

SUNDAY 8 NOVEMBER 2020
+The Bodiless Hosts
22nd Sunday Tone 5 & Eothinón 11

VESPERS

Lord I have cried

Tone 5

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 have put the Devil to shame by your precious cross. You have blunted the sting of sin and saved us from the gates of death by your resurrection. We glorify you, only begotten *Lord*.

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

Christ was led like a sheep to the slaughter in order to grant resurrection to the human race. The princes of Hades were frightened by this, for the gates of sorrow were raised. Christ the King of glory had entered. He said to those in chains, "Go out," and to those in darkness, "Come to the light."

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

O Lord listen to my voice.

O great wonder! The Creator of invisible matter suffered in the flesh in his love for the human race and rose again as immortal *Lord*. O families of nations, come and worship him. We have been rescued from error by his compassion and have learnt to sing about one God in three persons.

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

O unfading Light, we offer you our evening worship. You shone on the world in the flesh in these last days as though in a glass. You even

descended to Hades to banish its darkness. You have revealed the light of the resurrection to the nations. Glory to you, O Lord, Giver of light, glory to you!

Tone 4

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

But there is forgiveness with you.

O Archangel Michael, you have been revealed as the bright messenger of the Divinity of three lights. Together with the heavenly powers you cry out, "Holy are you, O Father! Holy are you, O co-eternal Word! Holy are you, O Holy Spirit. *You are* one glory, one kingdom, one-being, one divinity and one power."

S5: O Lord, I have waited for you for the sake of your name;
my soul has waited for your word,
my soul has hoped in the Lord.

O Archangel Michael, your appearance is fiery and your beauty is miraculous. You pass over creation in *your* immaterial nature and accomplish the commands of the Creator of all. You are known as all powerful by your might. You have made the temples which are honoured by your holy name a source of healing.

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

O Word, since it is written, "You make your angels spirits and your ministers a flaming fire," you have revealed Michael as the first among the archangels. He submits to your commands and fearfully proclaims the thrice-holy hymn to your glory.

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

He will redeem Israel
from all his offences.

O Gabriel, the eternal Wisdom has appointed you as a light to reflect divine things and illuminate the whole creation. You revealed to us the divine mystery hidden from before the ages, *that* God who is bodiless *is*

incarnate in the womb of a virgin and has become man so that he might save the human race.

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

As you stand before the throne of the Divinity of three lights and are brilliant with the rays of its unfading light, save from the passions of darkness those on earth who praise you with joy. Illuminate them, O Archangel Gabriel and intercessor for our souls.

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

O archangel Gabriel, intercessor for our souls, destroy the mindless violence of Hagar's sons, the enemies who attack your flock. Heal the divisions of the Church, calm the storm of continuous temptations and save from danger and calamities those who honour you in love and hurry to your protection.

Glory: Tone 6

O princes of the angelic powers, rejoice with us, for your leader and our champion, the great prince of angels is revealed to us in his honourable temple and sanctifies it. Therefore we rightfully sing praises to him and cry out, "O Michael greatest archangel, save us under the protection of your wings."

Both now: Tone 5

In the Red Sea of old, a type of the virgin Bride was prefigured. There Moses divided the waters; here Gabriel assisted in the miracle. There Israel crossed the sea without getting wet; here the Virgin gave birth to Christ without seed. After Israel's passage, the sea remained impassable; after Emmanuel's birth, the spotless *Lady* remained a virgin. O eternally-existing God, O Lord appearing as man, have mercy on us.

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.

Prophecy 1

From the Book of Joshua (5:13-15)

It came to pass that when Joshua was in Jericho, he looked up with his eyes and saw a man standing before him with a drawn sword in his hand. Then Joshua approached and said to him: Are you for us or against us? ¹⁴ He said to him: I am the chief captain of the Lord's host and have now come. ¹⁵ So Joshua fell on his face to the earth, and said to him: O Master, what do you command your servant? ¹⁶ And the captain of the Lord's host said to Joshua: Loose your shoe from your feet, for the place on which you now stand is holy. Then Joshua did this.

