

SUNDAY 28 APRIL 2019

Pascha

Hieromartyr Paphnouítos of Jerusalem  
Hermit John of Palestine C8

## THE RESURRECTION

### Invitation

*During candle-lighting.*

Tone 5

Come and take light from the unfading Light,  
and glorify Christ, who has risen from the dead.

### Tropáirion

*During Procession*

Tone 6

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

### Gospel

From the Holy Gospel according to Mark (16:1-8)  
When the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. <sup>2</sup> And very early on the first day of the week they went to the tomb when the sun had risen. <sup>3</sup> And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" <sup>4</sup> And looking up, they saw that the stone was rolled back; -- it was very large. <sup>5</sup> And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. <sup>6</sup> And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. <sup>7</sup> But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." <sup>8</sup> And they went out quickly and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

## PASCHAL ORTHROS

P: Glory to the holy, consubstantial, life-giving and undivided Trinity; always, now and for ever, and to the ages of ages! *Amen.*

### Paschal Verses

R: Christ is risen from the dead!  
He has trampled down death by death  
and granted life to those in the tombs. X3

S1: Let God rise and let his enemies be scattered;  
let those who hate him flee from his presence.

S2: As smoke vanishes, so let them vanish,  
as wax melts before fire.

S3: So let sinners perish at the presence of God;  
let the just be festive.

S4: This *is* the day which the Lord has made;  
let us rejoice and be glad in it.

S5: Glory: Both now:

### Irinika

#### Canon Tone 1

##### Ode 1

It is the day of Resurrection; O people, let us be radiant. It is Pascha, the Pascha of the Lord, for Christ God has made us pass from death to life and from earth to heaven and we sing the triumphal song. "Christ is risen from the tomb."

*Christ is risen from the dead!*

Let us purify our senses so that we may see Christ shining like lightning in the unapproachable light of the resurrection and clearly hear him saying, "Rejoice!" as we sing the triumphal song.

Let the heavens rightly rejoice and let the earth be glad. Let the whole visible and invisible world keep the feast, for Christ, our eternal joy, has risen.

It is the day of Resurrection; O people, let us be radiant. It is Pascha, the Pascha of the Lord, for Christ God has made us pass from death to life and from earth to heaven and we sing the triumphal song.

R: Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs. X3

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

### Little Litany

P: For yours is the might, and yours is the kingdom and yours is the power, of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

### Ode 3

Come and let us drink a new drink, not one miraculously produced from a barren rock, but from the Spring of incorruption which pours out from the tomb of Christ in whom we are made firm

*Christ is risen from the dead!*

Now everything has been filled with light - heaven, earth and subterranean regions - so let all creation sing about the resurrection of Christ through which it is established.

O Christ, I was buried yesterday with you and today I rise with you at your resurrection. I was crucified with you yesterday; O Saviour, glorify me with you in your Kingdom.

Come and let us drink a new drink, not one miraculously produced from a barren rock, but from the Spring of incorruption which pours out from the tomb of Christ in whom we are made firm

R: Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs. X3

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

### Little Litany

P: For you are holy, our God, and we send up glory to you, to the Father, the Son, and the Holy Spirit, now and ever, and to the ages of ages. *Amen.*

### Ypakoi

Tone 4

Those who were with Mary came before the dawn and found the stone rolled away from the tomb. They heard from the Angel, "Why do you search for the *Lord* who lives in eternal light among the dead, as though he were mortal? See the grave clothes. Run and announce to the world that the Lord has been raised, and has put death to death for he is the Son of God who saves the human race.

### Ode 4

Let the Prophet Habakkuk who was inspired by God, stand with us in the divine guard. Let him point out the radiant Angel, who announces with resounding voice, "To-day there is salvation for the world, for Christ has risen as the almighty *Lord*."

*Christ is risen from the dead!*

Christ appeared as a male who opened the virgin womb. As our food he is called the Lamb, as our Passover he is without stain and spotless and as our true God he is perfect.

Christ was willingly sacrificed for us all like a year-old lamb - a crown blessed for us and a cleansing Pascha - and the beautiful Sun of justice has shone again for us from the tomb.

