

SUNDAY 3 MAY 2020
Martyrs Timothy and Mávra C3
The Myrrhbearers
3rd Sunday of the Pentecostarion -Tone 2 & Eothinon 4

VESPERS

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.

² Let my prayer prosper 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.

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.

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

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.

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

O Lord listen to my voice.

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.

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

The angel proclaimed you as the crucified and buried Master. He said to the women, “Come and see the place where he lay. He has risen, as he said, for he is almighty.” Only immortal *Lord*, we worship you. O Christ, Giver of life, have mercy on us.

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

But there is forgiveness with you.

You destroyed the curse of the tree by your cross. You destroyed the might of death by your burial. You enlightened the human race by your rising. O Benefactor, Christ our God, glory to you!

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, the gates of death opened to you with fear. When the gate-keepers of Hades saw you, they were afraid, for you demolished the gates of brass and smashed the iron chains. You have led us from darkness and the shadow of death; you have broken our bonds.

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

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.”

Tone 2

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

He will redeem Israel from all his offences.

Early in the morning, the myrrhbearing women brought spices to the tomb of the Lord. They found the stone unexpectedly rolled away and they asked among themselves, “Where are the seals of the tomb? Where are Pilate’s guards?” The radiant angel came to the wondering women and proclaimed to them, “Why do you seek with tears the Life who gives life to the human race? Christ our God has risen from the dead as almighty *Lord*, and grants life incorruption, enlightenment and great mercy to all *people*.”

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

O women disciples, why do you open the myrrh with tears? The stone is gone; the tomb is empty; see how corruption is destroyed by Life. The seals witness that the guards of the godless have watched in vain. Mortal nature has been saved by the flesh of God; Hades is wailing. Go joyfully and proclaim to the apostles, "Christ has slain death as the first-born from the dead; he waits for you in Galilee."

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

O Christ, the Myrrhbearers came early to your tomb and searched for you in order to anoint your most pure body. They were enlightened by the angel's words and proclaimed joyful news to the apostles, "The Leader of our salvation has risen. He has captured death, and grants the world eternal life and great mercy."

Glory: Tone 6

The Myrrhbearing women reached your grave and saw that the seals of the tomb had been broken. They wept because they could not find your most pure body, "Who has stolen our hope? Who has taken the dead *Lord* who was naked and anointed? *He was* the only consolation of his mother? How can the Life of the dead have died? How can the Conqueror of Hades have been buried? But, O Saviour, rise in three days, as you said, and save our souls."

Both now: Tone 2

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.

P/D: Wisdom! Stand upright!

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.

P/D: The Evening Prokeímenon

Prokeímenon Ps 92 Tone 6

P/D: The Evening Prokeímenon

R: The Lord reigns
and is clothed with beauty.

S1: The Lord is covered
and surrounded with power.

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 2

O Christ our Saviour, your resurrection has enlightened the whole inhabited earth and recalled your creation. Almighty 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: Tone 5

When Joseph, together with Nicodemus, had taken you down from the tree and had seen you dead, naked and unburied, although you clothe yourself with light as with a garment, that compassionate man lamented with weeping, “Woe is me, my sweetest Jesus! The sun hid itself in darkness when it saw you on the cross. The earth trembled with fear; the veil of the Temple was torn in two. See now, I see you, who for my sake freely endured death. O my God, how shall I bury you? With what linen shall I wrap you? With what hands shall I touch your pure body? What songs shall I sing at your departure, O merciful one? I magnify your passion; I glorify your burial, singing your resurrection and crying, ‘Glory to you, O Lord!’ ”

Following not listed 2017

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! He has trampled down death by death and granted life to those in the tombs.”

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 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 2

The noble Joseph, after he had taken down your most pure body from the tree, wrapped it in fine linen, anointed it with spices and placed it in a new tomb. But you rose on the third day, O Lord, and granted the world great mercy.

Tone 2

The angel came to the myrrh-bearing women at the tomb and said, “Myrrh is correct for the dead, but Christ has revealed himself as a stranger to corruption, so proclaim, ‘The Lord is risen and grants the world great mercy.’”

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 name of the Lord. *Ps 117*

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

S2: All the nations surrounded me,
but I resisted them in the name of the Lord.