Prophecy 2

From the Book of Judges (6:2,7,11-24)

It came to pass on that day that the hand of Midian prevailed against Israel and they cried to the Lord. ¹¹ Then, see, an angel of the Lord came and sat down under the oak, which was in Ephratha *on the land* of Joash. *There* Gideon his son *was* threshing wheat in a wine-press in order to escape from the observation of Midian. ¹² The angel of the Lord appeared to him and said to him: The Lord *is* with you, mighty one in strength. ¹³ And Gideon said to him: *Be gracious* with me, my Lord, but if the Lord is with us, why have these evils found us? And where are all his miracles, which our fathers have told us, saying: Surely the Lord brought us from Egypt? Now he has cast us out and given us into the hand of Midian. ¹⁴ Then the angel of the Lord regarded him and said: Go in this your strength, and you will save Israel from the hand of Midian. See, I have sent you. ¹⁵ Then Gideon said to him: *Be gracious* with me, my Lord; how can I save Israel?

See, my thousand is weaker in Manasseh, and I am lesser in my father's house. ¹⁶ But the angel of the Lord said to him: The Lord will be with you and you will strike Midian as one man. ¹⁷ So Gideon said to him: If now I have found grace in your eyes, and you will do for me today all that you have spoken about with me, ¹⁸ do not leave here until I come to you. I will bring out an offering and offer it before you. So he said: I will remain until you return. ¹⁹ Then Gideon went in and prepared a kid of the goats, together with an ephah of fine unleavened flour. He put the flesh in the basket, poured the broth into the pot, brought them out to him under the oak and approached. ²⁰ Then the angel of God said to him: Take the flesh and the unleavened cakes, put them on that rock and pour out the broth near them. So he did so. ²¹ Then the angel of the Lord stretched out the end of the rod that was in his hand and touched the flesh and the unleavened bread. Fire rose from the rock, consumed the flesh and the unleavened bread, then the angel of the Lord vanished from his sight. ²² When Gideon saw that he was an angel of the Lord, Gideon said: Woe *is me*, O Lord *my* Lord, for I have seen the angel of the Lord face to face! ²³ But the Lord said to him: Peace be with you; do not fear. You will not die. ²⁴ Then Gideon built an altar there to the Lord and called it: The Peace of the Lord, *as it is* until this day.

Prophecy 3

From the Prophecy of Daniel (10:1-21)

In the third year of Cyrus king of the Persians something was revealed to Daniel, whose name was called Beltesházzar. It was true, and great power and understanding in the vision was given to him. ² In those days I, Daniel, was mourning for three full weeks. ³ I ate no pleasant bread, and no flesh or wine entered my mouth, neither did I anoint myself with oil, until three whole weeks were accomplished. On the twenty-fourth day of the first month, I was near the great river, which is the Tigris. ⁵ I raised my eyes, looked, and, see, *there was* a man clothed in linen whose loins were clothed with gold of Uphaz. ⁶ His body was like Beryl and his face was the appearance of lightning. His eyes were like fiery lamps, and his arms and his legs like the appearance of shining brass, and the voice of his words was like the voice of a crowd. ⁷ Only I, Daniel, saw the vision. The men that were with me did not see the vision, but a great amazement fell on them, and they fled in fear. ⁸ So I was left alone, and saw this great vision. There was no strength left in me, my glory was turned into corruption, and I retained no strength. ⁹ I heard the voice of his words and, when I heard