The ancestor of God, David, leapt and danced before the symbolical Ark. When we see the fulfilment of the types, let us, the inspired holy people of God, rejoice, for Christ has risen as the almighty *Lord*.

Let the Prophet Habakkuk who was inspired by God, stand with us in the divine guard. Let him point out the radiant Angel, who

announces with resounding voice, "To-day there is salvation for the world, for Christ has risen as the almighty *Lord*."

R: Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs. *X3*

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

#### **Little Litany**

P: For you are a good God who loves the human race and to you we send up glory, to the Father, the Son and the Holy Spirit, now and ever, and to the ages of ages. Amen.

#### **Ode 5**

Let us rise before the dawn and offer praise to the Master instead of myrrh. We shall see Christ, the Sun of justice who makes life dawn for everyone.

*Christ is risen from the dead!*

O Christ, when those who were bound by the chains of Hades see your loving kindness, they press forward to the light with joyful steps and praise an eternal Pascha.

Let us go out to meet Christ with lamps in our hands as he comes out from the grave like a bridegroom. Let us celebrate together the saving passion of God with the feast-loving *angelic* orders.

Let us rise before the dawn and offer praise to the Master instead of myrrh. We shall see Christ, the Sun of justice who makes life dawn for everyone.

R: Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs. *X3*

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

#### **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

#### **Ode 6**

O Christ, you descended into the deepest parts of the earth and shattered the eternal shackles of those that those who were chained. On the third day you rose from the tomb like Jonah from the whale.

*Christ is risen from the dead!*

O Christ, you rose from the tomb, but kept the seals intact, just as you did not harm the locks of the Virgin's womb at your birth; you have opened to us the gates of Paradise.

O my Saviour, the living victim who has not been sacrificed, you offered yourself willingly as God to the Father. You raised the whole race of Adam with yourself in rising from the tomb.

O Christ, you descended into the deepest parts of the earth and shattered the eternal shackles of those that those who were chained. On the third day you rose from the tomb like Jonah from the whale.

R: Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs. *X3*

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

#### **Little Litany**

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

#### **Kontákion**

Tone 8

O immortal *Lord*, although you descended into the grave, yet you overthrew the power of Hades; O Christ *our* God, you rose as conqueror. You greeted the women bearing myrrh, saying,

"Rejoice!" As you grant resurrection to the fallen, you give peace to your apostles.

#### **Íkos**

The myrrh-bearing women searched for him as they would for the day, for the Sun before the sun who had set for a time in a tomb. They cried to one another, "O friends, come and let us anoint with spices the life-bearing and buried body, the flesh that raises fallen Adam, yet now lies in the tomb. Come and let us hurry like the Magi, fall down in worship and offer spices as gifts to the *Lord* who is now wrapped in a shroud rather than swaddling clothes. Let us lament and cry, "Rise, O Master, who grants resurrection to the fallen!"

#### **Synaxarion**

Today we remember the holy hieromartyr Paphnútiós of Jerusalem. On the Nineteenth his fate was sealed.

On the same day we also remember our renowned father John the hermit of the Ancient Lavra in Palestine who lived in the Eighth Century. He travelled to the Holy Places to seek wisdom and settled in Chariton's cave.

On the same day we remember the holy presbyter-martyr Theódoros of Pergia in Pamphylia who lived in the Second Century. He triumphed over the passions and copied the passion of the Lord whom he worshipped.

Together with them we remember:  
Hieromartyr Alphege of Canterbury C11

#### **Ypómnima**

On Holy and Great Sunday we celebrate the life-giving resurrection of our Lord and God and Saviour Jesus Christ; for Christ alone deigned to descend in order to fight Hades; and he ascended bringing the abundant spoils of victory which he has seized. This joyful resurrection we therefore celebrate today, kissing one another in Christ with the brotherly kiss, illustrating in this way the dissolution of the enmity between us and God, and our reconciliation through Christ. To him be glory and power for ever and ever. Amen.

#### **Resurrection Ode**

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 resurrection, for you are our God. We do not know any other except you and we call on your name. All you faithful, come and let us venerate the holy resurrection of Christ, for see joy has come to all the world through the cross. Let us always bless the Lord and praise his resurrection, for he destroyed death by death through enduring the cross for us.

