

**SUNDAY 30 AUGUST 2020**  
**+ Afterfeast of Forerunner**  
**Patriarchs Alexander C4, John C6 and Paul the New**  
**of Alexandria C8**  
**12<sup>th</sup> Sunday Tone 3 & Eothinón 1**

**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.

Tone 6

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
While the birthday of the brazen Herod was being celebrated, to oath  
which he has sworn to the vulgar dancer was being carried out. The  
Forerunner's head was severed by the master of the feast and offered  
on a plate to the guests. O loathsome banquet, filled with crime and  
irreverence! But let us bless the Baptist, as is right, for he is the  
greatest *person* born from a woman.

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 Forerunner, the dance of the devil's disciple was rewarded with  
your head. O banquet of blood! O deceitful Herod, would that you  
had never sworn! It would have been better for you to lie than shed  
just blood. But let us bless the Baptist, as is his right, for he is the  
greatest *person* born from a woman.

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.  
O Herod, you condemned the one who rebuked your adultery  
because of demonic love and fiery passion. For the sake of an oath  
to a dancing girl, you delivered his holy head to that Jezebel. Woe to  
you! How did you dare do such a murder? Why was the wanton  
dancer not consumed by fire? But let us bless the Baptist, as is right,  
for he is the greatest *person* born from a woman.

Tone 1

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

1

Most blessed Alexander, you were a shepherd of the Church and a  
champion of Orthodoxy who toppled the Arian heresy. All-wise and  
glorious *Archbishop*, you prayed with fervent prayers that his  
wickedness should be expunged from the Church. Pray now that our  
souls are given peace and great mercy.

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

O venerable John, you disdained the corruption of the flesh and were  
revealed as an earthly angel and heavenly man in your abstinence,  
faith, vigilance and confession. Implore Christ to grant our souls  
great mercy.

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

O glorious Paul, you truly submitted to the divine teaching of your  
namesake and hurried to the heights of the virtues, as though to the  
third heaven. You heard the ineffable and divine words of the Spirit.  
Since you are an unshakeable foundation of the Orthodox, may the  
Saviour be merciful to us through your prayers.

Glory Tone 6

Sometimes Herodias is mad with rage; sometimes she is troubled. O  
crafty dancing and feast full of deceit! The Baptist has his head cut  
off and Herod is troubled. O Lord, grant our souls peace through the  
prayers of the Forerunner.

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.

**Prokeimenon**

P/D: The Evening Prokeimenon  
R: The Lord reigns *and* is clothed with majesty.  
S1: The Lord has put on power and clothed himself.  
S2: He founded the world, which will not be moved.

**Ektení**

**Prayer**

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

**Plirotiká**

**Prayer**

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

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

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

### Apósticha

Tone 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

Sometimes Herodias is mad with rage; sometimes she is troubled. O crafty dancing and feast full of deceit! The Baptist has his head cut off and Herod is troubled. O Lord, grant our souls peace through the prayers of the Forerunner.

Both now:

O Theotokos, you are the true vine which bloomed for us with the Fruit of life. O Lady, plead with him, we pray you, together with the apostles and all the saints, to have mercy on our souls.

### 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.

### Triságion Prayers

#### 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 2

The memory of the just is mentioned with praise. As for you, O Forerunner, the Lord's witness is enough. Indeed you were greater than the prophets since you were found worthy to baptize in the waters the *Lord* whom they could only announce. You have fought for the sake of truth and proclaimed to those in Hades that God who appeared in the flesh has taken away the sins of the world and bestowed his great mercy on us.

Tone 2

O Theotokos, your mysteries are beyond every thought and most glorious. You were sealed with purity and preserved in virginity.

You were truly revealed as the mother who bore the true God. Plead with him to save our souls.

### Dismissal

### ORTHROS

#### God is the Lord Ps 117

R: God is the Lord and has appeared to us.  
Blessed is the one who comes in the Lord's name. *Ps 117*  
S1: Thank the Lord, for he is good,  
for his mercy lasts for ever.  
S2: All the nations surrounded me,  
but I opposed them in the Lord's name.  
S3: This *is* the Lord's doing  
and it is wonderful in our eyes.

