

SUNDAY 26 JULY 2020

+Hieromartyr Ermólaos and Companions of Nikomedía C4
+Great martyr Paraskeví of Rome C2
7th Sunday Tone 6 & Eothinón 7

VESPERS

Lord I have cried

Tone 6

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

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

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

S10: Lead my soul from prison that I may acknowledge your name.
O Christ, you were victorious over Hades. You ascended the cross
and raised with you those who sat in the shadow of death, for you are
free among the dead and pour out life from your light. O almighty
Saviour, have mercy on us.

S9: The just will wait for me until you reward me.
Today Christ has trampled on death, for he has risen as he said and
granted joy to the world, so that we may all sing this hymn, "O
unapproachable Light, Source of life, almighty Saviour, have mercy
on us."

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O Lord, where shall we sinners flee from you, for you are in all
creation? In Heaven? It is there that you live. In Hades? It is there
that you trampled on death. In the depths of the sea? Even there is
your hand, O Master. As we flee to you and fall down before you,
we pray, "You rose from the dead; have mercy on us."

S7: Let your ears note the voice of my plea.
O Christ, we glory in your cross. We sing and honour your
resurrection. For you are our God and we know no one else apart
from you.

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
We will always bless the Lord and sing about his resurrection, for he
endured the cross, and trampled down death by death.

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, your might is great, for you overthrew the one with the
power of death! You have renewed us by your cross, and grant us
life and incorruption.

S4: Let Israel hope in the Lord
from morning watch until night,
from morning watch.
O Lord, your burial destroyed the bonds of Hades. Your resurrection
from the dead enlightened the world. O Lord, glory to you!

Tone 8

S3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel
from all his offences.
O amazing wonder! O holy Paraskeví, you fought the good fight and
courageously defeated the arrogance of Antónios. You deserved the
prize and crown of your heavenly calling. Now that you stand before
the Lord, remember you servants who venerate your faith *and ask*
that he will be merciful to us.

S2: Every nation, praise the Lord;

every people, acclaim him!

O renowned martyr of Christ, you loved the Lord with all your soul
and patiently endured the grievous beatings. You were lacerated by
the whip, underwent every torture for the sake of your dear *Lord* and
received the crown which you deserved. Therefore we praise you as
blessed before God.

S1: For he has strengthened his mercy over us
and the truth of the Lord remains for ever.
O renowned and famous martyr, who can speak about your
sufferings or valiant miracles in your struggles? Who can speak
about the patience and humility which you showed as though you
were a bodiless power? Therefore, O Paraskeví, bride of the King
and holy vessel of the Spirit, you became a companion of the angels
in heaven.

Glory: Tone 6

O renowned Paraskeví, O virgin, O martyr in combat, ask that those
who worthily celebrate your passion may be rescued from trials,
affliction and future judgement through your prayers.

Both now: Tone 6

Most holy Virgin, who will not bless you? Who will not sing about
your most pure childbearing? O pure *Lady*, the uniquely-fathered
Son shone timelessly from the Father, but was ineffably incarnate
from you. He was God by nature, but became man for our sake. He
was not divided into two persons, but known as one in two natures.
O honourable and all-blessed Lady, plead with him to have mercy on
our souls.

Phos Ilarón

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

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

Prokeímenon

P/D: The Evening 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 6

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

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92
You destroyed the gates of brass, broke the chains of Hades and raised the fallen human race, for you were almighty God. Therefore we cry out in unison, "O Lord, glory to you who rose from the dead!"

S2: For he founded the world which will not be moved. Ps 92
Christ who desired to restore us after our fall, was nailed to the cross and placed in a tomb. The myrrhbearing women sought him with tears and cried, "Woe to us, O Saviour! How do you stoop to live in the tomb? What place can hide your life bearing body? Come to us as you promised; take away our lamentation and tears." Then the angel appeared to them and cried, "End your lamentation. Go and proclaim to the apostles that the Lord has risen; he grants us pardon and great mercy."

S3: O Lord, holiness is right for your house to length of days. Ps 92
O Christ, you have been crucified as you determined and you captured death by your burial. You rose on the third day as God in glory, and have granted the world eternal life and great mercy.

Glory: Tone 6

All you ends of the earth, come and form a choir spiritually to praise the martyr of Christ. Let us say, "Hail, O venerable Paraskeví, cherished by God! Hail, O companion of holy nuns! You stand among the ranks of martyrs. Together with them intercede for the salvation of our souls.

Both now:

O Theotokos, you are the true vine which is loaded with the Fruit of life. Therefore, O Lady, we implore you to intercede, together with the martyrs and all the saints, that we may obtain mercy for our souls.