Now that Jesus has risen from the grave, as he foretold, he has given us eternal life and great mercy

#### **Ode 7**

He who set free the children from the furnace, becomes man and suffers as a mortal. He who is the only blessed and most glorious God of our fathers clothes the mortal through suffering with the splendour of incorruption.

*Christ is risen from the dead!*

The godly-minded women hurried after you with myrrh oils. The *Lord* for whom they searched with tears as a mortal, they worshipped with joy as the living God. O Christ, they proclaimed the mystical Pascha to your disciples.

We celebrate the death of death, the overthrow of Hades and the first fruits of a new eternal life. We leap with joy and sing a hymn to the Reason cause - the only blessed and most glorious God of our fathers.

In truth how holy and most festive is this saving night! How full of light *is the night*, the herald of the light-bearing day of the resurrection in which the timeless Light shone for everyone from the tomb in bodily form.

He who set free the children from the furnace, becomes man and suffers as a mortal. He who is the only blessed and most glorious God of our fathers clothes the mortal through suffering with the splendour of incorruption.

R: Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs. X3

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

#### Little Litany

P: Blessed and glorified is the might of your kingdom, of the Father, and the Son, and the Holy Spirit, now and ever, and to the ages of ages. Amen.

#### Ode 8

This is the chosen and holy day, the first of Sabbaths, the Queen and Lady, the Feast of Feasts, and the Festival of Festivals on which we bless Christ for ever.

*Christ is risen from the dead!*

Come on the glorious day of the Resurrection and let us share in the new fruit of the vine, in divine joy and in the kingdom of Christ while we sing his praise as God for ever.

O Sion, lift up your eyes round about and look. For see your children have come to you like stars shedding divine light from West and North, from the Sea and from the East; they bless Christ in you for ever.

O almighty Father, Word and Spirit, one nature in three Persons, surpassing all existence and beyond all divinity, we have been baptised into you and we bless you for ever.

This is the chosen and holy day, the first of Sabbaths, the Queen and Lady, the Feast of Feasts, and the Festival of Festivals on which we bless Christ for ever.

R: Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs. X3

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

#### Little Litany

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

*The Magnificat is not sung.*

#### Ode 9

S1: O my soul, glorify *the Lord* who suffered willingly, was buried and rose from the grave on the third day.

S2: O my soul, glorify Christ the Giver of life who rose from the grave on the third day.

Shine, shine, O new Jerusalem, for the glory of the Lord has dawned on you. O Sion, dance now and rejoice and you, O pure Theotokos, also rejoice at the resurrection of him whom you bore. X2

S3: Christ is the new Passover, the living Sacrifice and the Lamb of God who takes away the sin of the world.

S4: Today the whole creation rejoices and is glad, for Christ has risen and Hades has been plundered.

How divine! How beloved! O your sweetest voice! O Christ, you have truly promised to be with us until the end of time. We, the faithful, rejoice, since we have this as an anchor of hope. X2

Glory:

O my soul, glorify the might of the undivided Divinity in three Persons.

O great and most sacred Pascha! O Christ! O Wisdom, Word and Power of God! Grant that we may partake of you fully in the day that has no evening of your Kingdom.

Both now:

Hail, O Virgin, rejoice!

Hail, O blessed *Lady!*

Hail, O glorified *Virgin!*

Your Son has risen from his three day *rest* in the tomb.

O great and most sacred Pascha! O Christ! O Wisdom, Word and Power of God! Grant that we may partake of you fully in the day that has no evening of your Kingdom.

The Angel cried to her who is full of grace, "Rejoice, O pure Virgin, rejoice!" And again I say, "Rejoice!" for your Son has risen from the tomb on the third day.

Shine, shine, O new Jerusalem, for the glory of the Lord has dawned on you. O Sion, dance now and rejoice and you, O pure Theotokos, also rejoice at the resurrection of him whom you bore.

#### Little Litany

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

#### Exaposteiláron

O King and Lord, when you had fallen asleep in the flesh as a mortal, you arose again on the third day. O Pascha of incorruption and salvation of the world, you raised Adam from corruption and abolished death. X3

#### Praises

Tone 2

Let everything with breath praise the Lord.

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

To you, O God, is due a song.