him, I was stunned and my face was on the ground. ¹⁰ Then see, a hand touched me and raised me on my knees. ¹¹ He said to me: O Daniel, man greatly beloved, understand the words which I speak to you and stand upright, for I have now been sent to you. and when he had spoken to me this word, I stood trembling. ¹² And he said to me: Do not fear, Daniel, for from the first day that set your heart to understand and to afflict yourself before the Lord your God, your words were heard, and I have come because of your words. ¹³ But the prince of the Persian Kingdom withstood me for twenty one days, and, see, Michael, one of the princes, came to help me and I left him there with the chief of the Persian Kingdom. ¹⁴ I have come to inform you about all that will happen to your people in the last days, for the vision still has many days to run. ¹⁵ When he had spoken to me with these words, I turned my face to the ground and was stunned. ¹⁶ And, see, as it were the likeness of a Son of Man touched my lips. I opened my mouth, spoke and said to the one who stood before me: O *my* lord, at the sight of you my bowels were upset inside me and I had no strength. ¹⁷ How can your servant, O *my* lord, speak with you my lord? As for me, from now on strength will not stay within me and there is no breath left in me. ¹⁸ Again there touched me, as it were, the appearance of a human and he strengthened me. ¹⁹ He said to me: Do not fear, man greatly beloved. Peace be to you; be courageous. When he had spoken to me, I received strength and said: Let my lord speak, for you have strengthened me. ²⁰ And he said: Do you know, why I have come to you? Now I will return to fight with the prince of the Persians. As I was entering the prince of the Greeks came. ²¹ But I will tell you what is ordained in the scripture of truth. And there is no one that holds with me in these matters except Michael your prince.

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.

Aposticha

Tone 5

O Christ, incarnate Saviour, you were not parted from the heavens. We glorify you with songs of praise, for you accepted the cross and death for the sake of our race. O Lord, Lover of the human race, you overthrew the gates of Hades and rose on the third day to save our souls.

S1: The Lord reigns *and* is clothed with majesty;

the Lord has put on power and clothed himself. Ps 92

O Giver of life, you have poured out streams of forgiveness, life and salvation for everyone by being pierced in the side. You have granted us immortality by accepting death in the flesh. You have freed us by being placed in the tomb and, as God, have raised us with you in glory.

Therefore we cry out, "Glory to you, O Lord, Lover of the human race!"

S2: For he founded the world which will not be moved. Ps 92

O Lover of the human race, your crucifixion and descent into Hades are awesome. You have captured it and raised the ancient prisoners with you, for you are God in glory. You have opened Paradise and commanded it to take them back. Grant us, who glorify your resurrection on the third day, purification of sins. Make us worthy to be citizens of Paradise, for you alone are merciful.

S3: O Lord, holiness is right for your house to length of days. Ps 92

O Lover of the human race, you accepted death in the flesh for our sake and rose from the dead on the third day. Heal us from our earthly passions, restore us from our evil offences and save us.

Glory: Both now: Tone 8

O leader of hosts, since you are first in rank and an archangel, save from every oppression, sorrow, sickness and sin those who praise you humbly and plead with you. Since you are bodiless, you see the one who is without matter. You shine with the unapproachable and glorious light of the Lord, who took flesh for our sake from a virgin in his love when he determined to save the human race.

Song of Simeon

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

² for my eyes have seen your salvation,
which you have prepared before all peoples,

³ a light of revelation for *the* nations
and *the* glory of your people Israel.

Triságion Prayers

Apolytíka

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 4

O supreme leaders of the heavenly hosts, although we are unworthy, we continually implore you to shelter us through your prayers under the wings of your ethereal glory. Guard us who fall down and cry out insistently, “Rescue us from dangers, for you are the commanders of the powers above.”

Tone 4

O Theotokos, the mystery hidden from eternity and unknown to the angels, is revealed to those on earth through you. God was incarnate from you in

a union without confusion and freely endured the cross for us by his own will. He raised the first-formed man and has saved our souls from death.

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*

Kathísma 1

Tone 5

Let us celebrate the cross of the Lord, honour his sacred tomb with song and glorify the resurrection. For as God, he raised the dead from the tomb, stripped death of its power and the Devil of his strength; he illuminated those in Hades.

Glory:

O Lord, you were called dead, but put death to death. You were laid in a tomb, but emptied the tomb. The soldiers guarded the sepulchre above, while below you were raising the dead from all the ages. Glory to you, almighty and incomprehensible Lord!