Song of Simeon

B/P: O Master, now let your servant depart in peace
according to your word,
² for my eyes have seen your salvation,
which you have prepared before all peoples,
³ a light of revelation for *the* nations
and *the* glory of your people Israel.

Triságon Prayers**Apolytíkiá**

Tone 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 1

O blessed Paraskeví, victorious in battle, when you had justified your name *of Preparation* by your diligent life, you inherited the permanent possession of a faith which is always ready. Therefore you arrange acts of healing and pray for our souls.

Tone 1

O Virgin, O sacred ark, when Gabriel greeted you with "Hail!" he cried out like the just David, for the Master of all was incarnate in you. You were revealed as more spacious than the heavens, for you carried your Creator. Glory to the one who lives in you! Glory to the one who comes from you! Glory to the one who frees us through your Child!

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.

Apolytíkiá

Tone 6

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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 6

When the tomb was opened, Hades lamented and Mary cried to the Apostles *who were* in hiding, "O workers of the vineyard, come out and proclaim the word of the resurrection, 'The Lord has risen and grants the world great mercy.'"

Glory:

Mary Magdalene stood beside your tomb and, because she thought that you were the gardener, said with loud lamentation, "Where have you hidden the Eternal Life? Where have you laid the one who sits on the throne of the Cherubim? Those who were guarding him have died with fright. Either give me my Lord or cry out with me, 'Glory to you, for you were among the dead, yet you made the dead rise!'"

Both now:

O Theotokos, Gideon foreshadowed your conceiving and David revealed your childbearing, for the Word descended into your womb like rain on the fleece. O holy *Lady*, full of grace, you brought into flower without seed the Salvation of the world; *he is* Christ our God.

Kathísma 2

Life lay in the tomb and the seal lay over the stone. The soldiers guarded Christ like a sleeping King. When he had invisibly struck his enemies, the Lord rose.

Glory:

O immortal Lord, Jonah prefigured your burial and Simeon foretold your divine resurrection. For you went down as a corpse into the tomb and shattered the gates of Hades. O Christ our God, Enlightener of those in darkness, you rose as Master without corruption for the salvation of the world.

Both now:

O Virgin Theotokos, pray to your Son, Christ our Lord, who was willingly nailed to the cross and rose from the dead so that he might save our souls.

Evlogitária

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

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

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

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

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

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

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

Small Litany

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

Ypakói

Read without note

O Christ, you have shattered the gates of Hades as God and have opened to us the former Paradise by your voluntary and life-giving death. You have saved our lives from corruption by rising from the dead.

Anaváthmi Tone 6

Antiphon 1 Ps 122
O Word, I raise my eyes to you in heaven;
have pity on me so that I may live for you.
O Lord, have mercy on us who are of no worth
and restore your vessels for service.

Glory: Both now:
The cause of salvation is in the Holy Spirit;
if he decides to breathe on one of these,
he quickly raises him from earthly things, gives him wings,
makes him grow and gives him standing above.

Antiphon 2 Ps 123
If the Lord had not been among us,
none of us could have firmly struggled with the enemy,
but the victors will be exalted.
O Word, do not let my soul be taken like a sparrow in their teeth.
Alas! How can I, a lover of sin, be set free from the enemies?
Glory: Both now:
Everyone is made divine
and given joy, peace and blessing through the Holy Spirit,
for he is equally active with the Father and the Lord.

Antiphon 3 Ps 124

Those who trust in the Lord are fearful to their enemies
and objects of wonder to everyone,
for their vision is above.

O Saviour, the land of the just has you for helper
and will not extend its hands to do wrong.

Glory: Both now:
The power over everyone is vested in the Holy Spirit;
the hosts of heaven worship him as also every earthly breath.

Prokeímenon Ps 79

R: O Lord, stir up your power and come to save us.
S: O Shepherd of Israel, listen.

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

When Christ our God, the Giver of life, raised all the dead from the valleys of misery with his mighty hand, he granted resurrection to the human race. He is the Saviour of all, the Resurrection, Life and God of all.

Íkos

O faithful, let us praise and venerate the tomb of the Giver of Life. For you, immortal *Lord*, have bound Hades as Almighty God and raised the dead. You have destroyed death and shattered the gates of Hades. Therefore those of us who live on earth glorify you with love, for you have risen, overthrown the might of the all-destroying enemy, raised all those who have put their faith in you and rescued the world from the sting of the serpent. O Almighty *Lord*, you have saved us from the deceit of the enemy. Therefore we sing the praises of your resurrection through which you, who are the Resurrection, Life, and God of all, have saved us.