Praise him, all his angels; praise him, all his powers.

To you, O God, is due a song.

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

O Christ, we praise your saving passion and glorify your resurrection.

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

O Lord, you have endured the cross, made death of no effect and have risen from the dead. Grant peace in our lives, for you are the only almighty *Lord*.

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

You have plundered Hades and raised man by your resurrection. O Christ, make us worthy to praise and glorify you with purity of heart.

Tone 6

S3: Praise him with tuneful cymbals; praise him with joyful cymbals.

Let everything with breath praise the Lord.

O Christ, we praise you and glorify your divine condescension. You were born from a virgin, yet did not part from the Father. You suffered as man and willingly endured the cross. You rose from the grave as though from a bridal chamber so that you might save the world. O Lord, glory to you!

#### The Paschal Sticherá

S1: Let God rise and let his enemies be scattered; let those who hate him flee from his presence. Ps 67

A sacred Pascha has been revealed to us today; a new and holy Pascha, a mystical Pascha, a Pascha revered by all, a Pascha that is Christ the Redeemer, a spotless Pascha, a great Pascha, a Pascha of the faithful, a Pascha that has opened for us the gates of Paradise, a Pascha that sanctifies all the faithful.

S2: As smoke vanishes, so let them vanish,  
as wax melts before fire.

O women, bearers of good tidings, come from that scene and say to Sion, "Receive from us the joyful good news of Christ's Resurrection. O Jerusalem, leap for joy, dance and be glad, for you have seen Christ the King like a bridegroom come from the grave.

S3: So let sinners perish at the presence of God;  
let the just be festive.

The myrrh-bearing women came to the grave of the Giver of life before dawn. They found an Angel sitting on the stone who cried out to them and said, "Why do you seek the Living *Lord* among the dead? Why do you mourn the Incorruptible One as though he were in corruption? Go and proclaim *the news* to his Disciples.

S4: This *is* the day which the Lord has made;  
let us rejoice and be glad in it.

O Pascha of delight! O Pascha, the Lord's Pascha! A Pascha revered by all has dawned for us. O Pascha! Let us embrace one another with joy. O Pascha, deliverance from sorrow! For today Christ shone out from a tomb as though from a bridal chamber and filled the women with joy, saying, "Proclaim *the news* to the Apostles."

Glory: Both now:

It is the day of Resurrection; let us be resplendent in the festival. Let us embrace one another and say, "Brothers!" even to those who hate us. Let us forgive everything in the Resurrection and so we shall cry, "Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs."

### Ending

Christ is risen!  
He is risen indeed!  
Glory to his third-day resurrection!  
We bow down to his third-day resurrection!

R: Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs. X3

### Dismissal

*Only use when the Liturgy does not immediately follow.*

P: Christ is risen!  
R: He is risen indeed!  
P: Glory to his third-day resurrection!  
R: We worship his three-day resurrection!

### Catechetical Sermon of John Chrysostom

Is anyone devout and loves God?  
Let him enjoy this fair and shining feast.

Is anyone a grateful servant?  
Let him enter the joy of his Lord.

Has anyone wearied himself with fasting?  
Let him now enjoy his payment.

Has anyone laboured since the first hour?  
Let him today receive his due.

Has anyone come after the third hour?  
Let him feast with gratitude.

Has anyone arrived after the sixth hour?  
Let him not hesitate, for there is no penalty.

Has anyone delayed until after the ninth hour?  
Let him approach without hesitation.

Has anyone arrived only for the eleventh hour?  
Let him not fear because of his lateness,  
for the Lord is generous and receives the last like the first.

He gives rest to the worker of the eleventh hour  
like those of the first.

He has pity on the latter,  
yet cares for the former.

He gives to the one,  
yet is generous to the other.

He accepts the work done,

yet welcomes the intention.  
He honours the achievement,  
yet praises the purpose.  
Therefore all of you enter the joy of our Lord.  
First and last, enjoy your reward.

Rich and poor people, dance together.  
Sober and slothful people, honour the day.  
Fasters and non-fasters, be glad today.