S3: This *is* the Lord's doing
and it is marvellous 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 2

The noble Joseph, after he had taken down your most pure body from the tree, wrapped it in fine linen, anointed it with spices and placed it in a new

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Tone 2

The angel came to the myrrh-bearing women at the tomb and said, “Myrrh is correct for the dead, but Christ has revealed himself as a stranger to corruption, so proclaim, ‘The Lord is risen and grants the world great mercy.’”

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 2

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

Glory:

You accepted burial, and rose for the salvation of all without leaving the Father's pure bosom in heaven. Glory to you, O Lord!

Both now:

O Theotokos, your mysteries are beyond all thought and exceedingly glorious. Because you were sealed in purity and preserved in virginity, you were indeed revealed as the mother who gave birth to the true God. Plead with him to save our souls.

Kathisma 2

The Myrrhbearers came early to the tomb. When they found it empty, they said to the apostles, “The power of corruption has ended and the prisoners of Hades have been released. Proclaim boldly that Christ is risen and grants the world great mercy.”

Glory:

As they carried myrrh for your burial, the women came secretly to the tomb at early dawn. They feared the hatred of the Jews and the strength of the guard, but courage conquered their weakness, for their compassionate

intentions were well pleasing to God. They offered their cries to him, "O God, rise and help us! Redeem us for the sake of your name."

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.

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*

Ypakóï

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

Antíphon 1

O Saviour, I raise the eyes of my heart towards you;
save me with your illumination. Ps 122

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.

Antíphon 2

If the Lord were not among us,
who could be protected from the murderous enemy? Ps 123

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 kingly honour is the Holy Spirit's,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antíphon 3

Those who put their trust in the Lord are like the Holy Mountain;

they are never shaken by the attacks of Beliar. Ps 124

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 7

R: O Lord my God, rise at the order which you have commanded.
and an assembly of people will gather round you.

S: O Lord my God, I have hoped in you.

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

Tone 2.

O Christ our God, when you cried to the Myrrhbearers, “Hail,” you ended
the lamentation of our First-Mother Eve by your resurrection. You ordered
your Apostles to proclaim, “The Saviour has risen from the tomb.”

Íkos.

O Saviour, as they went to your tomb, the Myrrhbearers were distressed in
mind within themselves, and they said, “Who will roll the stone from the
grave for us?” Then looking up they see that the stone has been rolled
away. They were amazed at the appearance of the angel and his clothing.
They were seized with fear and thought about rushing away, but the young
man cried to them, “Do not be afraid; the one whom you seek has risen.
Come and see the place where the body of Jesus was laid, then go quickly
and tell his disciples, ‘The Saviour has risen from the tomb.’”

Synaxáron

Today we remember the holy martyrs Timothy and his wife, Mávra, of Upper Egypt who lived in the Third Century. On the Third the executioner made the amazing Timothy and Mávra stretch out on a cross.

Together with them we remember:

Bishop and Wonderworker Peter of Argolis C10

Abbot Theodosios of the Kiev Caves C11

New Martyr Ahmet of Constantinople C16

Ypómнима

Jesus often came to Galilee, preaching and performing miracles. Many women left their homes, followed him and ministered to him. Finally they went with spices to anoint his body and so they were called the myrrh-bearing women. They are Mary Magdalene, Mary the wife of Cleopas, Joanna, Salome, the mother of the sons of Zebedee and Susannah, Mary and Martha, the sisters of Lazaros. Others are not mentioned by name. Together with them we commemorate Joseph and Nicodemus (Nikódimos) who were at first secret disciples of Jesus. Nicodemus, who came with a mixture of myrrh and aloes, was learned in the Scriptures and Law. Joseph was an honoured and rich man. At the death of Jesus he asked Pilate for the body and, accompanied by Nicodemus, carried it to the tomb. O God, have mercy on us at the prayers of the myrrh-bearers. Amen.

Katavasías

Tone 1

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.”

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

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*.”

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.

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.

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.

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

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.

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 4

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

On the first day of the week, at early dawn, the women went to the tomb, taking the spices which they had prepared. ² And they found the stone rolled away from the tomb, ³ but when they went in they did not find the

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

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

Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into the entire 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, create a pure heart within me
and renew an upright spirit within me.
- ¹³ Do not banish me from your presence
or remove your Holy Spirit from me.
- ¹⁴ Restore your saving joy to me
and strengthen me with your directing Spirit.
- ¹⁵ I will teach the lawless your ways
and the ungodly will return to you.
- ¹⁶ O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.
- ¹⁷ O Lord, you will open my lips
and my mouth will announce your praise,
- ¹⁸ for if you had wanted sacrifice, I would have given it;
you will not be pleased with burnt offerings.
- ¹⁹ Sacrifice for God is a broken spirit;
God will not despise a broken and humbled heart.
- ²⁰ O Lord, be good to Zion in your pleasure
and let the walls of Jerusalem be built,
- ²¹ then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;
then they will offer calves on your altar.

