

**SUNDAY 5 JULY 2020**  
**+ God-bearing Father Athanásios of Athos C9-10**  
**Wonderworker Lampadós of Athos C10**  
**Sérgios of Radonezh C15**  
**4<sup>th</sup> Sunday after Pentecost**  
**Tone 3 & Eothinón 4**

**VESPERS**

**Lord I have cried**

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.

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

S10: Lead my soul from prison that I may acknowledge your name.  
O Christ our Saviour, the dominion of death has been shattered by  
your cross and the deception of the Devil has been destroyed. The  
human race which has been saved by faith always offers you a hymn.

S9: The just will wait for me until you reward me.  
O Lord, everything has been enlightened by your resurrection and  
Paradise has been re-opened. The whole creation praises you and  
continually offers you a hymn.

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

I glorify the power of the Father and the Son, and I praise the  
authority of the Holy Spirit, the undivided, uncreated Divinity, the  
consubstantial Trinity who reigns for all time.

S7: Let your ears note the voice of my plea.  
O Christ, we bow down in worship before your precious cross. We  
glorify and praise your resurrection, for we have all been healed by  
your wounds.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
We praise the Saviour *who was* incarnate from the Virgin, for he was  
crucified for our sake, rose on the third day and grants us 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.  
Christ descended to Hades *where* he proclaimed the glad news and  
said, "Be of good courage. See, now I have triumphed. I am the  
resurrection; I will lead you out, for I have shattered the gates of  
death."

Tone 2

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

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

He will redeem Israel from all his offences.  
O Athanásios, what praises are correct for you? Your virtues are  
your true adornment and you were filled with grace through the light  
emanating from God. You are a sword to chop down the rebellious  
passions, a brilliant pillar of divine contemplation, a flame of  
abstinence which kindled on the lamp-stand of your soul the divine  
commandments of *the Lord* who gives life to the whole human race.  
X2

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

1

O Athanásios, what praises are correct for you? You are an eagle  
soaring on the wind who is supported like a heavenly being on the  
wings of divine contemplation. You are a stronghold of humility, an  
immoveable fortification of discernment, truly splendid in the  
nobility of your soul and an intercessor before Christ our God so that  
he may protect your spiritual children in his compassion.

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

O father Athanásios, wise in God, you are like a morning star in the  
radiance of your gifts and guide those who are blinded by passions  
towards the unfading Light. Christ made you a physician of souls  
because you increased the talent entrusted to you. You are able to  
lance festering wounds with the scalpel of your words; you restore  
health to the faithful who turn to you.

Glory: Both now: Tone 3

All-honoured *Virgin*, how can we not wonder at your giving birth to  
the *Lord* who is God and man? For, all-pure *Lady* without  
experience of man, you gave birth to a Son in the flesh who was  
begotten without mother from the Father before time. He underwent  
no mingling, change or division, but preserved the attributes of each  
nature. Therefore, O Lady and virgin Mother, plead with him to save  
the souls of those who acknowledge you in the Orthodox manner to  
be the Theotokos.

**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 Prokeímenon

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 3

O Christ, you darkened the sun by your passion and enlightened the whole creation with the light of your resurrection. O Lover of the human race, accept our evening hymn.

S1: The Lord reigns *and* is clothed with majesty;  
the Lord has put on power and clothed himself. Ps 92  
O Lord, your life-bearing resurrection enlightened the whole inhabited earth and recalled your creation which had become corrupt. Therefore we, who are rescued from the curse of Adam, sing, "O almighty Lord, glory to you!"

S2: For he founded the world which will not be moved. Ps 92  
You are the changeless God, yet were changed by suffering in the flesh. Because creation could not endure seeing you on the cross, it was filled with fear, yet praised your patience. You have granted the world life and great mercy by descending into Hades and rising on the third day.

S3: O Lord, holiness is right for your house to length of days. Ps 92  
O Christ, you endured death in order to rescue our human race from death. You rose from the dead on the third day, raised with you those who knew you as God and enlightened the world. Glory to you!