The table is full;  
all of you enjoy yourselves.  
The calf is fattened,  
so let no one go away hungry.  
All of you, enjoy the banquet of faith.  
All of you enjoy the richness of his goodness.  
Let no one grieve at his poverty,  
for the Kingdom has been revealed for everyone.  
Let no one bemoan his faults,  
for Forgiveness has risen from the tomb.  
Let no one fear death,  
for the Saviour's death has freed us.  
By enduring it he overcame it.

The one who descended into Hades has despoiled Hades.  
He embittered it when it tasted his flesh.

Isaiah foretold this when he cried,  
"Death was embittered by meeting you below."

It was bitter,  
for it was destroyed.

It was bitter,  
for it was mocked.

It was bitter,  
for it was slain.

It was bitter,  
for it was obliterated.

It was bitter,  
for it was bound fast.

It received a body,  
then came face to face with God.

It received earth  
then met Heaven.

It received what it saw,  
then fell through what it did not see.

O death, where is your sting?  
O Hades, where is your victory?

Christ is risen  
and you are abolished!

Christ is risen  
and the demons have fallen!

Christ is risen  
and the Angels rejoice!

Christ is risen  
and life has found freedom!

Christ is risen  
and there is no corpse in the grave!

For because Christ has been raised from the dead,  
he has become the first fruits of those who sleep.  
To him be glory and might to the ages of ages. Amen.

### Apolytikion

Tone 8

The grace which shines from your lips has enlightened the inhabited earth like a torch. It has revealed the riches of poverty to the world and revealed to us the heights of humility. O father John Chrysostom, as you teach us by your words, intercede before the Word, Christ our God, to save our souls.

### PASCHAL LITURGY

### Paschal Verses

R: Christ is risen from the dead!  
He has trampled down death by death  
and granted life to those in the tombs. X3

S1: Let God rise and let his enemies be scattered;  
let those who hate him flee from his presence.  
S2: As smoke vanishes, so let them vanish,  
as wax melts before fire.  
S3: So let sinners perish at the presence of God;  
let the just be festive.  
S4: This *is* the day which the Lord has made;  
let us rejoice and be glad in it.  
S5: Glory: Both now:

### Antiphon 1 Ps 65 Tone 2

S1: All the earth, shout with joy to the Lord.

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

S2: Make music to his name *and* give glory in his praise.  
S3: Say to God, "How fearful are your works!  
S4: Let all the earth worship you and make music to you.  
S5: Glory: Both now:

### Antiphon 2 Ps 66 Own Tone

S1: May God pity us and bless us;  
may he make his face shine on us and be merciful to us.

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

S2: May we know your way on earth,  
your salvation among all the nations.  
S3: O God, let the peoples thank you;  
let all the peoples thank you.  
S4: May God bless us  
and all the ends of the earth fear him.  
S5: Glory: Both now:  
*Monogenes*

### Antiphon 3 Ps 67 & 117 Tone 8

S1: Let God rise and let his enemies be scattered;  
let those who hate him flee from his presence.

R: Christ is risen from the dead!  
He has trampled down death by death  
and granted life to those in the tombs.

S2: As smoke vanishes, so let them vanish,  
as wax melts before fire.  
S3: So let sinners perish at the presence of God;  
let the just be festive.  
S4: This *is* the day which the Lord has made;  
let us rejoice and be glad in it.  
S5: Glory: Both now:

### Entrance Ps 67

Bless God, in *the* assemblies,  
the Lord from the springs of Israel.  
Save us, O Son of God.  
You have risen from the dead.  
We sing to you, "Alleluia!"

### Apolytikion

Christ is risen from the dead! He has trampled down death by death  
and granted life to those in the tombs.

### Ypakói

Tone 4

Those who were with Mary came before the dawn and found the  
stone rolled away from the tomb. They heard from the Angel, "Why  
do you search for the *Lord* who lives in eternal light among the dead,  
as though he were mortal? See the grave clothes. Run and announce

to the world that the Lord has been raised, and has put death to death  
for he is the Son of God who saves the human race.

### Kontáktion

Tone 8

O immortal *Lord*, although you descended into the grave, yet you  
overthrew the power of Hades; O Christ *our* God, you rose as  
conqueror. You greeted the women bearing myrrh, saying,  
"Rejoice!" As you grant resurrection to the fallen, you give peace to  
your apostles.

