the breaking of the bread when their hearts were burning for your knowledge. When they found the disciples, they openly proclaimed the resurrection. Through it we plead with you to have mercy on us.

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!

<sup>2</sup> We praise you, we bless you, we worship you,  
we glorify you, we thank you for your great glory,

<sup>3</sup> O Lord King, heavenly God, almighty Father,  
O Lord, only-begotten Son, Jesus Christ,

- and you, O Holy Spirit!
- <sup>4</sup> 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.
- <sup>5</sup> Receive our prayer,  
*for* you sit on the right of the Father,  
and have mercy on us.
- <sup>6</sup> For only you are holy, only you are Lord,  
O Jesus Christ, to the glory of God the Father. Amen.
- <sup>7</sup> I will bless you every day  
and always praise your name for ever and ever. Ps 144
- <sup>8</sup> O Lord, allow us this day  
to be guarded from sin.
- <sup>9</sup> Blessed are you, O Lord God of our fathers!  
Praised and glorified be your name for ever. Amen. Daniel 3
- <sup>10</sup> O Lord, let your mercy *be* on us,  
for we have hoped in you. Ps 32.
- <sup>16</sup> Blessed are you, O Lord!  
Teach me your statutes. X3 Ps 118
- <sup>12</sup> 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
- <sup>14</sup> O Lord, I have fled to you;  
teach me to do your will, for you are my God. Ps 142
- <sup>15</sup> For with you is the source of life  
and in your light we will see light. Ps 35
- <sup>16</sup> 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 92, 105, 106 Tone 2

S1: The Lord reigns *and* is clothed with beauty;  
the Lord is covered with power and surrounded.

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

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

S3: Who can speak about the mighty *deeds* of the Lord  
*or* make all his praises heard?

S4: So let them say who have been set free by the Lord,  
whom he has redeemed from the hand of the enemy.

S5: Glory: Both now:

#### Antiphon 2 Ps 106, 32 & 101 Own Tone

S1: Let them thank the Lord for his mercies  
and for his wonders for the sons of men.

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

S2: Let them exalt him in the assembly of *the* people  
and in the sitting of the elders.

S3: The eyes of the Lord are on those who hope in his mercy.

S4: To listen to the groaning of the prisoners  
*and* to free the sons of those who have been killed,

Glory: Both now:  
*Monogenes*

#### Antiphon 3 Ps 68, 117 & 29 Tone 4

S1: Let heaven and earth praise him.

## Tone 2

R: O loving Lord, we venerate your holy icon. O Christ our God, we ask you to pardon our lawless deeds. For you were pleased to ascend the cross in the flesh through your own wish and to rescue those whom you had formed from slavery to the enemy. Therefore we gratefully cry aloud to you, "Our Saviour, you have filled everything with joy when you came to save the world."

S2: This *is* the day of the Lord; let us rejoice and be glad in it.

S3: O Lord my God, I will always praise you.

**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 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

## Tone 2

O loving Lord, we venerate your holy icon. O Christ our God, we ask you to pardon our lawless deeds. For you were pleased to ascend the cross in the flesh of your own volition and to rescue from slavery to the enemy those whom you had formed. Therefore we gratefully cry aloud to you, "Our Saviour, you have filled all things with joy when you came to save the world."

**Kontákion**

## Tone 8

O Theotokos, champion commander, I your city, saved from calamities, ascribe to you songs of victory and hymns of thanksgiving. Since you possess invincible might, free us from every danger, so that we may cry to you, "Hail, O bride unwedded!"

**Triságion****Prokeímenon Daniel LXX Tone 8**

R: Blessed are you, O Lord God of our fathers.

S: For you are just in everything that you have done for us.

**Apóstolos**

From the Letter of Paul to the Hebrews (11:24-26, 32-40)

Brothers, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter. <sup>25</sup> He chose instead to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. <sup>26</sup> He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked forward to the reward. <sup>32</sup> And what more shall I say? For time would fail me to speak about Gideon, Barak, Samson, Jephthah, David, Samuel and the prophets. <sup>33</sup> Through faith they conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, <sup>34</sup> quenched raging fire, escaped the edge of the sword, gained strength from weakness, became valiant in war and put foreign armies to flight. <sup>35</sup> Women received their dead back by resurrection. Some were tortured and refused to accept release, so that they might rise again to a better life. <sup>36</sup> Others suffered mocking and scourging, even chains and imprisonment. <sup>37</sup> They were stoned, sawn in two, killed with the sword, and went about in skins of sheep and goats. *They were* destitute, afflicted *and* ill-treated. <sup>38</sup> The world was not worthy of them. They wandered over deserts and mountains, and *were* in dens and caves of the earth. <sup>39</sup> And all these, though well attested by their faith, did not receive what was promised, <sup>40</sup> since God had foreseen something better for us, that apart from us they should not be made perfect.