Glory: Tone 6

He is the gemstone of the Holy Fathers, the glory of Christian monastics, the source of divine miracles, and our ardent intercessor before God. O feast-lovers, come and sing our praises to him, "Hail, O sign and rule of monastic life and its precious model! Hail, O flaming torch, for you illuminate Earth with your virtues! Hail, O consolation of the depressed and ardent protector of the afflicted! O Athanasios, you ceaselessly plead before Christ our God for your flock and for all the faithful, who honour your holy dormition.

Both now:

O Theotokos, you are the true vine laden with the Fruit of Life. Therefore, O Lady, we plead with you, to intercede, together with the apostles and all the saints, that we may receive mercy for our souls.

Without seed you conceived the Son of God from the Holy Spirit according to the will of the Father. He was born from the Father before time without a mother, but now for our sake he came from you without a father. Therefore continually plead with him to rescue our souls from dangers.

#### Song of Simeon

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

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

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

#### Triságon Prayers

##### Apolytíka

Tone 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

Tone 3

O Athanásios, the angels were amazed at your deeds as you faced spiritual struggles and overcame the devils. You are worthy of all praise and Christ rewarded you with abundant grace. O father, intercede with Christ God to save our souls.

Tone 3

O Virgin Theotokos, we praise you for mediating the Salvation of our race, for your Son and our God accepted suffering on the cross in the flesh which he took from you. He has freed us from corruption, for he is the Lover of the human race.

#### 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.

#### Apolytíka

Tone 3

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#### Small Litany

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

#### Kathísma 1

Tone 3

Christ is risen from the dead, the firstfruits of those who sleep. He is the firstborn of all creation and the Maker of everything created. He restored the corrupt nature of our race in himself. O Death, you will reign no more, for the Master of all has destroyed your power.

Glory:

O Lord, after you had tasted death in the flesh, you emptied death of its sting through your resurrection. You have strengthened the human race against death and proclaimed the abolition of the ancient curse. Glory to you, O Lord, Protector of our lives!

Both now:

O Theotokos, Gabriel marvelled at the beauty of your virginity and at the great brightness of your purity, as he cried to you, "What praise can I offer which is fitting for you? By what name can I call you? I am troubled and afraid. Therefore, as I was commanded, I raise my cry, 'Hail, O Full of Grace.'"

#### Kathísma 2

O Lord, Hades was dismayed when it saw your unchanging divinity, yet observed your voluntary passion. It mourned and said, "I tremble before the flesh of the incorruptible Person. I see the one who cannot be seen as he mysteriously fights me, while those I hold in my power are crying out, 'O Christ, glory to your resurrection!'"

Glory:

O faithful, when we speak about divine matters, we touch on an ineffable mystery, the incomprehensible crucifixion and the inexplicable resurrection. For today death and Hades are plundered while the human race is clothed with incorruption. Therefore we cry aloud with thanksgiving, "Glory to your resurrection, O Christ!"

Both now:

O Theotokos, you mysteriously held in your womb the Lord whom no one can comprehend and nothing can contain. He is one in essence with the Father and the Spirit. Through your childbearing we have come to realise that the one and only Energy of the Trinity is glorified without confusion in the world. Therefore we cry aloud to you with thanksgiving, "Hail, O Full of Grace!"

#### **Evlogítaria**

Blessed are you, O Lord; teach me your statutes.  
The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

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

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

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

Glory:

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

Both now:

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

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

#### **Small Litany**

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

#### **Ypakói**

*Read without note*

The radiant angel caused amazement through his appearance and brought dew by his words to the myrrhbearing women, "Why do you seek the Living in a grave? The one who has emptied the tomb has risen and has changed corruption, *for he is the Lord* without change. Say to God, 'How fearful are your works, for you have saved the human race!'"

#### **Anaváthmi Tone 3**

Antiphon 1 Ps 125

O Word, you freed the captivity of Zion from Babylon,  
so pull me from the passions of life in the same way.  
Those who sow divine tears in the South  
will reap everlasting sheaves with joy.

Glory: Both now:

Every good gift comes from the Holy Spirit,  
for he is radiant, together with the Father and the Son;  
everything lives and moves in him.

Antiphon 2 Ps 126

If the Lord had not built the house of virtues,  
then we would labour in vain;  
while he protects the soul no one destroys our city.  
The saints are always like the fruit of the womb for you;  
O Christ, they have been adopted as sons by the Father  
through the inspiration of the Holy Spirit.