### Apolytikia

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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*

### Kathisma 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.'"

### Kathisma 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!"

#### **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*

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.

#### **Synaxáριον**

Today we remember the holy Archbishops of Alexandria, Alexander, John and Paul the New. Alexander guided the Church during the first years of the Arian controversy. John the Faster was Patriarch in the Sixth Century when there was a heretical emperor. Paul lived in the Eighth Century, but retired to become a hermit because he repented of his initial support for iconoclasm. On the Thirtieth the three stood before the Trinity to sing as a trio for the whole of eternity.

Together with them we remember:

Holy Decuman of Watchet C7

Hermit Fiacre of Meaux C7

Abbot Alexander of Svir C16

Relics of Alexander Nevsky C18

O God, have mercy on us through their holy prayers. *Amen*.

#### **Katavasías**

1: Moses inscribed the invincible weapon of the cross on the waters and marked a straight line before him with his staff. He divided the Red Sea and opened a path for Israel who went over dry shod. Then he marked a second line across the waters, united them in one and overwhelmed the chariots of Pharaoh. Therefore let us sing to Christ our God, for he has been glorified.

3: The rod of Aaron is an image of this mystery; it comes into bud to show who should be priest. So also the wood of the Cross has now flowered in the Church that once was barren. It has filled her with strength and steadfastness.

4: O Lord, I have heard the mystery of your dispensation. I have considered your works and I glorified your divinity.

5: O three times blessed tree, on which Christ the King and Lord was stretched, the beguiler who tempted the human race with the tree fell because of you. He was caught in the trap set by God who was crucified on you in the flesh and grants peace to our souls.

6: Jonah stretched out his hands in the form of a cross within the belly of the whale and plainly prefigured your redeeming passion. He was cast out after three days and foreshadowed the mighty resurrection of Christ our God who was crucified in the flesh and enlightened the world by his rising on the third day.

7: The senseless decree of the wicked tyrant confused the people and breathed out threats and blasphemy hateful to God. Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three children. As they stood together in the flame and were fanned by the wind which brought refreshment like the dew, they sang, "Blessed are you and praised above all, our God and the God of our fathers!"

8: Let us praise, bless and worship the Lord. O children, equal in number to the Trinity, bless God the Father and Creator. Sing the praises of the Word who descended and changed the fire to dew and exalt above all for ever the most Holy Spirit who gives life to all.

### 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 1

From the Holy Gospel according to Matthew (28:16-20)

At that time the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. <sup>17</sup> And when they saw him they worshipped him; but some doubted. <sup>18</sup> And Jesus came and said to them, "All authority in heaven and on earth has been given to me. <sup>19</sup> Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age." Amen.

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 the holy Archbishops of Alexandria, Alexander, John and Paul the New, 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: O Theotokos, you are a mystical Paradise in which Christ blossomed. Through him the life-bearing wood of the Cross was planted on earth. Now at its elevation we bow in worship before it and glorify you.

**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 1

Let us gather with the disciples on the mountain in Galilee. Let us see Christ in faith and hear him say, "All authority in heaven and on earth has been given to me." Let us learn to baptize every nation in the name of the Father and of the Son and of the Holy Spirit and to know how he is with us always, even to the close of the age.

O adulterous Herod, you deceitfully cut off the head of the planter of purity, the Baptist of the Saviour, but could do nothing against the rebukes of his tongue.

O holy Virgin, you have destroyed the curse of the world through your divine childbearing. O Maiden, through your pleas, rescue from every kind of danger the flock which serves you in faith.

**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."

S2: O Lord God, rise; let your hand be exalted  
and never forget the poor.

Mary Magdalene came and searched for you at your tomb one Sabbath. She did not find you and cried out with tears, "Woe is me, my Saviour! O King of all, how have you been taken away?" The two life-bearing angels called out from within the tomb, "Woman, why are you weeping?" "Because they have taken away my Lord from the tomb," she said, "and I do not know where they have laid him." As she turned round, she cried out when she recognised you, "My Lord and my God, glory to you!"

S1: O Lord, I will thank you with all my heart;  
I will recount all your wonders.

