

SUNDAY 29 MARCH 2020
Hieromartyr Mark and Companions of Arethousia C4
St John of the Ladder
41st Sunday Tone 8 & Eothinón 8

VESPERS

Lord I have cried

Tone 8

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, we offer you our evening hymn and reasonable worship,
for you were pleased to have mercy on us by your resurrection.

S9: The just will wait for me until you reward me.
O Lord *our* Lord, do not banish us from your face, but be pleased to
have mercy on us by the resurrection.

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

Rejoice, O holy Zion, mother of the churches, dwelling place of
God! For you were the first to receive remission of sins by the
resurrection.

S7: Let your ears note the voice of my plea.
The Word of God the Father, begotten before the ages, was
incarnate in the latter times from the *woman* who was ignorant of
marriage. He willingly endured crucifixion until death. By his
resurrection he has saved man who was dead from the past.

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
O Christ, we glorify your resurrection from the dead by which you
have freed the race of Adam from the tortures of Hades. As God
you have granted the world eternal life and great mercy.

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.
Glory to you, O Saviour Christ, only begotten Son of God! You
were nailed to the cross and raised from the tomb on the third day!

Tone 8

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

S3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel from all his offences.

Holy father John, the Lord's praises were always on your lips. You
searched the scriptures which teach us to deny ourselves with a
depth of wisdom. You became rich in the blessings of grace and
overthrew the cunning of the Devil. X2

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

Most glorious father John, you washed your soul in a fountain of
tears. You kept vigil for God and gained his mercy. O holy one,
you were carried up on the wings of prayer; you flew to divine love
and beauty. Now you live in his spiritual light and unending joy,
together with your fellow soldiers.

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

1

Holy father John, you raised your mind to God on the wings of faith.
You hated this world's confusion and vanity, took up your cross and
followed the one who sees everything. You submitted your
rebellious flesh to his guidance through the discipline of self-denial
by the power of the Holy Spirit.

Glory: Tone 5

Holy father, when you heard the Lord's voice in the gospel, you
spurned the riches and glory of the world. You cry out to all, "Love
God and find eternal grace. Set nothing higher than his love; in this
way you will find rest with all the saints when he comes in glory."
O Christ, guard and save our souls through his prayers.

Both now: Tone 8

The King of Heaven, appeared on earth and lived with men because
of his love for the human race. He took flesh from the pure Virgin
and, after he had assumed it, came from her. The Son is one in two
Natures, yet one Person. Therefore we truly proclaim him as perfect
God and perfect man, and we acknowledge Christ as our God. O
unwedded Mother, plead with him to have mercy on our souls.

Phos Ilarón

P/D: Wisdom! Stand upright!

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

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

Prokeímenon

P/D: The Evening Prokeimenon

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

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

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

Ektení

Prayer

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

Plirotiká

Prayer

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

D: Bow down your heads to the Lord. R: To you, O Lord.

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

Apósticha

Tone 8

O Jesus you descended from heaven and ascended the cross. You
are the immortal Life who came to death; *you are* the true Light for
those in darkness *and* the Resurrection of all. Our Light and
Saviour, glory to you!

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

Let us glorify Christ who rose from the dead. He took up soul and body, then separated them both in suffering. His most pure soul descended to Hades, which he plundered. The holy body of the Redeemer of our souls did not see corruption in the tomb.

S2: For he founded the world which will not be moved. Ps 92
O Christ, we glorify your resurrection from the dead with psalms and hymns. Through it you have freed us from the torments of Hades and, as God, have granted eternal life and great mercy.

S3: O Lord, holiness is right for your house to length of days. Ps 92
O Master of all, incomprehensible Creator of heaven and earth, you have brought about existence for me without passion by your passion on the cross. You accepted burial, rose in glory and raised Adam with you by your all-powerful hand. Glory to your resurrection on the third day through which you have granted us eternal life and cleansing of sins, for you are the only compassionate *Lord!*

Glory: Tone 2

Let us honour John who is an earthly angel, a heavenly man, the adornment of the world, the joy of the faithful and the glory of ascetics. He was planted in the house of God and bloomed with the flower of sanctity. He flourished in the desert like a cedar of Lebanon. Through him the sheep of Christ's flock grow in holiness and justice.

Both now:

A new miracle surpasses all ancient miracles. Who knows of a mother who gave birth without a man, who carried in her arms her Creator? This birth is the will of God. Most pure *Lady*, since you carried him as an infant in your arms and 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,
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 8

O merciful *Lord*, you descended from above and accepted the three-day burial in order to free us from our sufferings. O Lord, our life and resurrection, glory to you!

Tone 8

O John, you have made the barren desert fertile with the rivers of your tears. You made your labours bear fruit a hundredfold with sorrowful sighing from your heart. You have become a light to the inhabited earth with the glory of your miracles. O holy father John, plead with Christ our God to save our souls.