Synaxárium

Today we remember the holy hieromartyrs Ermólaos, Érmippos and Ermokráti of Nikomedía who lived in the Fourth Century. On the Twenty Sixth the evil sword captured the head of Ermólaos and the others.

On the same day we commemorate the holy and renowned martyr Paraskeví of Rome who lived in the Second Century. She lived an ascetic life in poverty and simplicity. On the Twenty Sixth, although the iron struck loudly at your last hour, you were able to listen to the angelic choirs of heaven.

Together with them we remember:
Missionary Presbyter Iakov of the Eskimoes C19
O God, have mercy on us through their holy prayers. *Amen*.

Katavasías

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

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

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

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

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

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

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

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

Gospel Dialogue

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

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

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

Praise God in his saints;

praise him in his mighty firmament. *Ps 50*

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

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

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

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

P/D: Let us attend

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

Eothinón Gospel 7

From the Holy Gospel according to John (20:1-10)

On the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. ² So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." ³ Peter then came out with the other disciple, and they went toward the tomb. ⁴ They both ran, but the other disciple outran Peter and reached the tomb first; ⁵ and stooping to look in, he saw the linen cloths lying there, but he did not go in. ⁶ Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, ⁷ and the napkin, which had been on his head, not lying with the linen cloths but rolled up in a place by itself. ⁸ Then the other disciple, who reached the tomb first, also went in, and he saw and believed; ⁹ for as yet they did not know the scripture, that he must rise from the dead. ¹⁰ Then the disciples went back to their homes.

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

Resurrection Ode

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

Psalm 50

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

⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,

⁵ for I know my lawlessness
and my sin is always before me.

⁶ I have sinned against you alone
and done what is evil before you

^{6b} so that you might be right in your words
and overcome when you are judged,

⁷ for see, I was conceived in lawlessness
and my mother desired me in sin,

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

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

¹⁰ You will make me hear about joy and gladness;
humbled bones will rejoice.

¹¹ Turn your face from my sins
and wipe out all my lawlessness.

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

¹³ Do not banish me from your presence
or remove your Holy Spirit from me.

¹⁴ Restore your saving joy to me
and strengthen me with your directing Spirit.

¹⁵ I will teach the lawless your ways
and the ungodly will return to you.

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

¹⁷ O Lord, you will open my lips
and my mouth will announce your praise,

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

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

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

²¹ then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;

then they will offer calves on your altar.

Glory: Tone 6

O 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 hieromartyrs Ermólaos, of the holy and renowned martyr Paraskeví, and of all the saints. We ask you, only merciful Lord, "Listen to us sinners as we pray to you, and have mercy on us."

Lord have mercy. X12

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

Ode 9

My soul glorifies the Lord

and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim
and beyond compare more glorious than the Seraphim.

You gave birth to God the Word without defilement;
O true Theotokos, we glorify you.

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

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

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

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

⁵ He has put down the mighty from *their* thrones and exalted the humble.

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

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

9: Let every earthborn mortal spiritually rejoice and carry lamps. be radiant and spiritually leap for joy. Let the ranks of angelic powers celebrate as they honour the sacred wonders of the Theotokos and cry, "Hail, O pure and blessed Ever-virgin who gave birth to God!"

Small Litany

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

Holy is the Lord

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

Exaposteilária

Tone 7

When Mary said, "They have taken away my Lord," Simon Peter and the other disciple, the anointed of Christ whom Jesus loved, went quickly to the grave. They came and found the grave clothes in the tomb, together with the napkin which had covered his head lying near them. Therefore they waited until they also had seen the Christ.

Tone 3

O holy martyr, because you were strengthened by the cross of the Lord, you shattered the audacity of tyrants when you courageously fought the good fight. You have received the reward of victory from Christ. O marvellous Paraskeví, intercede with him for the faithful who truly honour you.

O Virgin Mary, you are indeed the golden censer and the dwelling place of the boundless Trinity, for the Father was well-pleased with you, the Son took up his home in you and you were overshadowed by the Holy Spirit as he made you the Theotokos.

Praises

Tone 6

Let everything with breath praise the Lord.

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

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

S8: This glory will be for all his holy ones.
O Lord, your cross is life and resurrection for your people. We place our trust in it and praise you as our risen God. Have mercy on us.

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

O Master, your burial has opened Paradise for the human race. We have been rescued from corruption and praise you, our risen God. Have mercy on us.

