

SUNDAY 29 NOVEMBER 2020
Martyr Parámonos and Companions C3
Martyr Philoúmenos of Ankyra C3
Luke 13
25th Sunday Tone 8 & Eothinón 3

VESPERS

Lord I have cried

Tone 8

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, we offer you our evening hymn and reasonable worship, for you were pleased to have mercy on us by your resurrection.

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

O Lord *our* Lord, do not banish us from your face, but be pleased to have mercy on us by the resurrection.

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

O Lord listen to my voice.

Rejoice, O holy Zion, mother of the churches, dwelling place of God! For you were the first to receive remission of sins by the resurrection.

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

The Word of God the Father, begotten before the ages, was incarnate in the latter times from the *woman* who was ignorant of marriage. He willingly endured crucifixion until death. By his resurrection he has saved man who was dead from the past.

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

But there is forgiveness with you.

O Christ, we glorify your resurrection from the dead by which you have freed the race of Adam from the tortures of Hades. As God you have granted the world eternal life and great mercy.

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

Glory to you, O Saviour Christ, only begotten Son of God! You were nailed to the cross and raised from the tomb on the third day!

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

O Lord, we glorify you, for you willingly endured the cross for our sake. O almighty Saviour, we fall down in worship before you. O Lover of the human race, do not turn us away from your face, but listen to us and save us by your resurrection.

Tone 4

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

He will redeem Israel from all his offences.

Most blessed Parámonos, you were plainly illuminated by the brightness of the Spirit of God; you despised the total darkness of idolatry. O most blessed *martyr*, when your time had come, you approached the suffering before you with a courageous mind. You were revealed as victorious and cast down the proud enemy of the whole human race when you glorified Christ. Implore him to save and enlighten our souls.

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

O Parámonos. You witnessed a great crowd being slaughtered for the King and God of all and burned with divine zeal. You cried out, "I am always a true servant of Christ. O evil tyrants, understand, for see, I was summoned and now I come to be slain like an innocent lamb. Therefore, do not be deceived, for I am forced to become an acceptable sacrifice for the *Lord* who for my sake was freely slain in the flesh."

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

The honourable choir of athletes, three hundred and seventy in number, cast down the falsehood of the idolatry of the evildoers with faith. O Parámonos, you also were crowned with them. When you had struggled with a courageous mind, you joyfully joined the choirs of the bodiless hosts. Continually pray, together with them, that we, who honour and bless you, may be saved from every sorrow and danger.

Glory: Both now: Tone 8

The King of Heaven, appeared on earth and lived with men because of his love for the human race. He took flesh from the pure Virgin and, after he had assumed it, came from her. The Son is one in two Natures, yet one Person. Therefore we truly proclaim him as perfect God and perfect man, and we acknowledge Christ as our God. O unwedded Mother, 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 8

O Jesus you descended from heaven and ascended the cross. You *are* the immortal Life who came to death; *you are* the true Light for those in darkness *and* the Resurrection of all. Our Light and Saviour, glory to you!

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

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

Let us glorify Christ who rose from the dead. He took up soul and body, then separated them both in suffering. His most pure soul descended to Hades, which he plundered. The holy body of the Redeemer of our souls did not see corruption in the tomb.

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

O Christ, we glorify your resurrection from the dead with psalms and hymns. Through it you have freed us from the torments of Hades and, as God, have granted eternal life and great mercy.

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

O Master of all, incomprehensible Creator of heaven and earth, you have brought about existence for me without passion by your passion on the cross. You accepted burial, rose in glory and raised Adam with you by your all-powerful hand. Glory to your resurrection on the third day through which you have granted us eternal life and cleansing of sins, for you are the only compassionate *Lord!*

Glory: Both now:

O unwedded Virgin, you ineffably conceived God in the flesh. O Mother of the most high God, O spotless *Lady*, accept the cries of your servants; grant cleansing from offences to everyone. Receive our prayers at this time and pray that our souls may be saved.

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

Apolytíkiá

Tone 8

O merciful *Lord*, you descended from above and accepted the three-day burial in order to free us from our sufferings. O Lord, our life and resurrection, glory to you!

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, plundered death through death and, as God, you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful *Lord*, reveal your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, *for she is an intercessor*, and save your despairing people.

