

**SUNDAY 20 SEPTEMBER 2020**  
**+Afterfeast**  
**Martyr Efstáthios with Wife and Sons of Rome C2**  
**15<sup>th</sup> Sunday Tone 6 & Eothinón 4**

**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.

<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, 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.

Tone 6

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

But there is forgiveness with you.

The exalted cross calls all creation to praise the undefiled passion of Christ. He was exalted on it and killed the one who killed us. Christ has brought us back to life, has adorned us and made us worthy to live in the heavens. We rejoice, exalt his name and glorify his condescension.

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 precious cross, Moses prefigured you when he stretched out his hands on high and put Amalek the tyrant to flight. You are the boast of the faithful, help of the suffering, glory of the apostles, champion of the just and the preserver of all the saints. When it sees you raised on high, creation rejoices and celebrates. It glorifies Christ, who in his infinite goodness has joined together through you what was divided.

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

O most precious cross attended by ranks of rejoicing angels, you are exalted today. By divine command you raise again all those who had been outcast and were sunk in death on account of the stolen fruit. Now we embrace you in faith with heart and lips. We draw sanctification from you and cry, "Exalt the supreme goodness of Christ our God and venerate his divine footstool."

Tone 4

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

He will redeem Israel  
from all his offences.

O Efstáthios, O blessed *saint*, you were called from on high and not by men, for Christ, the Lover of the human race, himself appeared to you and captured you with the net of faith. He washed away your sins and the

trials of life with your baptism. As Master he extends patience to you and shows you to be a renowned conqueror.

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

O Efstáthios, as you rejoiced in your youth, you received instruction in the virtues. When you were bereft of your children and wife, you valiantly endured captivity and suffered humiliating slavery. O ever-memorable saint, your courage in battle made you loving and radiant.

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

You offered yourself to God as divine incense rendered most fragrant in the fire, a beautiful burnt offering, an acceptable sacrifice, a living and perfect oblation; you bore fruit with all your household. Therefore, truly marvellous Efstáthios, the mansions of heaven and the armies of the saints have now received you and your family.

Glory: Tone 2

Efstáthios sets himself before us as a second Job in his life, in his sufferings and his struggles. He is a model of the virtues and tower of patience, truly surpassing Job in that virtue together with his spouse and his children. He was faithful in life, unshaken in trials and a victor in the midst of sufferings. We put him forward to plead before Christ to grant enlightenment to our souls and cleansing for our sins.

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 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 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 8

How can we rightly praise you who are firm as adamant in your soul? When you were deprived of your wife, children and possessions, you transcended nature and uttered the blessed and ever-memorable cry of Job, "The Lord gave and the Lord took away; as the Lord willed, so it has been." God whom you loved and whom you fervently desired, again gave you your most cherished things; you thoughtfully cared for them as they suffered with you. O long-suffering Efstáthios, since you reached the end of many torments with them and received them as your fellow intercessors, pray that we may be rescued from our sins.

Both now:

Today the cross of the Lord goes out and the faithful welcome it with love. They receive healing of soul and body and from every weakness. Let us kiss it with joy and fear: with fear, for we are unworthy because of sin;

with joy, for Christ the Lord was crucified on it in his great mercy and has granted salvation to the world.

### **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**

#### **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 4

O Lord our God, your holy martyrs have received incorruptible crowns from you because of their struggles. For since they had your strength, they laid low the tyrants and shattered the powerless audacity of demons. Save our souls through their prayers.

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

#### **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**

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 4

O Lord our God, your holy martyrs have received incorruptible crowns from you because of their struggles. For since they had your strength, they laid low the tyrants and shattered the powerless audacity of demons. Save our souls through their prayers.

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

### **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 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: Tone 8

In the midst of Eden a tree yielded death; in the midst of the earth a Tree caused life to flower. The incorrupt man who tasted from the first became corruptible, but those who received the second have inherited incorruption. As God you save the human race by the cross.

### **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: Tone 8

O my Saviour, Joshua, the son of Nun, extended his hands like a cross in the past and mystically prefigured the sign of the cross. O God, the sun stood still until he had defeated the enemy who resisted you. Now the same sun is darkened when it sees you on the cross as you destroy the power of death and plunder Hades.

### **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*

### **Ypakóï**

*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**

*Read without note*

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.

## **Synaxáron**

Today we remember the holy great martyr Efstáthios, his wife Theopisti and their children, Agápinos and Theopistos of Rome. They lived in the Second Century. Efstáthios had been a pagan army officer who persecuted Christians before his conversion. On the Twentieth they were slaughtered like cattle, but triumphed and discovered salvation in the presence of the Word.

Together with them we remember:

Hieromartyr Ypátios of Ephesus C8

Archbishop Efstáthios of Antioch C12

Martyrs Michael and Theodore of Chernigov C13

New Martyr Iilarion of Crete C19

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 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 the holy great martyr Efstáthios, his wife Theopisti and their children, 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 unique Theotokos, all generations call you blessed.  
O pure Virgin, the limits of nature are overcome in you, for birth-giving  
remains virginal and life is united to death. O Theotokos, you were a  
virgin after childbearing, alive after death and always save your  
inheritance.