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

Let us praise Christ, together with the Father and the Spirit, *for he* has risen from the dead. Let us cry to him, "You are our Life and Resurrection, have mercy on us."

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

O Christ, you rose from the grave on the third day according to the Scriptures; you raised our forefather with you. Therefore the whole human race glorifies you and praises your resurrection.

Tone 1

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 renowned martyr Paraskeví, you rejoice in the dwellings of the Lord in company with the wise virgins. You received the power to heal illnesses and banish impure spirits from the faithful who turn to you. X2

S2: I truly waited for the Lord;

he was attentive to me and listened to my plea. Ps 39

O martyr, when you had crushed the ungodly power of tyrants and had begun your flight to God, you were not frightened of the lead-tipped whips, the tearing of your flesh, the boiling cauldrons, the fire or the sword which took away your life.

S1: He set my feet on a rock

and guided my steps. Ps 39

O resplendent virgin and martyr for Christ, you consumed your body with asceticism and prepared your heart for combat. You appeared before everyone like a sword which had been forged in heaven and like gold which had been purified in the crucible of tortures.

Glory: Tone 2

The holy woman Paraskeví stands in the city of our God on his holy mountain; she holds her burning lamp. Listen to how this virgin is praised. "Through virginity she is the temple of God, the glory of the martyrs and the companion of the angels in heaven."

Both now: Tone 2

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

Great Doxology

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

Peace on earth and goodwill to men!

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

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

⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;

have mercy on us,
for you take away the sin of the world.

⁵ Receive our prayer,
for you sit on the right of the Father,
and have mercy on us.

⁶ For only you are holy, only you are Lord,
O Jesus Christ, to the glory of God the Father. Amen.

⁷ I will bless you every day
and always praise your name for ever and ever. Ps 144

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

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

¹⁰ O Lord, let your mercy *be* on us,
for we have hoped in you. Ps 32.

- ¹⁶ Blessed are you, O Lord!
Teach me your statutes. *X3* Ps 118
- ¹² O Lord, you have been our refuge
from generation to generation. Ps 89
- I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40
- ¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142
- ¹⁵ For with you is the source of life
and in your light we will see light. Ps 35
- ¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. After he had destroyed death by death, he 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: The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!
- S2: Let us enter his presence with thanksgiving
and gladly cry to him with psalms,
- S3: For the Lord is a great God
and a high king over all the earth.

Entrance Ps 94

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

Apolytikia

Tone 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met

the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 1

O blessed Paraskeví, victorious in battle, when you had justified your name *of Preparation* by your diligent life, you inherited the permanent possession of a faith which is always ready. Therefore you arrange acts of healing and pray for our souls.

Of the Church

Kontákion

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."

Triságion

Prokeímenon Ps 67

- R: God is marvellous in his saints;
S: the God of Israel will give power and strength to his people.

Apóstolos of Saint

From the Letter of Paul to the Galatians (3:23-4:5)
Brothers, before faith came, we were confined under the law and kept under restraint until faith should be revealed. ²⁴ Therefore the law was our guardian until Christ came, so that we might be made just by faith. ²⁵ But now that faith has come, we are no longer under a guardian; ²⁶ for you are all sons of God through faith in Christ Jesus. ²⁷ For as many as were baptised into Christ have put on Christ. ²⁸ There is neither Jew or Greek, there is neither slave or free, there is neither male or female; for you are all one in Christ Jesus. ²⁹ And if you are Christ's, then you are Abraham's offspring, heirs according to promise. ¹ I mean that the heir, as long as he is a child, is no better than a slave, although he is the owner of the whole estate. ² He is under guardians and trustees until the date set by the father. ³ So with us; when we were children, we were slaves to the elemental spirits of the universe. ⁴ But when the time had fully come, God sent his Son, born of woman, born under the law, ⁵ to redeem those who were under the law, so that we might receive adoption as sons.

Sunday Matthew 7

From the Holy Gospel according to Matthew (9:27-35)
At that time as Jesus passed on from there, two blind men followed him, crying aloud, "Have mercy on us, Son of David." ²⁸ When he entered the house, the blind men came to him; and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord." ²⁹ Then he touched their eyes, saying, "According to your faith be it done to you." ³⁰ And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." ³¹ But they went away and spread his fame through all that district. ³² As they were going away, see, a dumb demoniac was brought to him. ³³ And when the demon had been cast out, the dumb man spoke; and the crowds marvelled, saying, "Never was anything like this seen in Israel." ³⁴ But the Pharisees said, "He casts out demons by the prince of demons." ³⁵ And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity.

Communion Ps 148

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