Glory: Tone 6

O merciful *Lord*, blot out the abundance of our offences through the prayers of the apostles.

Both now:

O merciful *Lord*, blot out the abundance of our offences through the prayers of the Theotokos.

Have mercy:

Jesus has risen from the tomb as he foretold
and grants us eternal life and great mercy.

Intercession

Short Form

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy Myrrh-bearing women, of the holy martyrs Timothy and Mavra, 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.*

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.

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.

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.

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

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.

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.

Exaposteilária

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

O women, listen to the voice of joy, “I have trampled on Hades and raised the world. Go and tell the good news to my other friends. I want my creation to be filled with joy.”

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 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.

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

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

Tone 2

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

Let everything with breath praise the Lord.

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!”

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: Tone 2

The women who were with Mary went to the tomb bearing spices. They said to one another, "Who will roll the stone away for us?" But they found it had been moved and a white-robed angel took all care and trouble from their souls saying, "The Lord Jesus is risen." Therefore they announced to the disciples that they should hasten to Galilee to see him risen from the dead, for he is the Lord and Giver of Life.

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! He has trampled down death by death and granted life to those in the tombs."

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 praise your name for ever
and to the ages of ages. Ps 144.2

⁸ O Lord, allow us this day
to be kept from sin.

⁹ Blessed are you, O Lord God of our fathers!
Praised and glorified is your name for ever. Amen Dan 3

¹⁰ O Lord, let your mercy *be* on us,
for we have hoped in you. Ps 32.22

¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118.12

¹² O Lord, you have been our refuge
from generation to generation. Ps 89.1

I said, "Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40.5

¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142:10

¹⁵ For with you is the source of life
and in your light we will see light. Ps 35.10

¹⁶ Extend your mercy
to those who know you. Ps 35.11

Triságion

Resurrection Tropáron

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

Antíphon 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:

Antíphon 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

Antíphon 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!”

Apolytíka

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 2

The noble Joseph, after he had taken down your most pure body from the tree, wrapped it in fine linen, anointed it with spices and placed it in a new tomb. But you rose on the third day, O Lord, and granted the world great mercy.

Tone 2

The angel came to the myrrh-bearing women at the tomb and said, “Myrrh is correct for the dead, but Christ has revealed himself as a stranger to corruption, so proclaim, ‘The Lord is risen and grants the world great mercy.’”

Of the Church

Kontákion

Tone 8

O immortal *Lord*, although you descended into the grave, you overthrew the power of Hades. O Christ *our* God, you rose as Conqueror. You greeted the women-bearing myrrh by saying, “Rejoice!” While you grant resurrection to the fallen, you give peace to your apostles.

Triságion

Prokeímenon Ps 117 Tone 2

R: The Lord is my strength and song.

S: The Lord has truly disciplined me.

Apóstolos

From the Acts of the Apostles (6:1-7)

In those days when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. ² And the twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. ³ Therefore, brothers, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. ⁴ But we will devote ourselves to prayer and to the ministry of the word." ⁵ And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Próchorus, and Nikánor, and Timon, and Parmenás, and Nikólaos, a proselyte of Antioch. ⁶ These they set before the apostles, and they prayed and laid their hands upon them. ⁷ And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

Alleluia Ps 19 Tone 2

S1: May the Lord listen to you on the day of trouble.

S2: O Lord, save the king and listen to us.

Gospel

From the Holy Gospel according to Mark (15:43-16:8)

At that time Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. ⁴⁴ And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. ⁴⁵ And when he learned from the centurion that he was dead, he granted the body to Joseph. ⁴⁶ And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. ⁴⁷ Mary Magdalene and Mary the mother of Joses saw where he was laid. ¹ And when the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salo'me, bought spices, so that they might go and anoint him. ² And very early on the first day of the week they went to the tomb when the sun had risen. ³ And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" ⁴ And looking up, they saw that the stone was rolled back; - - it was very large. ⁵ And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. ⁶ 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. ⁷ But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." ⁸ 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.

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!