**Alleluia Ps 98 & 33 Tone 1**

S1: Moses and Aaron *were* among his priests.

S2: They cried to the Lord and he heard them.

**Gospel**

From the Holy Gospel according to John (1:43-51)

At that time Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." <sup>44</sup> Now Philip was from Bethsaida, the city of Andrew and Peter. <sup>45</sup> Philip found Nathanael, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." <sup>46</sup> Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." <sup>47</sup> Jesus saw Nathanael coming to him, and said of him, "See, an Israelite indeed, in whom is no guile!" <sup>48</sup> Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." <sup>49</sup> Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" <sup>50</sup> Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You will see greater things than these." <sup>51</sup> And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending on the Son of man."

**Communion Ps 148**

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

**Procession of the Holy Icons**

*Excerpts from Triódion Text***Apolytikion***During Procession*

Tone 2

O loving Lord, we venerate your holy icon. O Christ our God, we ask you to pardon our lawless deeds. For you were pleased to ascend the cross in the flesh of your own volition and to rescue from slavery to the enemy those whom you had formed. Therefore we gratefully cry aloud to you, "Our Saviour, you have filled all things with joy when you came to save the world."

**Intercession***At the North for the Living:*

Have mercy upon us, O God, according to your great mercy, we pray to you, here and have mercy. *Lord have mercy. X3*

Again we pray for all devout and Orthodox Christians.

Again we pray for our Archbishop N and for all our brotherhood in Christ.

For you are a merciful and loving God, and to you we give glory, the Father and to the Son and to the Holy Spirit, now and forever and unto the ages of ages. *Amen.*

**Trisagion***During Procession***Intercession***At the West for the Departed:*

Have mercy upon us, O God, according to your great mercy, we pray to you, hear us and have mercy. *Lord have mercy. X3*

Again we pray for the blessed memory and eternal repose of your departed servants: emperors, patriarchs, hierarchs, priests, hieromonks, deacons, monks, nuns, and all the departed faithful and Orthodox Christians here and everywhere who have been laid to pious rest: our fathers, forefathers, parents, brothers, sisters, spouses, children, relatives and friends. Memory eternal. *X3*

For you are the resurrection, the life, and the repose of your departed servants, Christ our God, and to you we give glory, with your eternal Father and your Holy and life-giving Spirit, now and forever and unto the ages of ages. *Amen.*

**Trisagion***During Procession***Intercession***At the South for the Community:*

Have mercy upon us, O God, according to your great mercy, we pray to you, hear us and have mercy. *Lord have mercy. X3*

Again we pray for mercy, life, peace, health, salvation, visitation, forgiveness and remission of the sins of the servants of God, all devout and Orthodox Christians who live in this City, the parishioners, councillors contributors, and benefactors of this holy church.

Again we pray for those who bring offerings, those who do good works, in this holy and venerable church, those who labour, those who sing, and all here present who await your great and abundant mercy.

For you are a merciful and loving God, and to you we give glory, to the Father and to the Son, and to the Holy Spirit, now and forever and unto the ages and ages. *Amen.*

**Trisagion***During Procession***Intercession***On the Solea for the World*

Have mercy upon us, O God, according to your great mercy, we pray to you, hear us and have mercy. *Lord have mercy. X3*

Again we pray for our Sovereign Lady, Queen Elizabeth, the Royal Family, her Government, for all in authority and public service.

Again we pray for the protection of this holy church, this city, and ever city, town and country place from violence and pestilence, famine and earthquake, flood and fire, from the sword and enemy invasion, civil strife and sudden death; that our good and loving God will be merciful and gracious and open to our entreaties, to turn back all violence and evil that arises against us, and deliver us from his impending righteous chastisement, and be merciful to us.

Again we pray that the Lord our God will hear the voice of the prayer of us sinners and have mercy on us.