Tone 8

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, plundered death through death and, as God, you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful *Lord*, reveal your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, *for she is* an intercessor, and save your despairing people.

Dismissal

ORTHROS

God is the Lord Ps 117

R: God is the Lord and has appeared to us.

Blessed is the one who comes in the Lord's name. Ps 117

S1: Thank the Lord, for he is good,
for his mercy lasts for ever.

S2: All the nations surrounded me,
but I opposed them in the Lord's name.

S3: This *is* the Lord's doing
and it is wonderful in our eyes.

Apolytikia

Tone 2

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

Tone 8

O John, you have made the barren desert fertile with the rivers of your tears. You made your labours bear fruit a hundredfold with sorrowful sighing from your heart. You have become a light to the inhabited earth with the glory of your miracles. O holy father John, plead with Christ our God to save our souls.

Tone 8

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, plundered death through death and, as God, you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful *Lord*, reveal your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, *for she is* an intercessor, and save your despairing people.

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

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

Glory:

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

Both now:

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

Kathisma 2

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

Glory:

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

Both now:

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

Evlogitaria

Blessed are you, O Lord; teach me your statutes.

The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

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

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

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

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

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

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

Small Litany

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

Ypakói

Read without note

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

Anaváthmi

Antiphon 1 Ps 122

O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.
O my Christ, have mercy on us,
for we frequently and at every hour give you grief;
give us the means to turn back to you before the end.

Glory: Both now:

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

Antiphon 2 Ps 123

If the Lord were not among us,
who could be protected from the murderous enemy?
O Saviour, do not hand over your servant to their teeth.
They move against me like a lion,
for they also are my enemies.

Glory: Both now:

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

Antiphon 3 Ps 124

Those who put their trust in the Lord are like the Holy Mountain;
they are never shaken by the attacks of Beliar.
Do not let those who live for God
stretch out their hands to lawless deeds,
for Christ will not set aside the rod for his inheritance.

Glory: Both now:

All wisdom streams from the Holy Spirit.
Grace comes from him to the Apostles;
the Martyrs are crowned for their struggles
and the Prophets are given vision.

Prokeímenon Ps 145

R: The Lord will reign for ever,

your God, O Zion, from generation to generation.

S: Praise the Lord, O my soul.

Small Litany

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

Kontákion

Read without note

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

Íkos

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

Synaxáron

Today we remember the holy martyrs Mark, Bishop of Arethousia, his deacon Kyril, and their companions who lived in the Fourth Century. He destroyed a pagan temple and was ordered to restore it by Emperor Julian the Apostate. Initially he fled from the city, but then returned. He was stripped, beaten and stabbed by the pagan crowd, then covered in honey and hung up to be attacked by bees and wasps. The emperor did not want a martyr and ordered his release. On the Twenty Ninth the saints entered the heavenly gates.

Together with them we remember:

Bishop and Confessor Efstáthios of Vithynia C9

Ypómnia

Today on the fourth Sunday in the Fast, we commemorate our father, John, who was the author of *The Ladder*. Truly John when alive was dead in the body, but now appears dead and without breath, yet lives for ever. He has left his book through which he ascended to the heights and clearly reveals in it the path of heavenly ascent for everyone.

Katavasías

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

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

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

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

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

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

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

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

Gospel Dialogue

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

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

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

Praise God in his saints;

praise him in his mighty firmament. *Ps 50*

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

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

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

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

P/D: Let us attend

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

Eothinón Gospel 8

From the Holy Gospel according to John (20:11-18)

At that time Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; ¹² and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. ¹³ They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid him." ¹⁴ Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. ¹⁵ Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." ¹⁶ Jesus said to her, "Mary." She turned and said to him in Hebrew, "Rabboni!" (which means Teacher). ¹⁷ Jesus said to her, "Do not hold me, for I have not yet ascended to the Father; but go to my brothers and say to them, I am ascending to my Father and your Father, to my God and your God." ¹⁸ Mary Magdalene went and said to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

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, holy martyrs Mark, Bishop of Arethousia, his deacon Kyril, and their companions n, 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: Let every earthborn mortal spiritually rejoice and carry lamps. be
radiant and spiritually leap for joy. Let the ranks of angelic powers
celebrate as they honour the sacred wonders of the Theotokos and
cry, "Hail, O pure and blessed Ever-virgin who gave birth to God!"

Small Litany

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

Holy is the Lord

Holy is the Lord our God. X3
Exalt the Lord our God and worship at his footstool.
for he is holy.

