

**SUNDAY 13 DECEMBER 2020**  
**+ Sunday of the Holy Forefathers**  
**Martyrs Efsthrátios and Companions of Sevastía C4**  
**Martyr Lucy of Syracuse C4**  
**[Herman, Wonderworker of Alaska C19]**  
**27<sup>th</sup> Sunday Tone 2 & Eothinón 5**

**VESPERS**

**Lord I have cried**

Tone 2

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.  
Come and worship the Word of God *who was* begotten by the Father  
before all ages and became incarnate from the Virgin Mary. When  
he had endured the cross, he was buried, as he himself desired.  
When he rose from the dead, he saved me, for I had strayed.

S9: The just will wait for me until you reward me.  
Christ our Saviour nailed the bond against us to the cross; he made it  
of no effect and destroyed the power of death. We fall down before  
his resurrection on the third day.

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
Together with the archangels, let us praise the resurrection of Christ.  
He is our Saviour and Redeemer. He is coming with awesome glory  
and mighty power to judge the world which he formed.

S7: Let your ears note the voice of my plea.  
The angel proclaimed you as the crucified and buried Master. He  
said to the women, "Come and see the place where he lay. He has  
risen, as he said, for he is almighty." Only immortal *Lord*, we  
worship you. O Christ, Giver of life, have mercy on us.

S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.  
The angel proclaimed you as the crucified and buried Master. He  
said to the women, "Come and see the place where he lay. He has  
risen, as he said, for he is almighty." Only immortal *Lord*, we  
worship you. O Christ, Giver of life, have mercy on us.

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.  
You destroyed the curse of the tree by your cross. You destroyed the  
might of death by your burial. You enlightened the human race by  
your rising. O Benefactor, Christ our God, glory to you!

Tone 8

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

O faithful, today as we celebrate the Forefathers' memory, let us  
praise Christ the Redeemer, who glorified them in every nation. He  
is the Lord who accomplishes marvellous deeds, for he is powerful  
and mighty. Through them he has revealed to us the Rod of his  
strength; she is Mary, the only pure and virgin Maiden of God.  
Christ bloomed from her; he brought life, eternal salvation and  
eternal bliss for all.

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

1

O Master, you rescued the holy youths from the fire and Daniel from  
the mouths of lions. You blessed Abraham, Isaac your servant and  
Jacob his son. You consented to become like us by being born from  
their seed, and to be crucified and buried in order to save our  
forefathers who fell in the past. Therefore, O Christ, King of the  
ages, you crushed the bonds of death and raise with yourself all the  
dead from the past ages who worship you.

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

As they walked among the flames as though in a gentle shower of  
rain, the godly youths rejoiced in the dew of the Spirit. In this they  
mystically foreshadowed the Trinity and Christ's incarnation. They  
were wise through faith and quenched the power of fire. So also the  
just Daniel stopped the mouths of lions. O Saviour, Lover of the  
human race, through their intercessions we implore you, "Rescue us  
from the unquenchable and eternal fire; make us worthy of your  
heavenly kingdom.

S1: For his mercy over is strengthened over us  
and the truth of the Lord remains for ever.  
When they stood in a furnace of flaming fire as though in dew, the  
holy youths mystically foreshadowed your coming from a Virgin  
through which we are illuminated but not consumed. So also the just  
Daniel, glorious among the prophets, clearly revealed your divine  
second coming when he cried out, "I saw thrones set up and the  
Judge was seated; the river of fire flowed before him. O Christ our  
Master, save us from this fire through their intercessions.

Glory: Tone 6

O faithful, today let us acclaim all the fathers who came before the  
Law. *They are* Abraham the friend of God, Isaac born from the  
promise, Jacob and the twelve patriarchs. Let us honour with them  
the gentle David, Daniel the prophet of desires and the three youths  
who changed the furnace into dew. Let us ask forgiveness from  
Christ our God who is glorified in his saints.