Glory: Both now:

All wisdom and holiness are observed in the Holy Spirit,  
for he is the essence of all creation.  
Let us worship him with the Father and the Word,  
for he is God.

Antiphon 3 Ps 127

Happy are those who fear the Lord and walk in his ways;  
for they eat the life-giving fruits of the commandments.  
O chief Shepherd, rejoice as you see your children  
who carry branches of good deeds around your table.

Glory: Both now:

All richness of glory is the Holy Spirit's  
and from him come grace and life for all creation,  
for he is praised with the Father and the Word.

#### **Prokeimenon Ps 95**

R: Say among the nations that the Lord reigns,  
and has founded the world which will not be moved.  
S: Sing to the Lord a new song.

#### **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 merciful *Lord*, on this day you rose from the tomb and led us away from the gates of death. Today Adam dances as Eve rejoices. Together with the prophets and patriarchs they continually praise the divine majesty of your power.

#### **Íkos**

Let heaven and earth dance today and sing in unison the praises of Christ our God, for he has raised those held captive from the grave. All creation rejoices together and offers suitable hymns to the Creator and Rescuer of all. For today, as the Giver of Life, he pulled mortal man from Hades and raised him to heaven with himself. He has trampled the pride of the enemy and broken the gates of Hades by the divine majesty of his power.

#### **Synaxáron**

Today we remember our renowned and God-bearing father Athanásios of the Great Lavra who lived in the Eleventh Century. Before his time Athos was entirely the preserve of hermits, but through imperial intervention he established the first cenobitic community there. On the Fifth Athanásios was carried by the angels into the City of God. We send our praises to him.

On this day we also commemorate our father among the saints Sérgios of Radonezh who lived in the Fifteenth Century.

On this day we also commemorate our renowned father Lampadós. His lamp was filled with the oil of virtues. The Bridegroom came and he went in with him to the festal choirs.

Together with them we remember:  
Holy Morwenna of the Celtic Lands C6

Holy Stythian of the Celtic Lands C6  
 New Martyr Kyprianós of Athos C17  
 O God, have mercy on us through their holy prayers. Amen.

### Katavasias

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 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. <sup>2</sup> And they found the stone rolled away from the tomb, <sup>3</sup> but when they went in they did not find the body. <sup>4</sup> While they were perplexed about this, behold, two men stood by them in dazzling apparel; <sup>5</sup> 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?" <sup>6</sup> Remember how he told you, while he was still in Galilee, <sup>7</sup> that the Son of man must be delivered into the hands of sinful men, and be crucified, and on the third day rise." <sup>8</sup> And they remembered his words, <sup>9</sup> and returning from the tomb they told all this to the eleven and to all the rest. <sup>10</sup> 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; <sup>11</sup> but these words seemed to them an idle tale, and they did not believe them. <sup>12</sup> But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

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

### Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

### Psalm 50

O God, have mercy on me in your abundant mercy  
 and wipe out my offence through your great pity.

<sup>4</sup> Wash me thoroughly from my lawless act  
 and cleanse me from my sin,

<sup>5</sup> for I know my lawlessness  
 and my sin is always before me.

<sup>6</sup> I have sinned against you alone  
 and done what is evil before you

<sup>6b</sup> so that you might be right in your words  
 and overcome when you are judged,

<sup>7</sup> for see, I was conceived in lawlessness  
 and my mother desired me in sin,

<sup>8</sup> for see, you have loved truth  
 and shown me the mysteries and secrets of your wisdom.

<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
 you will wash me and I will become whiter than snow.

<sup>10</sup> You will make me hear about joy and gladness;  
 humbled bones will rejoice.

<sup>11</sup> Turn your face from my sins  
 and wipe out all my lawlessness.

<sup>12</sup> O God, make a pure heart within me  
 and renew an upright spirit within me.

<sup>13</sup> Do not banish me from your presence  
 or remove your Holy Spirit from me.

<sup>14</sup> Restore your saving joy to me  
 and strengthen me with your directing Spirit.

<sup>15</sup> I will teach the lawless your ways  
 and the ungodly will return to you.