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 8

O merciful *Lord*, you descended from above and accepted the three-day burial in order to free us from our sufferings. O Lord, our life and resurrection, glory to you!

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, plundered death through death and, as God, you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful *Lord*, reveal your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, *for she is* an intercessor, and save your despairing people.

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

The noble Joseph took down your most pure body from the tree and wrapped it in fine linen. He anointed it with spices and laid it for burial in a new tomb. But, O Lord, you rose on the third day and granted the world great mercy.

Glory:

The angel stood at the tomb and cried to the myrrhbearing women, "Myrrh is correct for the dead, but Christ has revealed himself a stranger to

corruption, so proclaim that the Lord is risen and grants the world great mercy.”

Both now:

O Virgin Theotokos, you are most glorious. We praise you, for Hades has been laid low and death has been slain through the cross of your Son. We were dead in sin, but have risen and been granted life. We have obtained Paradise, our former delight, therefore we thank and glorify Christ our God, for he alone is mighty and great in mercy.

Kathísma 2

You did not prevent the stone of the tomb from being sealed; you rose and granted the rock of faith to everyone. O Lord, glory to you.

Glory:

The choir of the disciples, joined the myrrhbearing women and rejoiced in unison. Therefore, together with them, we keep the feast to glorify and honour your resurrection. O Lord and Lover of the human race, grant your people great mercy through them.

Both now:

O Virgin Theotokos, you are most blessed, for Hades has been captured through the *Lord* who was born from you. Adam has been recalled, the curse has been annulled, Eve has been set free, death has been slain and we have been granted life. Therefore we cry, “Blessed is Christ our God, who was so well-pleased! Glory to you!

Evlogitária

Blessed are you, O Lord; teach me your statutes.

The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.

The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb.”

Blessed are you, O Lord; teach me your statutes.

The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.

The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them: Why do you number the Living among the dead? As God he has risen from the tomb.

Glory:

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

Both now:

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

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)

O our God and our hope, glory to you.

Small Litany

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

Ypakói

Read without note

O Christ our God, the women went to the grave in order to anoint your body after the Passion. They saw angels in the tomb and were afraid, for they heard them say, "The Lord has risen and grants the world great mercy.

Anaváthmi

Antiphon 1 Ps 122

O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.

O my Christ, have mercy on us,
for we frequently and at every hour give you grief;

give us the means to turn back to you before the end.

Glory: Both now:

The rule, blessing and control of creation are the Holy Spirit's
for he is God, consubstantial with the Father and the Word.

Antiphon 2 Ps 123

If the Lord were not among us,
who could be protected from the murderous enemy?
O Saviour, do not hand over your servant to their teeth.
They move against me like a lion,
for they also are my enemies.

Glory: Both now:

The first cause of life and regal honour is the Holy Spirit's,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antiphon 3 Ps 124

Those who put their trust in the Lord are like the Holy Mountain;
they are never shaken by the attacks of Beliar.
Do not let those who live for God
stretch out their hands to lawless deeds,
for Christ will not set aside the rod for his inheritance.

Glory: Both now:

All wisdom streams from the Holy Spirit.
Grace comes from him to the Apostles;
the Martyrs are crowned for their struggles
and the Prophets are given vision.

Prokeímenon Ps 145

R: The Lord will reign for ever,
your God, O Zion, from generation to generation.

S: Praise the Lord, O my soul.

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 almighty Saviour, Hades became afraid when it saw the miracle of your resurrection from the tomb. The dead rose and creation, together with Adam, saw this and rejoiced together with you. My Saviour, the world praises you for ever.

Íkos

O Saviour, you are the light of those in darkness; you are the resurrection of everyone and the life of mortals. O Word, when you despoiled the might of death and shattered the gates of Hades, you raised us all with you. O Lover of the human race, the dead saw this and wondered at the miracle and all creation rejoiced together at your resurrection. Therefore, my Saviour, we also glorify and praise your condescension and the world praises you for ever.

Synaxáron

Today we remember the suffering of the holy martyr Parámonos of Vithynía and the crowd who bore witness with him in the Third Century. He denounced the condemnation of 370 Christians as they were being led away. He was seized and martyred with them. On the Twenty Ninth he was pierced with a long blade.

On the same day we commemorate the holy martyr Philoúmenos who lived in the Third Century. His feet were pierced by nails, but death carried him to meet his dear Lord.