### Triságion Substitute

For as many as have been baptised into Christ,  
have put on Christ. Alleluia!

### Prokeímenon Ps 117 Tone 8

R: This *is* the day which the Lord has made;  
let us rejoice and be glad in it.

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

### Apóstolos

From the Acts of the Apostles (1:1-8)

In the first book, O Theophilus, I have dealt with all that Jesus began  
to do and teach, <sup>2</sup> until the day when he was taken up, after he had  
given commandment through the Holy Spirit to the apostles whom  
he had chosen. <sup>3</sup> To them he presented himself alive after his passion  
by many proofs, appearing to them during forty days, and speaking  
of the kingdom of God. <sup>4</sup> And while staying with them he charged  
them not to depart from Jerusalem, but to wait for the promise of the  
Father, which, he said, "you heard from me, <sup>5</sup> for John baptized with  
water, but before many days you will be baptized with the Holy  
Spirit." <sup>6</sup> So when they had come together, they asked him, "Lord,  
will you at this time restore the kingdom to Israel?" <sup>7</sup> He said to  
them, "It is not for you to know times or seasons which the Father  
has fixed by his own authority. <sup>8</sup> But you will receive power when  
the Holy Spirit has come upon you; and you will be my witnesses in  
Jerusalem and in all Judea and Samaria and to the end of the earth."

### Alleluia Ps 101 Tone 4

S1: O Lord, rise *and* pity Zion.

S2: The Lord from heaven has watched the earth.

### Gospel

From the Holy Gospel according to John (1:1-17)

In the beginning was the Word, and the Word was with God, and the  
Word was God. <sup>2</sup> He was in the beginning with God; <sup>3</sup> all things  
were made through him, and without him was not anything made that  
was made. <sup>4</sup> In him was life, and the life was the light of men. <sup>5</sup> The  
light shines in the darkness, and the darkness has not overcome it. <sup>6</sup>  
There was a man sent from God, whose name was John. <sup>7</sup> He came  
for testimony, to bear witness to the light, that all might believe  
through him. <sup>8</sup> He was not the light, but came to bear witness to the  
light. <sup>9</sup> The true light that enlightens every man was coming into the  
world. <sup>10</sup> He was in the world, and the world was made through him,  
yet the world knew him not. <sup>11</sup> He came to his own home, and his  
own people received him not. <sup>12</sup> But to all who received him, who  
believed in his name, he gave power to become children of God; <sup>13</sup>  
who were born, not of blood nor of the will of the flesh nor of the  
will of man, but of God. <sup>14</sup> And the Word became flesh and dwelt  
among us, full of grace and truth; we have seen his glory, glory as of  
the only Son from the Father. <sup>15</sup> (John bore witness to him, and  
cried, "This was he of whom I said, 'He who comes after me ranks  
before me, for he was before me.'") <sup>16</sup> And from his fullness have we  
all received, grace upon grace. <sup>17</sup> For the law was given through  
Moses; grace and truth came through Jesus Christ.

### Especially

The Angel cried to her that is full of grace, "O Pure Virgin, rejoice!  
And again I say, 'Rejoice!' For your Son has risen from the tomb on  
the third day.

Shine, shine, O New Jerusalem, for the glory of the Lord has risen  
upon you. Dance now and be glad, O Sion, and you too rejoice, pure  
Mother of God, at the arising of him to whom you gave birth.

### Communion

Receive the Body of Christ;  
partake from the Fountain of Immortality. Alleluia.

### Post-Communion

Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs.

### Dismissal

*Then*

P: Christ is risen!  
R: He is risen indeed!  
P: Glory to his third-day resurrection!  
R: We worship his three-day resurrection!

### Apolytikion

Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs.

### VESPERS OF LOVE

#### Hairshirt Theodore (Theódoros) of Constantinople C4-5

*20 April*

+ Glory to the holy, consubstantial, life-giving and undivided Trinity, both always, now, and for ever, and to the ages of ages. Amen.