Both now: Tone 2

The shadow of the Law passed when grace came. As the bush  
burned, yet was not consumed, so the Virgin gave birth, yet remained  
a virgin. The Sun of justice has risen instead of a pillar of flame and  
Christ, the salvation of our souls, instead of Moses.

**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.

**Ekteni**

**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 2

O Christ our Saviour, your resurrection has enlightened the whole inhabited earth and recalled your creation. O almighty Lord, glory to you!

S1: The Lord reigns *and* is clothed with majesty;  
the Lord has put on power and clothed himself. Ps 92  
O Saviour, you destroyed the curse of the tree by the tree and killed the majesty of death by your burial. You have enlightened our race through your resurrection. O Giver of life, Christ our God, glory to you!

S2: For he founded the world which will not be moved. Ps 92  
O Christ, when you were observed as you were nailed to the cross, you restored the beauty of your creatures. The soldiers showed their inhumanity when they pierced your side with a spear. The Hebrews, who did not understand your power, asked for your tomb to be sealed, but you accepted the grave and rose on the third day in the mercy of your compassion. O Lord, glory to you!

S3: O Lord, holiness is right for your house to length of days. Ps 92  
O Christ, Giver of life, you willingly endured the passion for the sake of the dead. You descended into Hades as the mighty *Lord* to save those who waited for your coming and granted them the life of Paradise instead of Hades. Grant also to us, who glorify your resurrection on the third day, cleansing from our sins and great mercy.

Glory: Tone 3

All you feast-lovers, come and praise with psalms the assembly of the Forefathers: our first-father Adam, Enoch, Noah, Melchizedek Abraham, Isaac and Jacob. *Let us also praise* those who came after the law: Moses, Aaron, Joshua, Samuel and David. *Let us also praise* Isaiah, Jeremiah, Ezekiel, Daniel and the twelve prophets, Elijah, Elisha, and all the rest, Zachariah and John the Baptist. *Let us praise* those all those who proclaimed Christ, the life and resurrection of the human race.

Both now:

O Theotokos, you conceived the Son of God without seed by the will of the Father and the Holy Spirit. He was born from the Father before eternity without a mother, but now for our sake he came from you without a father. Continually plead with him to rescue our souls from harm.

### 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 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!"

Tone 2

You justified the Forefathers through faith and betrothed the Church of the Gentiles because of them. These saints rejoice in glory, for from their seed came a noble fruit, the *woman* who gave birth to you without seed. O Christ God, save our souls through their prayers.

### 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 2

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Tone 2

You justified the Forefathers through faith and betrothed the Church of the Gentiles because of them. These saints rejoice in glory, for from their seed came a noble fruit, the *woman* who gave birth to you without seed. O Christ God, save our souls through their prayers.

### 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 2

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:

### Kathisma 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:

### Evlogitaria

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 Tone 2

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 7

R: O Lord my God, rise at the order which you have commanded.  
and an assembly of people will gather round you.

S: O Lord my God, I have hoped in you.

#### 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

Tone 2

O thrice-blessed youths, you did not worship the image made by man, but because you were armed with the invisible power of God, you were glorified in a trial by fire. You called out to God from the midst of unbearable flames and cried, "O compassionate *Lord*, hurry! Quickly come to our defence, for you are merciful and able to accomplish everything you wish.

#### Íkos

Stretch out your hand, which both the pursuing Egyptians and the persecuted Hebrews knew in days of old. Do not forsake us in case death, which thirsts for us, and Satan, who hates us, swallow us up. Instead approach us and be merciful to us, as once you showed mercy to the children in Babylon. They constantly sang hymns to you, and for your sake were cast into the furnace, from where they cried to you, "O compassionate *Lord*, hurry! Quickly come to our defence, for you are merciful and able to accomplish everything you wish.

#### Synaxáριον

Today we remember the suffering of the holy and renowned martyrs of Christ, Efstrátios, Afxéntios, Evgénios and Oréstis of Sevastía who lived in the Fourth Century. On the Thirteenth the sword and fire put an end to them.

