

SUNDAY 20 DECEMBER 2020
+ Sunday of the Genealogy
Forefeast of the Nativity
± Great-Martyr and God-bearer Ignátios of Antioch C2
28th Sunday Tone 3 & Eothinón 6

VESPERS

Lord I have cried

Tone 3

O Lord, I have cried to you, listen to me;
O Lord, listen to me.

O Lord, I have cried to you, listen to me;
Note the voice of my plea when I cry to you.
O Lord, listen to me.

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 our Saviour, the dominion of death has been shattered by
your cross and the deception of the Devil has been destroyed. The
human race which has been saved by faith always offers you a hymn.

S9: The just will wait for me until you reward me.
O Lord, everything has been enlightened by your resurrection and
Paradise has been re-opened. The whole creation praises you and
continually offers you a hymn.

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.

I glorify the power of the Father and the Son, and I praise the
authority of the Holy Spirit, the undivided, uncreated Divinity, the
consubstantial Trinity who reigns for all time.

S7: Let your ears note the voice of my plea.
O Christ, we bow down in worship before your precious cross. We
glorify and praise your resurrection, for we have all been healed by
your wounds.

Tone 1

S6: O Lord *our* Lord, if you mark offences, who will stand?
But there is forgiveness with you.

O pure Virgin, living palace of our God, you have furnished a home
for the *Lord* whom the heavens themselves cannot contain. You will
give birth to him in a cave in a manner beyond understanding. He
has shared in my poverty and become man so that I might become
like God and share in his riches, for I was once impoverished by
desire for the bitter fruit.

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 Christ, you were registered as a servant at the command of Caesar.
O patient Lord and Saviour of our souls, you come in your
compassion to grant freedom, life and redemption to your unworthy
servants who worship your saving birth..

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

The all-holy and pure Virgin considered the ineffable birth which
renews nature and its laws. She cried out to her Son, "O my dearest
Child, I am filled with wonder at this great mystery, for I give birth,
yet remain a virgin at the same time. O Lord, you can accomplish
everything which you desire through your will."

Tone 8

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

He will redeem Israel from all his offences.

Today, as we celebrate the Forefathers' memory, let us the faithful
praise Christ the Redeemer, who glorified them in every nation. He

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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.

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

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 of old. 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.

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

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.

Glory: Tone 6

O Lord, Daniel, the man of desires, when he saw you in truth as a
stone cut without human hands, foretold that you would be a Child
born without seed, the Word incarnate from the Virgin, the
unchangeable God and the Saviour of our souls.

Both now: Tone 3

All-honoured *Virgin*, how can we not wonder at your giving birth to
the *Lord* who is God and man? For, all-pure *Lady* without
experience of man, you gave birth to a Son in the flesh who was
begotten without mother from the Father before time. He underwent
no mingling, change or division, but preserved the attributes of each
nature. Therefore, O Lady and virgin Mother, plead with him to save
the souls of those who acknowledge you in the Orthodox manner to
be the Theotokos.

Phos Ilarón

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory
of the immortal, heavenly, holy, blessed Father,
when we come to the setting of the sun
and see the light of evening,
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you
with voices of praise,
O Son of God *and* Giver of life.

Therefore the world glorifies you.

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 of the Fathers

From the Book of Genesis (14:14-20)

Abram, having heard that Lot his nephew had been taken captive,
numbered his own home-born servants three hundred and eighteen,
and pursued them to Dan. ¹⁵ Then he came to them by night, he and
his servants; he struck them and pursued them as far as Hoba, which
is on the left of Damascus. ¹⁶ Then he recovered all the cavalry of
Sodom, and he recovered Lot his nephew, and all his possessions,
and the women and the people. ¹⁷ The king of Sodom went out to
meet him, after he returned from the slaughter of Chedorlaómer, and
the kings with him, to the valley of Saby; this was the plain of the
kings. ¹⁸ And Melchizedek king of Salem brought out loaves and

wine, and he was the priest of the most high God. ¹⁹ He blessed Abram, and said: Blessed be Abram of the most high God, who made heaven and earth, ²⁰ and blessed be the most high God who delivered your enemies into your power. Then Abram gave him the title of all.