### Paschal Verses

R: Christ is risen from the dead, trampling down death by death and to those in the tombs he has given life. X3  
S1: Let God arise and let his enemies be scattered;  
let those who hate him take flight from his presence.  
S2: As smoke vanishes, so let them vanish,  
as wax melts before the fire,  
S3: So let sinners perish at the presence of God;  
let the just be festive.  
S4: This *is* the day which the Lord has made;  
let us rejoice and be glad in it.  
S5: Glory: Both now:

### Eirinika

#### 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.

Come and worship the Word of God *who was* begotten by the Father before all ages and became incarnate from the Virgin Mary. When he had endured the cross, he was buried, as he himself desired. When he rose from the dead, he saved me, for I had strayed.

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

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

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

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

Glory: Both now: Tone 2

The shadow of the Law passed when grace came. As the bush burned, yet was not consumed, so also 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

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 Psalm 76

Tone 7

R: What God is *as* great as our God?  
You are the God who accomplishes wonders.  
S1: You have revealed your power among the peoples.  
S2: And I said, "Now I have begun *to grieve*;  
this *is the* change *in* the right hand of the Most High."  
S3: I remembered the works of the Lord.

### Gospel

*Many languages are used.*

From the Holy Gospel according to John (20:19-25)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." <sup>20</sup> When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. <sup>21</sup> Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." <sup>22</sup> And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. <sup>23</sup> If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." <sup>24</sup> Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. <sup>25</sup> So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe."

### Ekteni

### Prayer

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

### Plirotiká

P: Peace be with you all. R: And with your spirit  
D: Bow down your heads to the Lord. R: To you, O Lord.

### Prayer

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.*

### Sticherón

Tone 2

Let us begin to sing and raise the hymn of salvation with our mouths. All you people, come, fall down, worship in the house of the Lord and say, "Cleanse our sins, for you were crucified on the tree, rose from the dead and are in the bosom of the Father."

*The Paschal Sticherá*

S1: Let God rise and let his enemies be scattered;  
let those who hate him flee from his presence. Ps 67

A sacred Pascha has been revealed to us today; a new and holy Pascha, a mystical Pascha, a Pascha revered by all, a Pascha that is Christ the Redeemer, a spotless Pascha, a great Pascha, a Pascha of the faithful, a Pascha that has opened for us the gates of Paradise, a Pascha that sanctifies all the faithful.

S2: As smoke vanishes, so let them vanish,  
as wax melts before fire.

O women, bearers of good tidings, come from that scene and say to Sion, "Receive from us the joyful good news of Christ's Resurrection. O Jerusalem, leap for joy, dance and be glad, for you have seen Christ the King like a bridegroom come from the grave.

S3: So let sinners perish at the presence of God;  
let the just be festive.

The myrrh-bearing women came to the grave of the Giver of life before dawn. They found an Angel sitting on the stone who cried out to them and said, "Why do you seek the Living *Lord* among the dead? Why do you mourn the Incorruptible One as though he were in corruption? Go and proclaim *the news* to his Disciples."

S4: This *is* the day which the Lord has made;  
let us rejoice and be glad in it.

O Pascha of delight! O Pascha, the Lord's Pascha! A Pascha revered by all has dawned for us. O Pascha! Let us embrace one another with joy. O Pascha, deliverance from sorrow! For today Christ shone out from a tomb as though from a bridal chamber and filled the women with joy, saying, "Proclaim *the news* to the Apostles."

Glory:

Jesus, our Saviour, the Source of life, came to the well of Jacob the patriarch. He asked a Samaritan woman for water to drink. She told him that Jews have no dealings with Samaritans, but the wise Creator excited her curiosity with the sweetness of his words and she asked him for the water of eternal life. She received his gift and announced to all, "Come and see the one who knows all secrets, for he is God. He has come in the flesh for the salvation of the human race."

Both now:

It is the day of Resurrection! Let us be resplendent in the festival! Let us embrace one another and say, "Brothers!" even to those who hate us. Let us forgive everything in the Resurrection and so we can cry, "Christ is risen from the dead, trampling down death by death and to those in the tombs he has granted life."

Christ is risen!  
He is risen indeed! X2

### **Dismissal**

Christ is risen!  
He is risen indeed! X3  
Glory to his third-day resurrection!  
We bow down to his third-day resurrection! X2

Christ is risen from the dead, trampling down death by death and to those in the tombs he has given life.