Together with them we remember:

Bishop Dionysios of Corinth C2

Hieromartyr Saturninos of Toulouse C3

Holy Brendan of Birr C6

Monk Aylwine of Athelney C7

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

Katavasías

1: Christ is born, glorify him! Christ is from heaven, receive him! Christ is on earth, be raised! All the earth, sing to the Lord! All you people, praise him with joy, for he has been glorified!

3: Let us cry out to Christ our God, to the Son begotten of the Father before all ages and incarnate from the Virgin without seed in these latter days, “O Lord, you have raised our horn and are holy.”

4: O Rod of the stem of Jesse and Flower which bloomed from a virgin, O all-praised Christ, you have come from the mountain covered with darkness. You have been made flesh from the one who did not know marriage. O God not formed from matter, O Lord, glory to your might!

5: God of peace and Father of mercies, you have sent us the Angel of great council who grants us peace. So we are guided to the light of the knowledge of God. O Lover of the human race, we wake early from the night and praise you.

6: The sea-monster spewed Jonah unharmed as it had received him, like a baby from the womb. When the Word came to live in the Virgin and was made flesh, he came out, yet preserved her incorrupt, for he himself was not subject to decay and kept his mother free from harm.

7: The children brought up together in godliness, despised the unjust command, and were not afraid of the threat of fire, but as they stood in the midst of the flames, they sang, “Blessed are you, O God of our fathers!”

8: Let us praise, bless and worship the Lord.
The furnace which was moist with dew, was the image of a wonder beyond nature, for it did not burn the children whom it had received, just as the Fire of Divinity did not consume the Virgin's womb when it entered. So let us raise the song, “Let the entire creation 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 3

From the Holy Gospel according to Mark (16:9-20)

When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons. ¹⁰ She went and told those who had been with him, as they mourned and wept. ¹¹ But when they heard that he was alive and had been seen by her, they would not believe it. ¹² After this he appeared in another form to two of them, as they were walking into the country. ¹³ And they went back and told the rest, but they did not believe them. ¹⁴ Afterward he appeared to the eleven themselves as they sat at table; and he upbraided them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. ¹⁵ And he said to them, "Go into all the world and preach the gospel to the whole creation. ¹⁶ He who believes and is baptized will be saved; but he who does not believe will be condemned. ¹⁷ And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; ¹⁸ they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." ¹⁹ So then the Lord Jesus, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God. ²⁰ And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. 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 holy martyr Parámonos, the holy martyr Philoúmenos, 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: I see a strange and most glorious mystery. Heaven is the cave and the cherubic throne is the Virgin. The manger is the place where Christ lay. *He* is the God who cannot be contained and whom we glorify in song.

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 3

Christ is risen indeed! Let no one doubt or question. He appeared to Mary, then to those who were fishing. After that he appeared to his eleven disciples as they sat at table. He sent them to baptise, then he ascended to heaven from which he had descended; he confirmed the message by the signs which attended it.

Glory: Both now:

O Sun, you have shone today from the tomb like a Bridegroom from his chamber. You have led Hades captive and destroyed death. At the prayers of your Mother, send light to illuminate our hearts and souls, a light to lead us in the way of your commandments and along safe paths.

Praises

Tone 8

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, everything with breath glorifies you. For you, the only Lover of the human race, have destroyed death by your cross and revealed to the peoples your resurrection from the dead.

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

Do the Jews say that the soldiers who guarded the King destroyed him instead? Do they say that the stone did not preserve the Rock of life?

Either let them give up the buried *Lord* or adore with us the one *who has* risen with us and say, “Glory to your great mercies! O Saviour, glory to you!”

S6: Praise him for his mighty deeds;

praise him for the abundance of his majesty.

O people, rejoice and be glad! An angel sitting on the stone has announced to us the glad news and said, “Christ, the Saviour of the world, has risen from the dead and filled everything with sweet fragrance.” O people, rejoice and be glad!

S5: Praise him with the trumpet sound;

praise him with lute and harp.

O Lord, before your conception an angel came with the greeting, “Hail!” to the *Lady* who was full of grace and an angel rolled the stone from your glorious tomb at your resurrection. The one announced the signs of joy in place of sorrow, the other proclaimed to us the life-giving Master in place of death. Therefore we cry out to you, “O Lord and Benefactor of all, glory to you!”