Prophecy 2 of the Fathers

From the Book of Deuteronomy (1:8-11, 15-17)

Moses spoke to the sons of Israel: See, God has delivered the land before you; go in and inherit the land, which I swore to your fathers, Abraham, Isaac and Jacob, to give them and to their seed after them. ⁹ I spoke to you at that time, saying: I will unable by myself to bear you. ¹⁰ The Lord your God has increased you, and, see, you are today like the stars of heaven for multitude. ¹¹ May the Lord God of your fathers add to you a thousand-fold more than you are, and bless you as he has spoken to you. ¹⁵ So I took from you wise, understanding and prudent men, and I set them to rule over you as rulers of thousands, rulers of hundreds, rulers of fifties, rulers of tens and officers for your judges. ¹⁶ I ordered your judges at that time, saying: Hear causes between your brothers, and judge rightly between a man and his brother, and the stranger who is with him. ¹⁷ You must not respect status in judgment, but must judge small and great equally. You must not shrink from the standing of a man, for the judgment is God's.

Prophecy 3 of the Fathers

From the Book of Deuteronomy (10:14-18, 20-21)

Moses said to the sons of Israel: See, the heaven and the heaven of heavens *belong* to the Lord your God, the earth and everything in it. ¹⁵ Also the Lord chose your fathers to love them, and he chose their seed after them, even you, beyond all nations, as on this day. ¹⁶ Therefore you must circumcise the hardness of your heart and you must not harden your neck. ¹⁷ For the Lord our God, he is the God of gods, and the Lord of lords, the great, mighty and terrible God, who does not show favouritism, nor will he by any means accept a bribe. ¹⁸ He executes judgment for the stranger, orphan and widow, and he loves the stranger, giving him food and clothing. ²⁰ You must fear the Lord your God, serve him alone, cling to him and swear by his name. ²¹ He is your boast, and he is your God, who has accomplished in the midst of you these great and glorious events, which your eyes have seen.

Ektení

Prayer

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

Plirotiká

Prayer

P: Peace be with you all. R: And with your spirit
D: Bow down your heads to the Lord. R: To you, O Lord.

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

Apósticha

Tone 3

O Christ, you darkened the sun by your passion and enlightened the whole creation with the light of your resurrection. O Lover of the human race, accept our evening hymn.

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92

O Lord, your life-bearing resurrection enlightened the whole inhabited earth and recalled your creation which had become corrupt. Therefore we, who are rescued from the curse of Adam, sing, "O almighty Lord, glory to you!"

S2: For he founded the world which will not be moved. Ps 92
You are the changeless God, yet were changed by suffering in the flesh. Because creation could not endure seeing you on the cross, it was filled with fear, yet praised your patience. You have granted the world life and great mercy by descending into Hades and rising on the third day.

S3: O Lord, holiness is right for your house to length of days. Ps 92
O Christ, you endured death in order to rescue our human race from death. You rose from the dead on the third day, raised with you those who knew you as God and enlightened the world. Glory to you!

Glory: Tone 8

Hail, O honourable prophets, you properly laid the foundation of the Lord's Law and were revealed as firm and immovable pillars of faith! You have truly become the mediators of Christ's new covenant. Since, therefore, you have been taken up to heaven, plead with him to grant peace to the world and salvation to our souls.

Both now:

See, the time of our salvation is close! Prepare yourself, O cave, for the Virgin approaches to give birth to her Son. Be glad and rejoice, O Bethlehem in the land of Judah, for our Lord shines like the dawn from you. Listen, O mountains, hills and every land around Judea, for Christ is coming to save the human race whom he created and loves.

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 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

Tone 2

Great are the accomplishments of faith, for the three holy youths rejoiced in the flames as though they were at the waters of rest. The prophet Daniel appeared as a shepherd to the lions as though they were sheep. O Christ our God, save our souls through their prayers.

Tone 4

O Bethlehem, prepare, for Eden has been opened to all. O Ephratha, adorn yourself, for the Tree of Life blossoms from the Virgin in the cave. Her womb is a spiritual Paradise planted with the divine fruit. If we eat from it, we will live for ever and not die like Adam. Christ comes to restore the image which he made in the beginning.

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 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

Tone 2

Great are the accomplishments of faith, for the three holy youths rejoiced in the flames as though they were at the waters of rest. The prophet Daniel appeared as a shepherd to the lions as though they were sheep. O Christ our God, save our souls through their prayers.

Tone 4

O Bethlehem, prepare, for Eden has been opened to all. O Ephratha, adorn yourself, for the Tree of Life blossoms from the Virgin in the cave. Her womb is a spiritual Paradise planted with the divine fruit. If we eat from it, we will live for ever and not die like Adam. Christ comes to restore the image which he made in the beginning.

Small Litany

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

Kathisma 1

Tone 3

Christ is risen from the dead, the firstfruits of those who sleep. He is the firstborn of all creation and the Maker of everything created. He restored the corrupt nature of our race in himself. O Death, you will reign no more, for the Master of all has destroyed your power.