The Hebrews have shut up Life in the tomb. The Thief opened his mouth with delight, and cried out saying, "The one who was crucified with me hung on the tree by my side for my sake. He appeared to me as he sat with the Father on his throne, for he is Christ our God, who has great mercy."

## Glory: Tone 1

The Lord truly appeared to the disciples and went to the mountain to ascend from earthly things. They worshipped him and learnt from him about the power permitted to him in every place. They were sent to every place under heaven to preach his resurrection from the dead and ascension into heaven. He truly promised to be with them always, for he is Christ our God, the Saviour of our souls.

## 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

### 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. 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*

### Antíphon 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 2

The memory of the just is mentioned with praise. As for you, O  
Forerunner, the Lord's witness is enough. Indeed you were greater  
than the prophets since you were found worthy to baptize in the  
waters the One they could only announce. You have fought for the  
sake of truth and proclaimed to those in Hades that God who  
appeared in the flesh has taken away the sins of the world and  
bestowed his great mercy on us.

*Of the Church*

### Kontákion

#### Tone 4

O most pure Virgin, Joachim and Anna are freed from barrenness  
through your birth. Adam and Eve *are freed* from the corruption of  
death and we, your people, who are freed from the guilt of sin,  
celebrate and sing to you, "The barren woman gives birth to the  
Theotokos, the nourisher of our life."

### Trisagion

#### Prokeímenon Ps 46 Tone 3

R: Make music to our God, make music!  
Make music to our King, make music!

S: All you nations, clap your hands;  
shout to God with a joyful sound.

### Apóstolos Week 12

From the First Letter of Paul to the Corinthians (15:1-11)  
Brothers, I would remind you, brothers, in what terms I preached to  
you the gospel, which you received, in which you stand, <sup>2</sup> *and* by  
which you are saved, if you hold it fast, unless you believed in vain.  
<sup>3</sup> For I conveyed to you as of first importance what I also received.  
Christ died for our sins in accordance with the scriptures, <sup>4</sup> was  
buried, was raised on the third day in accordance with the scriptures,  
<sup>5</sup> and appeared to Céphas, then to the twelve. <sup>6</sup> Then he appeared to  
more than five hundred brothers at one time, most of whom are still  
alive, although some have fallen asleep. <sup>7</sup> Then he appeared to  
James, then to all the apostles. <sup>8</sup> Last of all he appeared also to me,  
as though to one born prematurely. <sup>9</sup> For I am the least of the  
apostles, unfit to be called an apostle, because I persecuted the  
church of God. <sup>10</sup> But by the grace of God I am what I am, and his  
grace towards me was not in vain. On the contrary, I worked harder  
than any of them, although it was not I, but the grace of God which is

with me. <sup>11</sup> Whether then it was I or they, so we preach and so you believed.

**Alleluia Ps 30 Tone 3**

S1: O Lord, I have hoped in you, never let me be shamed;  
free me in your justice and rescue me.  
S2: Become my defending God  
and a house of refuge to save me.

**Sunday Matthew 12**

From the Holy Gospel according to Matthew (19:16-26)  
At that time a man came up to Jesus, saying, "Teacher, what good deed must I do, to have eternal life?" <sup>17</sup> And he said to him, "Why do you ask me about what is good? One there is who is good. If you would enter life, keep the commandments." <sup>18</sup> He said to him, "Which?" And Jesus said, "You shall not kill, You shall not commit adultery, You shall not steal, You shall not bear false witness, <sup>19</sup> Honour your father and mother, and, You shall love your neighbour as yourself." <sup>20</sup> The young man said to him, "All these I have observed; what do I still lack?" <sup>21</sup> Jesus said to him, "If you would be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven; and come, follow me." <sup>22</sup> When the young man heard this he went away sorrowful; for he had great possessions. <sup>23</sup> And Jesus said to his disciples, "Truly, I say to you, it will be hard for a rich man to enter the kingdom of heaven. <sup>24</sup> Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." <sup>25</sup> When the disciples heard this they were greatly astonished, saying, "Who then can be saved?" <sup>26</sup> But Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible."

**Communion Ps 148**

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