Hear us, O God, our Redeemer, the hope of all at the ends of the earth or far away at sea, and show mercy; show mercy, O Master, towards our sins, and have mercy on us. For you are a merciful and loving God, and to you we give glory to the Father and to the Son and to the Holy Spirit, now and forever and unto the ages of ages. *Amen.*

**From the Synodikon of the Seventh Ecumenical Council***Possibly read by everyone*

As the Prophets saw,  
As the Apostles taught,  
As the Church received,  
As the Teachers explained,  
As the Inhabited Earth agreed,

As Grace illumined,  
 As the Truth revealed,  
 As Falsehood passed away,  
 As Wisdom presented,  
 As Christ awarded,

So we declare, so we assert, so we proclaim Christ our True God, and honour his Saints,

In words,  
 In writings,  
 In thoughts,  
 In sacrifices,  
 In churches,  
 In holy icons.

On the one hand, worshipping and reverencing Christ as God and Lord.

And on the other hand, honouring and venerating his Saints as true servants of the same Lord.

This is the Faith of the Apostles.  
 This is the Faith of the Fathers.  
 This is the Faith of the Orthodox.  
 This is the Faith which has established the Inhabited Earth.

Therefore, with brotherly love, we praise these preachers of piety, for the glory and honour of their devout struggles for the Faith, and we say: Eternal be the memory of the champions of Orthodoxy, pious Emperors, most-holy Patriarchs, Hierarchs, Teachers, Martyrs and Confessors. *Eternal Memory! X3*

Let us entreat God, that we may be instructed and strengthened by the trials and struggles of these Saints, which they endured for the Faith, even unto death, and by their teachings, asking them that we may emulate their godly life to the end. May we become worthy to obtain our requests through the mercy and grace of the Great and First Archpriest, Christ our God, through the intercessions of our glorious Lady, the Theotokos and ever-virgin Mary, of the divine Angels, and of all the Saints. *Amen.*

#### **Great Prokeimenon**

R: Who is so great a god as our God? You are the God alone who woks wonders.

S1: You have revealed your power among the people.

S2: I remembered the deeds of the Lord.

#### **Dismissal**

### **SECOND VESPERS**

#### **40 Holy Martyrs**

*9 March*

#### **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.

<sup>2</sup> Let my prayer be directed before you like incense,  
 the raising of my hands be an evening sacrifice.  
 O Lord, listen to me.

Tone 2

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

But there is forgiveness with you.

Let us all rush for the conquering of the flesh through abstinence, as we approach the divine battleground, the field of blameless fasting. Let us plead with the Lord our Saviour with tears and petitions as we completely turn away from sin. We cry, "O Christ the King, we have sinned against you. Rescue us, therefore, as you saved the people of Ninevah in past time. O compassionate *Lord*, make us sharers in your heavenly Kingdom.

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, *my* Saviour, if I contemplate all my sins that merit every punishment, I would despair of myself, for through them I have disobeyed your noble commandment, wasting my life in over-indulgence. Therefore I plead with you to purify me with the showers of forgiveness, and to enlighten me with fasting and petition. O all-bountiful *Lord*, of transcendent goodness, do not reject me.

S4: Let Israel hope in the Lord

from morning watch until night,  
from morning watch.

Let us begin the season of fasting with joy, submitting ourselves to spiritual warfare, purifying soul and body, fasting from passions, while we fast from food. Let us feast on the virtues of the Spirit. If we continue to yearn for them, we shall become worthy to see the most solemn Passion of Christ and the Holy Pascha, while we are glad with spiritual joy.

Tone 2

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

He will redeem Israel from all his offences.

The holy martyrs bravely endured their present suffering. They rejoiced in things for which they hoped, but had not yet seen. They said to one another, "We have put off the old man by stripping off our garments. The winter is cold and bitter, but Paradise will be warm and sweet. The freezing is painful, but the reward will bring us joy. O brothers, let us not be defeated; we suffer a little, but Christ will crown us with the laurel of victory. He is our God and the Saviour of our souls."

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

The holy martyrs threw their clothes aside and fearlessly entered the lake. They encouraged one another, "Remember that our fallen nature has been deprived of Paradise. Let us care nothing for our corruptible flesh today. The serpent once deceived us when he handed over our bodies to death, now let us win resurrection for all. Let us scorn the ice and cold; let us hate our flesh and Christ will crown us with the laurel of victory. He is our God and the Saviour of our souls."