<sup>16</sup> O God, God of my salvation, free me from bloodshed,  
 then my tongue will rejoice in your justice.

<sup>17</sup> O Lord, you will open my lips  
 and my mouth will announce your praise,

<sup>18</sup> for if you had wanted sacrifice, I would have given it;  
 you will not be pleased with burnt offerings.

<sup>19</sup> Sacrifice for God is a broken spirit;  
 God will not despise a broken and humbled heart.

<sup>20</sup> O Lord, be good to Zion in your pleasure  
 and let the walls of Jerusalem be built,

<sup>21</sup> then you will be pleased with a just sacrifice,  
 with an offering and burnt sacrifices;  
 then they will offer calves on your altar.

Glory: Tone 6

O 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 XXX, and of all the saints. We ask you, only merciful Lord, "Listen to us sinners as we pray to you, and have mercy on us."

*Lord have mercy. X12*

Through the mercy, compassion and love for the human race of your only-begotten Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

### Ode 9

My soul glorifies the Lord  
and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim  
and beyond compare more glorious than the Seraphim.  
You gave birth to God the Word without defilement;  
O true Theotokos, we glorify you.

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

<sup>3</sup> For the Almighty has accomplished great *things* for me  
and his name is holy.

His mercy is from generation to generation  
on those who fear him. R:

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

<sup>5</sup> He has put down the mighty from *their* thrones  
and exalted the humble.

He has satisfied the hungry with good *things*  
and dismissed the rich with nothing. R:

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

9: 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.

### Exaposteilária

Tone 4

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

Tone 2

O Athanásios, you rose from the east like a distant brilliant lamp and you have given light to the lands of the west with the radiant ray of your virtues. Continually pray for the whole world.

All-pure universal Queen, through the prayers of the honourable Athanásios, shelter from tribulation the flock who sing to you as the perpetual protector of the world.

### Praises

Tone 3

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.  
Come, every nation, and learn the power of the awesome mystery, for Christ our Saviour, who is the Word from the beginning, was crucified and willingly suffered burial for our sake. He rose from the dead so that he might save all things; let us worship him.

S7: Praise God in his saints;  
praise him in his mighty firmament.  
O Lord, your guards spoke about all the wonders, but the deluded council filled their right hands with gifts, imagining that they would then conceal your resurrection which the world glorifies. Have mercy on us!

S6: Praise him for his mighty *deeds*;  
praise him for the abundance of his majesty.  
Everything was filled with joy on learning the proof of the resurrection. Mary Magdalene came to the tomb and found an angel in radiant clothing sitting on the stone. He said, "Why do you seek the living among the dead? He is not here, but is risen as he foretold; he goes ahead of you to Galilee."

S5: Praise him with the trumpet sound;  
praise him with lute and harp.  
O Master, we see light in your light. For you have risen from the dead and, as the Lover of the human race, grant salvation to man, so that the whole creation may glorify you, the only sinless *Lord*. Have mercy on us!

S4: Praise him with cymbal and dance;  
praise him with strings and flute.  
O Lord, the myrrhbearing women offered you a morning hymn with tears. They carried sweet-smelling spices and came to the tomb eager to anoint your all-pure body. An angel who sat on the stone announced good news to them, "Why do you seek the living among the dead? For after he had trampled down death, he has risen as God, and grants great mercy to everyone."

S3: Praise him with tuneful cymbals;  
praise him with joyful cymbals.  
Let everything with breath praise the Lord.  
A shining angel at your life-giving tomb said to the myrrh-bearing women, "The Redeemer has emptied the graves, despoiled Hades and risen again on the third day, for he is the unique and almighty God."

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.

O Lord, the death of your holy monk is precious in your eyes. See, your servant has produced a running stream of healings. After his death he has banished every kind of illness and exiled the deadly spirits whom he had totally resisted in his life. X2

S2: The death of his saints

is precious in the sight of the Lord. Ps 115

*O Athanasios*, the Lord made your relics a source of miracles and a surge of gifts for the human race. They give sight to the blind and cleanse lepers. They provide rescue and restoration to spiritual health for those in chains.