Both now:

Hail, O sacred mountain, where God has walked! Hail, O living bush which was not consumed by fire! Hail, only bridge between the world and God leading the dead to eternal life! Hail, O undefiled Maiden, for you gave birth to the Salvation of our souls without knowing a man!

Kathísma 2

O Lord, after your resurrection on the third day when the Apostles had worshipped you, Peter called out to you, “The women boldly ventured out, while I was a coward. The Thief acknowledges God, while I denied him. Will you continue to call me a disciple? Will you not make me again a fisherman of the sea? But, O God, accept me as a penitent and save me.”

Glory:

O merciful Lord, the lawless ones nailed you between those who were condemned and pierced your side with a spear. You accepted the tomb, demolished the gates of Hades and rose on the third day. The women ran to see you and announced your resurrection to the Apostles. O Lord, highly exalted Saviour, the angels sing your praises; glory to you!

Both now:

Unwedded Bride, you gave birth to God *and* have turned Eve's grief to joy. The faithful sing your praises and venerate you because you have led us away from the ancient curse. O honourable *and* all-holy *Lady*, pray continually that we may be saved.

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 sight of the angel dazzled the minds of the myrrhbearing women and their spirits were enlightened by your divine Resurrection. They preached the good news to the Apostles, "Announce to the nations the Lord's Resurrection. He has worked wonders and grants us great mercy!"

Anaváthmi Tone 5

Antiphon 1 Ps 131

My Saviour, I sing to you like David in my trouble;
save my soul from crafty speech.

The life of those who live in the desert is blessed;
they are supported by divine passion.

Glory: Both now:

Everything seen and unseen is preserved by the Holy Spirit,
for he has power in himself as truly one of the Trinity.

Antiphone 2 Ps 120

My soul, let us ascend the mountains;
come to the place where help is found.

O Christ, let your right hand rush
to guard me from everything sinister.

Glory: both now:

As we speak about divine matters through the Holy Spirit,
we say, "You are God, life, desire, light and mind.
You are goodness and reign for ever.

Antiphon 3 Ps 121

I offer my prayer for those who said to me,
"Let us go to the courts of the Lord,
filled with great joy."

Fearful things will be done to the house of David,
for a fire there will consume every shameful thought.

Glory: Both now:

The government of life belongs to the Holy Spirit

and every creature is given the breath of life through him
as also in the Father and the Word.

Prokeímenon Ps 9

R: O Lord my God, rise,
for you reign for ever.

S: O Lord, I will thank you with all my heart.

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*

Tone 2

O Commanders of God's armies, servants of the divine glory, guides of
men, supreme commanders of the bodiless hosts, request whatever is good
for us and for great mercy, for you are the princes of the bodiless angels.

Ikos

O Lover of the human race, O immortal *Lord*, you have said in your
Scriptures that there is great rejoicing among the angels in heaven over one
repentant sinner. Therefore, although we are sinful, we are continually
bold to implore you, only sinless *Lord* and Searcher of hearts, to take pity
on us, for you are the all-merciful *Lord*. O Master, send us contrition and
pardon, for we have as advocates the the princes of the bodiless angels.

Synaxáron

Today we celebrate the synaxis of the angelic leaders, Michael, Gabriel
and all the bodiless powers. The other five archangels are Raphael, Uriel,
Salathiel, Jegudiel, Barachiel and Jeremiel. In Hebrews 1:14 we read that
the angels are sent to help those who will inherit salvation. On the Eighth
we sincerely glorify the captains of the heavenly hosts.

We call to mind the nine orders of angels: Seraphim, Cherubim, Thrones,
Principalities, Authorities, Princes, Powers, Archangels and Angels.

We also remember:

Abbot Tyssilio of Meifod in Wales C7

Holy Effrosyni the Younger C9-10

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 her entrance.

3: O Theotokos, living and inexhaustible fountain, strengthen those who are united in spiritual fellowship and who sing your praises. Make them worthy *to receive* crowns of glory at the time of your solemn entrance.