On the same day we commemorate the holy virgin martyr Lucy of Syracuse in Scilly who lived in the Fourth Century. She received a crown as a virgin and a second one as a martyr.

On the same day we commemorate our father among the saints Herman the Wonderworker of Alaska who lived in the Eighteenth and Nineteenth Centuries. In 1779 he became a monk of the Valaam Monastery from where he was chosen with others to be a missionary in Alaska. They began their work in 1794. Herman followed the ascetic way and was given the gift of discernment. He died in 1837.

Together with them we remember:

Abbot Arsénios of Latros C9

Hieromartyr Gabriel I of Bursa C17

#### Ypómniμα

Let us praise Adam, Abel, Seth and Enos, Enoch, Noah, Melchizedek, Abraham, Isaac, Jacob, Moses, Aaron, Joshua, Barak, Samson, Jephtha, Samuel, David, Solomon, Job, Elijah, Elisha, Jeremiah, Ezekiel, Daniel, the Twelve Prophets, Eliezar, Zachariah and John the Baptist. Through the prayers of your holy ancestors, O Lord Jesus Christ, have mercy on us. *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 5

From the Holy Gospel according to Luke (24:12-35)

At that time 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. <sup>13</sup> That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, <sup>14</sup> and talking with each other about all these things that had happened. <sup>15</sup> While they were talking and discussing together, Jesus himself drew near and went with them. <sup>16</sup> But their eyes were kept from recognizing him. <sup>17</sup> And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. <sup>18</sup> Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" <sup>19</sup> And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, <sup>20</sup> and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. <sup>21</sup> But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. <sup>22</sup> Moreover, some women of our company amazed us. They were at the tomb early in the morning <sup>23</sup> and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. <sup>24</sup> Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see." <sup>25</sup> And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! <sup>26</sup> Was it not necessary that the Christ should suffer these things and enter into his glory?" <sup>27</sup> And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. <sup>28</sup> So they drew near to the village to which they were going. He appeared to be going further, <sup>29</sup> but they constrained him, saying, "Stay with us, for

it is toward evening and the day is now far spent." So he went in to stay with them. <sup>30</sup> When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. <sup>31</sup> And their eyes were opened and they recognized him; and he vanished out of their sight. <sup>32</sup> They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" <sup>33</sup> And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, <sup>34</sup> who said, "The Lord has risen indeed, and has appeared to Simon!" <sup>35</sup> Then they told what had happened on the road, and how he was known to them in the breaking of the **bread**.

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 of the holy and renowned  
martyrs of Christ, Efstátios, the holy virgin martyr Lucy, our father  
among the saints Herman the Wonderworker of Alaska, of the Holy  
Forefathers, 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: 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.

**Expostelária**

Tone 5

Christ, the Way and the Life, accompanied Luke and Cleopas after  
his resurrection. They recognised him at Emmaus in the breaking of  
the bread. Their hearts were set on fire as he spoke to them on the

way. He interpreted to them everything in the Scriptures about his  
suffering. Let us cry out with them, “The Lord is risen indeed and  
has appeared to Peter.”

Tone 3

Let us who love the fathers come together and rejoice in their  
memory. Let us rightly praise Abraham, Isaac and Jacob from whom  
Christ was revealed as coming in the flesh in his great compassion.

Let us praise Adam, Abel, Seth and Enos, Enoch and Noah,  
Abraham, Isaac and Jacob, Moses, Job and Aaron, Eliezar, Joshua,  
Barak, Samson, Jephtha, David and Solomon.

All-pure and blameless *Lady*, O Virgin Mary, come to help me at the  
fearful day of judgment, for I am wretched. Be my pleader with your  
Son to rescue me from every pain and punishment.

**Praises**

Tone 2

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!”

Tone 2

S4: Praise him with cymbal and dance;  
praise him with strings and flute.  
Now let us all celebrate the memorial of the holy Forefathers. Let us  
praise their way of life for which they have been glorified.

S3: Praise him with tuneful cymbals;  
praise him with joyful cymbals.  
Let everything with breath praise the Lord.  
Now let us all celebrate the memorial of the holy Forefathers. Let us  
praise their way of life for which they have been glorified.