S4: Praise him with cymbal and dance;

praise him with strings and flute.

The women poured spices on your tomb with tears, yet they cried out with joy when they heard the words, “The Lord is risen!”

S3: Praise him with tuneful cymbals;

praise him with joyful cymbals.

Let everything with breath praise the Lord.

Let the nations and peoples praise Christ our God, who willingly suffered the cross for our sake and spent three days in Hades. Let them adore his resurrection from the dead by which all the ends of the earth are enlightened.

S2: O Lord God, rise; let your hand be exalted

and never forget the poor.

O Christ, you were crucified and buried as you freely willed. You overthrew death and rose again in glory as God and Master. You granted the world eternal life and great mercy.

S1: O Lord, I will thank you with all my heart;

I will recount all your wonders.

O lawless *people*, you truly revealed greater wonders by sealing the tomb. The guards bring the news, “Today he left the grave.” And you told them, “Say that while we were sleeping, his disciples came and stole him.” But who would steal a dead body which was naked? He has risen again by his own power as God, and has left his grave clothes in the tomb. O Jews, come and see! The *Lord* who has overcome death did not break the seals, but has granted the human race eternal life and great mercy.

Glory: Tone 3

The disciples were rebuked for their hardness of heart because they did not believe Mary Magdalene when she proclaimed the Saviour's resurrection and his appearance to her. Yet they were sent out to preach armed with miracles and wonders. O Lord, you ascended to your Father, the Source of light. Then the disciples preached in every place; they confirmed their words with wonders and miracles. O Lover of the human race, we are enlightened by them and glorify your resurrection from the dead.

Both now: Tone 2

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

Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

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

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

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

have mercy on us,

for you take away the sin of the world.

⁵ Receive our prayer,

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

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

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

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

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

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

¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118

¹² O Lord, you have been our refuge
from generation to generation. Ps 89

I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40

¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142

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

¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. After he had destroyed death by death, he

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 Tone 8

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

R: O immortal Life, when you went down to death you destroyed Hades
with the lightning flash of your Divinity. When from the depths you raised
the dead, all the powers of heaven cried out, "O Giver of life, Christ our
God, glory to you!"

S2: Let us enter his presence with thanksgiving
and gladly cry to him with psalms,

S3: For the Lord is a great God
and a high king over all the earth.

Entrance Ps 94

Come, let us worship and fall down before Christ.
Save us, O Son of God.
You arose from the dead.

We sing to you, “Alleluia!”

Apolytíka

Tone 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, “O Giver of life, Christ our God, glory to you!”

Of the Church

Kontákion

Tone 3

Today the Virgin comes to the cave where she will ineffably give birth to the pre-eternal Word. O inhabited earth, rejoice when you hear the news! Glorify with the angels and shepherds the one who chose to be revealed as a new born Child, *yet was* God before the ages.

Triságion

Prokeímenon Ps 75 Tone 8

R: Make vows

and repay them to the Lord our God.

S: God is known in Judah;

his name is great in Israel.

Apóstolos – Sunday Week 25

From the Letter of Paul to the Ephesians (4:1-7)

Brothers, as a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, ² with all lowliness and meekness, with patience, forbearing one another in love, ³ eager to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit, just as you were called to the one hope that belongs to your call, ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of us all, who is above all and through all and in all. ⁷ But grace was given to each of us according to the measure of Christ's gift.

Alleluia Ps 94 Tone 8

S1: Come, let us rejoice in the Lord

and shout with joy to God our Saviour.

S2: Let us enter his presence with thanksgiving
and gladly cry to him with psalms.

Sunday Luke 13

From the Holy Gospel according to Luke (18:18-27)

At that time a ruler asked Jesus, "Good Teacher, what shall I do to inherit eternal life?" ¹⁹ And Jesus said to him, "Why do you call me good? No one is good but God alone. ²⁰ You know the commandments: 'Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honour your father and mother.'" ²¹ And he said, "All these I have observed from my youth." ²² And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow me." ²³ But when he heard this he became sad, for he was very rich. ²⁴ Jesus looking at him said, "How hard it is for those who have riches to enter the kingdom of God! ²⁵ For 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." ²⁶ Those who heard it said, "Then who can be saved?" ²⁷ But he said, "What is impossible with men is possible with God."

Communion Ps 148

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