Glory:

O Lord, after you had tasted death in the flesh, you emptied death of its sting through your resurrection. You have strengthened the human race against death and proclaimed the abolition of the ancient curse. Glory to you, O Lord, Protector of our lives!

Both now: Tone 6

The sayings of the prophets are now fulfilled. Tomorrow our God will be born ineffably from the Virgin Mary. Yet he will remain as he was before his birth. The Wise Men hurry together and bear gifts. The shepherds stay in the fields and we sing together with them, "O Lord born from a virgin, glory to you!"

Kathisma 2

O Lord, Hades was dismayed when it saw your unchanging divinity, yet observed your voluntary passion. It mourned and said, "I tremble before the flesh of the incorruptible Person. I see the one who cannot be seen as he mysteriously fights me, while those I hold in my power are crying out, 'O Christ, glory to your resurrection!'"

Glory:

O faithful, when we speak about divine matters, we touch on an ineffable mystery, the incomprehensible crucifixion and the inexplicable resurrection. For today death and Hades are plundered while the human race is clothed with incorruption. Therefore we cry aloud with thanksgiving, "Glory to your resurrection, O Christ!"

Both now: Tone 8

As shepherds were piping songs, a host of angels stopped them. They called out and said, "Listen, as you stay in the fields at the head of your flocks. Cry out and sing that Christ the Lord is born. He is our God, who takes delight in saving the human race."

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

The radiant angel caused amazement through his appearance and brought dew by his words to the myrrhbearing women, "Why do you seek the Living in a grave? The one who has emptied the tomb has risen and has changed corruption, *for he is the Lord* without change. Say to God, 'How fearful are your works, for you have saved the human race!'"

Anaváthmi Tone 3

Antiphon 1 Ps 125

O Word, you freed the captivity of Zion from Babylon,
so pull me from the passions of life in the same way.
Those who sow divine tears in the South
will reap everlasting sheaves with joy.

Glory: Both now:

Every good gift comes from the Holy Spirit,
for he is radiant, together with the Father and the Son;
everything lives and moves in him.

Antiphon 2 Ps 126

If the Lord had not built the house of virtues,
then we would labour in vain;
while he protects the soul no one destroys our city.
The saints are always like the fruit of the womb for you;
O Christ, they have been adopted as sons by the Father
through the inspiration of the Holy Spirit.

Glory: Both now:

All wisdom and holiness are observed in the Holy Spirit,
for he is the essence of all creation.
Let us worship him with the Father and the Word,
for he is God.

Antiphon 3 Ps 127

Happy are those who fear the Lord and walk in his ways;
for they eat the life-giving fruits of the commandments.
O chief Shepherd, rejoice as you see your children
who carry branches of good deeds around your table.

Glory: Both now:

All richness of glory is the Holy Spirit's
and from him come grace and life for all creation,
for he is praised with the Father and the Word.

Prokeimenon Ps 95

R: Say among the nations that the Lord reigns,
and has founded the world which will not be moved.
S: Sing to the Lord a new song.

Small Litany

For you are the King of Peace and Saviour of our souls, and we send
up glory to you, to the Father, the Son and the Holy Spirit, always,
now and for ever, and to the ages of ages. *Amen*

Kontákion

Rejoice, O Bethlehem! Be prepared, O Ephrata! See the Ewe is
approaching to give birth to the Chief High Shepherd whom she
carries in her womb. When they see this, the God-bearing fathers
rejoice and sing with the shepherds, "The Virgin nourishes the
Creator with her own milk."

Íkos

O Virgin, when they see the majestic radiance of your childbearing,
Abraham, the lover of God, and the renowned Isaac rejoice with the
whole choir of saints assembled by God. They bring creation out to
meet you with joyful greetings. For the woman who brings joy to all
is revealed. She has conceived in her womb the Lord who was once
seen in Babylon and preserved beyond understanding the youths who
had been unjustly thrown into the furnace. Therefore they will
produce a song to the One who is seen in the hands of the Maiden
and will glorify the Virgin who nurses him.

Synaxáriorion

Today we remember the holy hieromartyr Ignátios, the God-bearer,
of Antioch who lived in the Second Century. He was arrested and
taken to Rome via the cities of Asia Minor. As he passed through
them he wrote letters to their churches. He spoke to Polycarp of
Smyrna on the way. On the Twentieth he was mangled by the jaws
of lions in Rome. Later his bones were returned to Antioch.