### 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 3

*O Efstáthios*, together with your blessed wife and children, you gained immortal glory and eternal life when you left the pleasures here below. Therefore we lovingly celebrate your holy and divine memory.

Tone 2

The cross is the guardian of the whole earth! The cross is the beauty of the Church! The cross is the strength of kings! The cross is the support of the faithful! The cross is the glory of angels and the wounder of demons!

### **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.”

#### Tone 8

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

Most strange wonder! The most holy cross, the life-giving tree, is raised on high today and shown to the world. All the ends of the earth give glory and all the devils are frightened. How great a gift is here granted to mortals! O Christ, only compassionate *Lord*, save our souls through your cross.

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

O Lord, the mystery of your resurrection is great and dreadful. Most strange wonder! The most holy cross, the life-giving tree, is raised on high today and shown to the world. All the ends of the earth give glory and all the devils are frightened. How great a gift is here granted to mortals! O Christ, only compassionate *Lord*, save our souls through your cross

S3: Praise him with tuneful cymbals;  
praise him with joyful cymbals.  
Let everything with breath praise the Lord.

O Efstáthios, who would not celebrate your blessed life? You nobly withstood the attacks of the prince of this world in his hostility. When you were separated from your wife and children you did not despair, but were

thankful and said like Job, "I came naked from my mother's womb and I shall return naked to the only Creator, the Saviour of our souls. X2

### Tone 6

S2: Exalt the Lord our God

and worship at his footstool, for he is holy. Ps 98

O holy martyr, make us acceptable to the uncreated Trinity. You are a home for the Son of Mary and live for all time in the uncreated Light.

### Tone 8

S1: God *was* our king in the past;

he has accomplished salvation in the midst of the earth. Ps 73

O blessed Efstáthios, you entered the dense cloud to be united to Christ, the Sun of Justice. You came into contact with the mystical and divine vision, which appeared to you from above through the stag, and you became a living image. You received the power which came to you through baptism in water and the Spirit. Now you are washed in the blood of martyrdom, you rejoice with hosts of angels in heaven where you pray that we also may be united to Christ who is our Saviour and God.

### 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

## 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

### **Antíphon 1 Ps 21 Tone 2**

S1: O God, my God, be attentive to me;  
why have you forsaken me?

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

S2: The words of my offences are far from my salvation.

S3: My God, I will cry by day, *but* you will not listen.

S4: O Praise of Israel, you will live in the sanctuary.

S5: Glory: Both now:

### **Antíphon 2 Ps 73 Own Tone**

S1: O God, why have you completely banished us?

R: Save us, O Son of God.

You were crucified in the flesh.

We sing to you, “Alleluia!”

S2: Remember your assembled people

whom you have purchased from the beginning.

S3: This is Mount Zion on which you have settled.

S4: God *was* our king in the past;

he has accomplished salvation in the midst of the earth.

S5: Glory: Both now:

*Monogenes*

### **Antíphon 3 Ps 98 Tone 1**

S1: The Lord reigns; let the peoples rage.

R: O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

S2: He sits on the cherubim; let the earth be shaken.

S3: The Lord is great in Zion and high over all the peoples.

S4: Let them acknowledge your great name  
for *it* is terrible and holy.

### **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!”

### **Apolytíkion**

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 Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

Tone 4

O Lord our God, your holy martyrs have received incorruptible crowns from you because of their struggles. For since they had your strength, they laid low the tyrants and shattered the powerless audacity of demons. Save our souls through their prayers.

*Of the Church*

### **Kontákion**

Tone 4

O Christ our God, since you were willingly raised on the cross, grant mercies to your new community which is called by your name. Make firm our faithful rulers with your power and grant them victories over their enemies. May your help be a weapon of peace and an invincible trophy.

### **Triságion**

### **Prokeímenon Ps 27 Tone 6**

R: O Lord, save your people  
and bless your inheritance.

S: O Lord my God, I have cried to you;  
O my God, do not be deaf to me.

### **Apóstolos – Sunday after Exaltation**

From the Letter of Paul to the Galatians (2:16-20)

Brothers, we know that a man is not made just by works of the law, but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be made just by faith in Christ, and not by works of the law, because no one will be made just by works of the law. <sup>17</sup> But if, in our endeavour to be made just in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! <sup>18</sup> But if I build up again those things which I tore down, then I prove myself an offender. <sup>19</sup> For I died to the law through the law, so that I might live for God. <sup>20</sup> I have been crucified with Christ; it is no longer I who live, but Christ who lives in me. The life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

### **Alleluia Ps 90 Tone 6**

S1: Whoever settles with the help of the Most High  
will stay under the shelter of the God of heaven.

S2: He will say to the Lord, "You are my support."

### **Gospel – Sunday after Exaltation**

From the Holy Gospel according to Mark (8:34-9:1)

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. <sup>35</sup> For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. <sup>36</sup> For what does it profit a man, to gain the whole world and forfeit his life? <sup>37</sup> For what can a man give in return for his life? <sup>38</sup> For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." <sup>1</sup> And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."

**Communion Ps 148**

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