Exapostelária

Tone 8

Mary was truly amazed when she saw two angels in the tomb. She
did not recognise Christ, but thought he was the gardener and said to
him, "Sir, where have you placed the body of Jesus?" But she knew
from his voice that he was the Saviour and obeyed him when he
said, "Do not touch me, for I have not yet ascended to the Father,
but go and tell my brothers."

O honourable saint, you rejected the easiness of the world as a
burden. After making your flesh waste away through fasting, you
renewed the strength of your soul and were made wealthy with
heavenly glory. O John, never cease to plead for us.

O Lady, because we have been saved through you, we truly
acknowledge you to be the Theotokos, for in a manner beyond
speech you have given birth to God, who has destroyed death by the
cross and summoned to himself the assemblies of the saints. O
Virgin, together with them we praise you.

Praises

Tone 8

Let everything with breath
praise the Lord.

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

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

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

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

Do the Jews say that the soldiers who guarded the King destroyed
him instead? Do they say that the stone did not preserve the Rock of
life? Either let them give up the buried *Lord* or adore with us the
one *who has* risen with us and say, "Glory to your great mercies! O
Saviour, glory to you!"

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

O people, rejoice and be glad! An angel sitting on the stone has
announced to us the glad news and said, "Christ, the Saviour of the
world, has risen from the dead and filled everything with sweet
fragrance." O people, rejoice and be glad!

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

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

Tone 8

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.

Holy father John, the Lord's praises were always on your lips. You
searched the scriptures which teach us to deny ourselves with a
depth of wisdom. You became rich in the blessings of grace and
overthrew the cunning of the Devil. X2

S2: Blessed is the man who fears the Lord.

Most glorious father John, you washed your soul in a fountain of
tears. You kept vigil for God and gained his mercy. O holy one,
you were carried up on the wings of prayer; you flew to divine love
and beauty. Now you live in his spiritual light and unending joy,
together with your fellow soldiers.

S1 The death of his saints

is precious in the sight of the Lord.

Holy father John, you raised your mind to God on the wings of faith.
You hated this world's confusion and vanity, took up your cross and
followed the one who sees everything. You submitted your
rebellious flesh to his guidance through the discipline of self-denial
by the power of the Holy Spirit.

Glory: Tone 1

Come and labour in the mystical vineyard, as we cultivate there the
fruits of repentance. Let us not indulge ourselves in food and drink,
but reap virtues with fasting and prayer; the Master of labour
accepts these. He gives the money for them through which he
redeems our souls from the debt of sin, for he alone is the all
compassionate *Lord*.

Both now: Tone 2

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

Great Doxology

Glory to you who have shown us the light!
glory to God in the highest!

Peace on earth and goodwill to men!

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

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

- ⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;
have mercy on us,
for you take away the sin of the world.
- ⁵ Receive our prayer,
for you sit on the right of the Father,
and have mercy on us.
- ⁶ For only you are holy, only you are Lord,
O Jesus Christ, to the glory of God the Father. Amen.
- ⁷ I will bless you every day
and always praise your name for ever and ever. Ps 144
- ⁸ O Lord, allow us this day
to be guarded from sin.
- ⁹ Blessed are you, O Lord God of our fathers!
Praised and glorified be your name for ever. Amen. Daniel 3
- ¹⁰ O Lord, let your mercy be on us,
for we have hoped in you. Ps 32.
- ¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118
- ¹² O Lord, you have been our refuge
from generation to generation. Ps 89
- I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40
- ¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142
- ¹⁵ For with you is the source of life
and in your light we will see light. Ps 35
- ¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. After he had destroyed death by death, he

LITURGY

Antiphon 1 Ps 91

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

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

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

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

S4: Glory: Both now:

Antiphon 2 Ps 92

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

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

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

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

Monogenes

Antiphon 3 Ps 94

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

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

- S2: Let us enter his presence with thanksgiving
and gladly cry to him with psalms,
S3: For the Lord is a great God
and a high king over all the earth.

Entrance Ps 94

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

Apolytikia

Tone 2

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

Tone 8

O John, you have made the barren desert fertile with the rivers of your tears. You made your labours bear fruit a hundredfold with sorrowful sighing from your heart. You have become a light to the inhabited earth with the glory of your miracles. O holy father John, plead with Christ our God to save our souls.

Of the Church

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 Ps 28 Tone 7

R: The Lord will give strength to his people.
S: Bring to the Lord, O sons of God,
bring to the Lord glory and honour.

Apóstolos

From the Letter of Paul to Hebrews (6:13-20)

Brothers, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, ¹⁴ saying, "Surely I will bless you and increase you." ¹⁵ And so Abraham, when he had patiently endured, obtained the promise. ¹⁶ Men indeed swear by a greater than themselves and an oath is final for confirmation in all their disputes. ¹⁷ So when God desired to show more convincingly the unchangeable character of his purpose to the heirs of the promise, he inserted an oath. ¹⁸ This was so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. ¹⁹ We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, ²⁰ where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Alleluia Ps 91 Tone 7

S1: It is good to thank the Lord.
S2: To announce your mercy in the morning
and your truth by night.