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

The holy martyrs accepted their torments with joy. They hurried to the frozen lake as though to a comforting bath. They said, "We will not fear the bitter cold. Only let us escape the flames of Gehenna. Let a foot be burnt so that it may rejoice eternally. Let a hand be lost and offered to the Lord in sacrifice. Let us not refuse death in the flesh. Embrace death and Christ will crown us with the laurel of victory. He is our God, and the Saviour of our souls."

Glory: Both now:

The holy martyrs bravely endured their present suffering. They rejoiced in things for which they hoped, but had not yet seen. They said to one another, "We have put off the old man by stripping off our garments. The winter is cold and bitter, but Paradise will be warm and sweet. The freezing is painful, but the reward will bring us joy. O brothers, let us not be defeated. We suffer a little, but Christ will crown us with the laurel of victory. He is our God and the Saviour of our souls."

Both now:

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.

### Great Prokeimenon Ps 68 Tone 8

R: Do not turn your face away from your servant,  
for I am afflicted;

Quickly listen to me;  
be attentive to my soul and save it.

S1: I am destitute and sorrowful;  
O God, let your salvation help me.

S2: Let the needy see and be glad;  
seek after God and your soul will live.

### Prophecy 1

From the Prophecy of Isaiah (43:9-12)

All the nations are gathered together, and princes will be gathered from them. Who will declare these things? Or who will declare to you things from the beginning? Let them bring out their witnesses, and be justified. Let them hear and declare the truth. <sup>10</sup> Be my witnesses, and I too am a witness, says the Lord God, and my servant whom I have chosen, so that you may know, and believe, and understand that I am he. Before me there was no other God, and after me there will be none. <sup>11</sup> I am God; and beside me there is no Saviour. <sup>12</sup> I have declared and have saved. I have rebuked and there was no strange god among you. You are my witnesses and I am the Lord God.

### Prophecy 2

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

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

### Prophecy 3

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

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

### Apósticha

#### Apósticha

Tone 4

O Lord, your grace has shone and given light to our souls. See, now is the acceptable time. See, now is the season of repentance. Let us banish the works of darkness and put on the armour of light, so that when we have sailed across the great sea of the fast. We may reach the third day resurrection of our Lord Jesus Christ, the Saviour of our souls.

S1: I have raised my eyes towards you, who live in heaven.

*Repeat Sticherón*

S2: Have mercy on us, O Lord, have mercy on us.

O Christ our God, you are glorified in the memorials of your saints. Send your great mercy to us through their prayers.

Glory: Both now:

O Theotokos, the ranks of angels glorify you, for you have given birth to the one who is God and always lives with the Father and the Spirit. He created the angelic throng from nothing by an act of his will. All-pure Lady, implore him to save and enlighten the souls of those who sing your praises with true worship.

### Song of Simeon

B/P: O Master, now let your servant depart in peace according to your word,

<sup>2</sup> for my eyes have seen your salvation,

which you have prepared before all peoples,

<sup>3</sup> a light of revelation for *the* nations

and *the* glory of your people Israel.

### Triságion Prayers

#### Apolytikia

1: Hail, O Virgin Theotokos, Mary full of grace; the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have given birth to the Saviour of our souls. 2: O Baptist of Christ, remember us all, so that we may be released from our offences, for grace is given to you to intercede for us.

Glory:

3: O holy apostles and all you saints, intercede for us so that we may be released from dangers and sorrows, for we have acquired you as fervent advocates before the Saviour.

Both now:

4: O Theotokos, only pure and blessed *Lady*, we take refuge beneath your compassion; do not despise our pleas in adversity, but rescue us from dangers.

### Prayers

O Heavenly King, preserve the Orthodox Christians, confirm the faith, pacify the nations, give peace to the world, preserve this (holy) house and place our departed fathers and brothers in the dwellings of the just. Accept us in repentance and confession, for you are good and the Lover of the human race. Amen.

O Lord and Master of my life, do not give me the spirit of sloth, despair, lust of power and idle talk; but instead give your servant the spirit of chastity, humility, patience and love. Indeed, O Lord and King, allow me to see my own offences and not to judge my brother, for you are blessed to the ages of ages. Amen.

**Dismissal**