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 fearful at the sight of your solemn entrance, for although you knew no man, you entered the temple of God, as a most pure temple yourself. You order salvation for all 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 11

From the Holy Gospel according to John (21:15-25)

At that time Jesus revealed himself to his disciples after he had risen from the dead. And he said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." ¹⁶ A second time he said to him, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." ¹⁷ He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you."

Jesus said to him, "Feed my sheep. ¹⁸ Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go." ¹⁹ (This he said to show by what death he was to glorify God.) And after this he said to him, "Follow me."

²⁰ Peter turned and saw following them the disciple whom Jesus loved, who had lain close to his breast at the supper and had said, "Lord, who is it that is going to betray you?" ²¹ When Peter saw him, he said to Jesus, "Lord, what about this man?" ²² Jesus said to him, "If it is my will that he remain until I come, what is that to you? Follow me!" ²³ The saying spread abroad among the brothers that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, "If it is my will that he remain until I come, what is that to you?" ²⁴ This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. ²⁵ But there are also many other things which Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written. 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.

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 angelic leaders, Michael, Gabriel and all the bodiless powers, 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 holy entrance 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 8

After his resurrection, the Lord established Peter as a shepherd for his sheep when he asked him three times, “Do you love me?” When Peter saw the disciple whom Jesus loved following them, he asked the Lord, “What about this man?” The Lord said, “Dear Peter, if I want him to remain until I come, what is that to you?”

Tone 3

O Archangel Michael, God the Creator has revealed you as a champion and guide for the human race, *and* a gracious guardian. He has honoured you with glory in an ineffable manner so that you may continually sing to him the triumphant Trisagion.

O Archangel Michael, your face is like lightning and gleams in an ineffable manner with the illumination of the extreme brilliance of the Trinity; you pass over the entire creation like lightning and accomplish the divine command. Guard, preserve and shelter those who joyfully praise you.

Praises

Tone 5

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, you came out from the grave, which had been sealed by lawless men, just as you were born from the Theotokos. Your bodiless angels did not know how you were incarnate; the soldiers did not see the moment of your resurrection. These two marvels were concealed from curious minds, but were revealed to those who worshipped with faith the mystery about which we sing. Grant us joy and great mercy as we offer you praise.

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

O Lord, you demolished the eternal bars and broke apart the chains of the grave. You rose from the tomb and left your wrappings in the grave as a witness to your three-day burial. You left the guards watching at the tomb and went before your disciples to Galilee. O incomprehensible Saviour, great is your mercy; have mercy on us!

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

O Lord Christ, you suffered for us and the women hurried to your tomb to see you. When they approached with fear, they saw an angel sitting on the stone which had been rolled away. He cried to them "The Lord is risen. Go and tell the disciples that the Saviour of our souls has risen from the dead."

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

O Lord, you came into the midst of your disciples, although the doors were shut, just as you came from the sealed tomb. O long-suffering Saviour, you revealed the sufferings of the body which you had accepted, for you endured wounds as the Seed of David, but saved the world as Son of God. O incomprehensible Saviour, your mercy is great; have mercy on us.

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. Ps 150

O Archangel Michael, *you are* the commander of the heavenly hosts, the strong defence, guardian and saviour of the human race. We the faithful sing your praises and pray that we may be rescued from sickness and sin.
X2

S2: You make your angels spirits
and your ministers tongues of fire. Ps 103

Today the commander of the divine powers above calls us to make a single choir with the angels in order to praise the joyful feast of their divine assembly and sing the thrice-holy hymn with them.

S1: Bless the Lord, O my soul;

O Lord my God, you are highly exalted.

O Michael, heavenly wisdom, we take refuge in faith under the divine shadow of your wings. Guard and protect our lives; help us all in the hour of death.

Glory: Tone 5

O Archangel, the Devil flees from the shadow of your grace, for the fallen Star of Morning cannot bear your light. Therefore we implore you to quench his flaming arrows and save us from his snares.