Gospel

From the Holy Gospel according to Mark (9:17-31)

At that time a man came to Jesus, bending his knee and saying: Teacher, I brought my son to you, for he has a dumb spirit, ¹⁸ and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." ¹⁹ And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." ²⁰ And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and

he fell on the ground and rolled about, foaming at the mouth. ²¹ And Jesus asked his father, "How long has he had this?" And he said, "From childhood. ²² And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." ²³ And Jesus said to him, "If you can! All things are possible to him who believes." ²⁴ Immediately the father of the child cried out and said, "I believe; help my unbelief!" ²⁵ And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." ²⁶ And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." ²⁷ But Jesus took him by the hand and lifted him up, and he arose. ²⁸ And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" ²⁹ And he said to them, "This kind cannot be driven out by anything but prayer." ³⁰ They went on from there and passed through Galilee. And he would not have anyone know it; ³¹ for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

Communion Ps 148

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

SECOND VESPERS John "Klimakos" of Sinai C7

29 March

Tone 3

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

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

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

Tone 3

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

O believers, let us exert every effort in this season of abstinence so that we may obtain great glory and escape the fire of Gehenna through the mercy of God, the great King.

S5: O Lord, I have waited for you for your name's sake;
my soul has hoped in the Lord.

Now that we have passed half the period of this holy fast, let us clearly show the beginning of divine glory. Let us fervently hurry to the achievement of good behaviour so that we may receive eternal joy.

Tone 7

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

Now that we have passed half the distance of this holy fast, let us struggle to its end and resolutely rejoice. Let us anoint ourselves with the oil of charity so that we may be worthy to adore the noble passion of Christ our God and attain his most honoured and holy resurrection.

Tone 8

S3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel from all his offences.

O venerable father John, you always bore the high praises of God in your mouth. Most wise *father*, you pondered on active, divinely-inspired words and were enriched by the grace which flows from them. O blessed *saint*, in this way you overthrew the intentions of the wicked.

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

All-glorious father John, you cleansed your soul with fountains of tears. You moved God to show mercy as you stood through all-night vigils. O blessed *father*, divinely wise and venerable *saint*, you took wings and flew to his love and beauty where you now rightly delight and always rejoice with your companions in struggle.

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

O venerable father John, you gave your mind wings to fly to God through faith. You detested the instability and confusion of the world. You took up the cross and followed the one who sees everything. Through labours of fasting you bound your wilful body to your mind by the power of the divine Spirit.

Glory: Tone 6

O venerable father John, the sound of your teaching has gone out into all the earth. Therefore you have found the reward of your labours in the heavens. You destroyed hordes of demons and attained the rank of the angels whose life you blamelessly emulated. Since you now have boldness before Christ our God, request peace for our souls.

Both now:

My soul, rise, groan and weep. Let your heart pour out tears and cry to the Theotokos, "O pure Virgin, I implore you to rescue me in your great compassion from the fearful and terrible punishment. Allow me to rest in a place of repose and to enjoy eternal blessedness.

Great Prokeímenon Ps 60 Tone 8

R: Do not turn your face from your servant, for I am troubled;
quickly listen to me; be attentive to my soul and redeem it.

S1: O God, let your salvation help me.

S2: Let the needy see and be glad.

Apósticha

Tone 7

The Saviour, who planted the vineyard and called the labourers, is close indeed. Therefore, O workers in the fast, come and receive our hire, for the Giver is rich and merciful. Even if we have laboured little we receive great mercy.

Tone 6

S1: I have raised my eyes towards you who live in heaven. ^{Ps 122}
When Adam fell among the robbers of thought, he was robbed of his mind; his soul was wounded and he was banished naked without any aid. The priest who came before the law did not listen to him. The Levite who came after the law had no compassion on him. Only you, O God, who came not from Samaria, but from the Theotokos, showed mercy. O Lord, glory to you!

S2: Have mercy on us, O Lord, have mercy on us. ^{Ps 122}

O Lord, your martyrs did not deny you nor turn from your commandments. Have mercy on us through their intercessions.

Glory: Both now:

O believers, let us give angelic praise to the heavenly chamber and the well-sealed door. Let us cry, "Hail, Lady! You gave birth to Christ our God for us; you raised the Life-giver and Saviour of all." O undefiled hope of Christians, destroy our great enemies bound in heresy with you own hands.

Song of Simeon

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

² for my eyes have seen your salvation,
which you have prepared before all peoples,

³ a light of revelation for *the* nations
and *the* glory of your people Israel.

Triságon Prayers

Apolytikia

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