S1: Blessed is the man who fears the Lord;

he will take great pleasure in his commandments. Ps 111

Hail, O jewel of ascetics, guiding star for monks and boast for pastors! Hail O father Athanasios, companion of all the upright in heaven! Hail, O source of innocence and love! Hail, O dwelling-place of the Holy Trinity! Hail, O light of discernment with brilliant gleam! Hail, O living pillar and pure example of virtue!

Glory: Tone 4

O Christ, the women came to your tomb at early dawn, but did not find your precious body. As they wondered, two angels stood beside them in shining clothes and said, "Why do you seek the Living among the dead? He has risen, as he foretold. Why did you forget his words?" They were assured by these words and announced what they had seen to the disciples. Their good news seemed idle talk to those who were still ignorant, but Peter hurried to see, then glorified your wonders.

Both now: Tone 2

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

### Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

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

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

<sup>4</sup> O Lord God, Lamb of God, Son of the Father,  
you take away the sin of the world;  
have mercy on us,

for you take away the sin of the world.

<sup>5</sup> Receive our prayer,

for you sit on the right of the Father,  
and have mercy on us.

<sup>6</sup> For only you are holy, only you are Lord,

O Jesus Christ, to the glory of God the Father. Amen.

<sup>7</sup> I will bless you every day

and always praise your name for ever and ever. Ps 144

<sup>8</sup> O Lord, allow us this day

to be guarded from sin.

<sup>9</sup> Blessed are you, O Lord God of our fathers!

Praised and glorified be your name for ever. Amen. Daniel 3

<sup>10</sup> O Lord, let your mercy be on us,

for we have hoped in you. Ps 32.

<sup>16</sup> Blessed are you, O Lord!

Teach me your statutes. X3 Ps 118

<sup>12</sup> O Lord, you have been our refuge

from generation to generation. Ps 89

I said, "O Lord, have mercy on me;

heal my soul, for I have sinned against you." Ps 40

<sup>14</sup> O Lord, I have fled to you;

teach me to do your will, for you are my God. Ps 142

<sup>15</sup> For with you is the source of life  
and in your light we will see light. Ps 35

<sup>16</sup> Stretch out your mercy  
to those who know you. Ps 35

### Triságon

### Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. When he destroyed death by death, he gave us victory and great mercy.

### LITURGY

### Antiphon 1 Ps 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: Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

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 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

Tone 3

O Athanasios, the angels were amazed at your deeds as you faced spiritual struggles and overcame the devils. You are worthy of all

praise and Christ rewarded you with abundant grace. O father, intercede with Christ God to save our souls.

*Of the Church*

**Kontáktion**

O unfailing protection of Christians and unchanging mediator before the Creator, do not despise the prayers of us sinners, but in your goodness extend your help to those of us who faithfully cry to you, "O Theotokos, you always protect those who honour you, so hurry to intercede for us and hasten to plead for us."

**Trisagion**

**Prokeimenon Ps 115 Tone 7**

<sup>6</sup> The death of his saints  
is precious in the sight of the Lord.  
<sup>3</sup> What shall we give back to the Lord  
for everything which he has given us?

**Apostolos of Saint**

From the Letter of Paul to the Galatians (5:22-26)  
Brothers, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness *and* self-control; there is no law against such things. <sup>24</sup>And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup>If we live by the Spirit, let us also walk by the Spirit. <sup>26</sup>Let us have no self-conceit, no provocation of one another *and* no envy of one another.

**Alleluia Ps 111 Tone 6**

<sup>1</sup> Blessed is the man who fears the Lord;  
he will take great pleasure in his commandments.  
<sup>9</sup> He has distributed *and* given to the poor;  
his justice remains from age to age.

**Sunday Matthew 4**

From the Holy Gospel according to Matthew (8:5-13)  
At that time when Jesus entered Capernaum, a centurion came forward to him, beseeching him <sup>6</sup> and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." <sup>7</sup> And he said to him, "I will come and heal him." <sup>8</sup> But the centurion answered him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. <sup>9</sup> For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." <sup>10</sup> When Jesus heard him, he marvelled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. <sup>11</sup> I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, <sup>12</sup> while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." <sup>13</sup> And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

**Communion Ps 148**

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