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. When he destroyed death by death, he gave us victory and great mercy.

LITURGY

Antiphon 1 Ps 91

S1: It is good to thank the Lord
and make melody to your name, O Most High.

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

S2: To announce your mercy in the morning
and your truth by night,

S3: For the Lord our God is upright
and there is no injustice in him.

S4: Glory: Both now:

Antiphon 2 Ps 92

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself,

R: Save us, O Son of God.
You arose from the dead
We sing to you, "Alleluia!"

S2: For he founded the world
which will not be moved.

S3: Your throne *was* made ready in the past;
you are from eternity.

Monogenes

Antiphon 3 Ps 94

S1: Come, let us rejoice in the Lord,
and shout with joy to God our Saviour.

R: O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

S2: Let the heaven and earth

praise him.

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 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 4

O supreme leaders of the heavenly hosts, although we are unworthy, we continually implore you to shelter us through your prayers under the wings of your ethereal glory. Guard us who fall down and cry out insistently, "Rescue us from dangers, for you are the commanders of the powers above."

Of the Church

Kontákion

Tone 4

The most pure temple of the Saviour, the precious chamber and Virgin, the sacred treasure of the glory of God, is presented today to the house of the Lord. She brings with her the grace of the Spirit which the angels of God praise. Truly this woman is the dwelling place of Heaven.

Triságion

Prokeimenon Ps 103 Tone 4

R: He makes his angels spirits
and his ministers tongues of fire.

S: Bless the Lord, O my soul;
O Lord my God, you are highly exalted.

Apostolos

From the Letter of Paul to the Hebrews (2:2-10)

Brothers, if the word spoken through angels proved steadfast, and every transgression and disobedience received a just recompense; ³how will we escape if we neglect so great a salvation— which at the first having been spoken through the Lord, was confirmed to us by those who heard; ⁴God also bearing witness with them, both by signs and wonders, and by various works of power, and by gifts of the Holy Spirit, according to his own will? ⁵For he did not subject the world to come, whereof we speak, to angels. ⁶But one has somewhere testified, saying, “What is man, that you think of him? Or the son of man, that you care for him? ⁷You made him a little lower than the angels; you crowned him with glory and honour and set him over the works of your hands. ⁸You have put all things in subjection under his feet.” For in that he subjected all things to him, he left nothing that is not subject to him. But now we do not see all things subjected to him, yet. ⁹But we see the one who has been made a little lower than the angels, Jesus, because of the suffering of death crowned with glory and honour, that by the grace of God he should taste of death for everyone. ¹⁰For it became him, for whom are all things, and through whom are all things, in bringing many children to glory, to make the author of their salvation perfect through sufferings.

Alleluia Ps 148 Tone 2

S1: Praise the Lord from the heavens;
praise him in the heights.

S2: Praise him, all his angels;
praise him, all his powers.

Sunday Luke 7

From the Holy Gospel according to Luke (8:41-56)

At that time there came a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, ⁴² for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. ⁴³ And a woman who had had a flow of blood for twelve years and could not be healed by anyone, ⁴⁴ came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. ⁴⁵ And Jesus said, "Who was it that touched me?" When all denied it, Peter said, "Master, the crowds surround you and press upon you!" ⁴⁶ But Jesus said, "Some one touched

me; for I perceive that power has gone forth from me.”⁴⁷ And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed.⁴⁸ And he said to her, "Daughter, your faith has made you well; go in peace."⁴⁹ While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more."⁵⁰ But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well."⁵¹ And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child.⁵² And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping."⁵³ And they laughed at him, knowing that she was dead.⁵⁴ But taking her by the hand he called, saying, "Child, arise."⁵⁵ And her spirit returned, and she got up at once; and he directed that something should be given her to eat.⁵⁶ And her parents were amazed; but he charged them to tell no one what had happened.

Communion Ps 103

You make your angels spirits
and your ministers tongues of fire. Alleluia!