S2: Blessed are you, O Lord, God of our fathers,  
to be praised and greatly exalted for ever. Dan 3

The youths rejoiced in the furnace and extinguished the power of the fire. They sang a hymn of praise to the almighty God.

S1: For you are just in everything that you have done for us  
and all your works are true. <sup>Dan 3</sup>

Daniel the prophet was shut in the lions' den. Although he lodged with wild animals, he was preserved unharmed in spite of their malice.

Glory: Tone 7

Come and let us all faithfully celebrate the fathers before the Law. *It is* our annual commemoration of Abraham and those with him. Let us rightly honour the tribe of Judah and praise the youths in Babylon who quenched the flames of the furnace, for they were an image of the Trinity. Together with them, let us praise Daniel and hold fast to the predictions of the prophets. Let us cry with Isaiah, "See, a virgin will conceive in her womb and bear a son, Emmanuel, who is God with us.

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. <sup>Ps 144</sup>

<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. <sup>Daniel 3</sup>

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

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

<sup>12</sup> O Lord, you have been our refuge  
from generation to generation. <sup>Ps 89</sup>

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

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

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

<sup>16</sup> Stretch out your mercy  
to those who know you. <sup>Ps 35</sup>

### 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 Tone 2

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!"

#### Apolytikia

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!"

Tone 2

You justified the Forefathers through faith and betrothed the Church of the Gentiles because of them. These saints rejoice in glory, for from their seed came a noble fruit, the *woman* who gave birth to you without seed. O Christ our God, save our souls through their prayers.

*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

#### Prokeimenon Daniel Tone 8

R: Blessed are you, O Lord God of our fathers.  
S: For you are just in everything that you have done for us.

### **Apostolos**

From the Letter of Paul to the Colossians (3:4-11)  
 Brothers, when Christ, our life, is revealed, then you will also be revealed with him in glory. <sup>5</sup>Put to death therefore your members which are on the earth: sexual immorality, uncleanness, depraved passion, evil desire, and covetousness, which is idolatry; <sup>6</sup>for which things' sake the wrath of God comes on the children of disobedience. <sup>7</sup>You also once walked in those, when you lived in them; <sup>8</sup>but now you also put them all away: anger, wrath, malice, slander, and shameful speaking out of your mouth. <sup>9</sup>Do not lie to one another, seeing that you have put off the old man with his doings, <sup>10</sup>and have put on the new man, that is being renewed in knowledge after the image of his Creator, <sup>11</sup>where there cannot be Greek and Jew, circumcision and uncircumcision, barbarian, Scythian, slave, freeman; but Christ is all, and in all.

### **Alleluia Ps 98 & 33 Tone 4**

S1: Moses and Aaron *were* among his priests.

S2: The just cried and the Lord heard them.

### **Gospel**

From the Holy Gospel according to Luke (14:16-24)  
 The Lord spoke this parable, "A man once gave a great banquet, and invited many; <sup>17</sup> and at the time for the banquet he sent his servant to say to those who had been invited, 'Come; for all is now ready.'<sup>18</sup> But they all alike began to make excuses. The first said to him, 'I have bought a field, and I must go out and see it; I pray you, have me excused.'<sup>19</sup> And another said, 'I have bought five yoke of oxen, and I go to examine them; I pray you, have me excused.'<sup>20</sup> And another said, 'I have married a wife, and therefore I cannot come.'<sup>21</sup> So the servant came and reported this to his master. Then the householder in anger said to his servant, 'Go out quickly to the streets and lanes of the city, and bring in the poor and maimed and blind and lame.'<sup>22</sup> And the servant said, 'Sir, what you commanded has been done, and still there is room.'<sup>23</sup> And the master said to the servant, 'Go out to the highways and hedges, and compel people to come in, that my house may be filled.'<sup>24</sup> For I tell you, none of those men who were invited shall taste my banquet."

### **Communion Ps 148**

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