Together with him we remember:
Archbishop Philogonios of Antioch C4
Archbishop Daniel II of Serbia C14
New Martyr John of Thasos C17
Presbyter John of Kronstadt C19

Ypómnia

Today we remember the genealogy of Jesus Christ, the son of David,
the son of Abraham. Here are the generations from Adam to the
Patriarchs: There are 21 generations between Adam and Abraham.
There are 15 generations between Abraham and David. There are 15
generations between David and the Babylonian Exile. There are 12
generations between the Babylonian Exile and Joseph, the betrothed
of the Holy Virgin.

First-created Adam and Eve (Gen 1-3 and Lk 3)
Just Abel, Son of Adam (Gen 4 and Lk 3)
Just Seth, Son of Adam (Gen 4 and Lk 3)
Just Enos, Son of Seth (Gen 4 and Lk 3)
Just Cain, Son of Enos (Gen 5 and Lk 3)
Just Mahalalel, Son of Cain (Gen 5 and Lk 3)
Just Jared, Son of Mahalalel (Gen 5 and Lk 3)
Just Enoch, Son of Jared (Gen 5 and Lk 3)
Just Methuselah, Son of Enoch (Gen 5 and Lk 3)
Just Lamech, Son of Methuselah (Gen 5 and Lk 3)
Just Noah, Son of Lamech (Gen 6-9 and Lk 3)
Just Shem and Japheth, Sons of Noah (Gen 9 and Lk 3)
Just Aphraxad, Son of Shem (Gen 10 and Lk 3)
Just Kainan, Son of Aphraxad (Gen 11 and Lk 3)
Just Shelah, Son of Kainan (Gen 11 and Lk 3)
Just Eber, Son of Shelah (Gen 11 and Lk 3)
Just Peleg, Son of Eber (Gen 11 and Lk 3)

Just Reu, Son of Peleg (Gen 11 and Lk 3)
Just Serug, Son of Reu (Gen 11 and Lk 3)
Just Nahor, Son of Serug (Gen 11 and Lk 3)
Just Terah, Son of Nahor (Gen 11 and Lk 3)

Here are the generations from Abraham to Jesse:
Founder in faith the Just Abraham (Gen 12-20)
Patriarch Isaac, Son of Abraham (Gen 21-25)
Patriarch Jacob, Son of Isaac (Gen 25-36)
Patriarch Reuben, Son of Jacob (Gen 49)

Patriarch Simeon, Son of Jacob (Gen 49)
Patriarch Levi, Son of Jacob (Gen 49)
Patriarch Judah, Son of Jacob (Gen 49)
Patriarch Zebulun, Son of Jacob (Gen 49)
Patriarch Assachar, Son of Jacob (Gen 49)
Patriarch Dan, Son of Jacob (Gen 49)
Patriarch Gad, Son of Jacob (Gen 49)
Patriarch Asher, Son of Jacob (Gen 49)
Patriarch Naphtali, Son of Jacob (Gen 49)
Patriarch Joseph, Son of Jacob (Gen 49)

Patriarch Benjamin, Son of Jacob (Gen 49)
Perez and Zerah, Sons of Judah (Gen 38)
Hezron, Son of Perez (Gen 46 and Ruth 4)
Aram, Son of Hezron (Gen 46 and Ruth 4)
Amminadab, Son of Aram (Ruth 4)
Nashon, Son of Amminadab (Ruth 4)
Salmon, Son of Nashon (Ruth 4)
Boaz, Son of Salmon (Ruth 4)
Obed, Son of Boaz (Ruth 4)
Jesse, Son of Obed (1 Kings 16 and Ruth 4)

Here are the generations of Kings from David to the Deportation:

King David, Son of Jesse (1 Chron 11-29)
King Solomon, Son of David (2 Chron 1-9)
King Rehoboam, Son of Solomon (2 Chron 10-12)
King Abijah, Son of Rehoboam (2 Chron 13)
King Asa, Son of Abijah (2 Chron 14-16)
King Jehoshaphat, Son of Asa (2 Chron 17-20)
King Jehoram, Son of Jehoshaphat (2 Chron 21)
King Uzziah, Son of Jehoram (2 Chron 26)
King Jotham, Son of Uzziah (2 Chron 27)
King Ahaz, Son of Jotham (2 Chron 28)
King Hezekiah, Son of Ahaz (2 Chron 29-32)
King Manasseh, Son of Hezekiah (2 Chron 33)
King Amon, Son of Manasseh (2 Chron 33)
King Josiah, Son of Amon (2 Chron 34-35)
King Jehoiachin (Jeconiah), Son of Jehoiakim (2 Chron 36)

Here are the generations from the Deportation to Joseph:

Shealtiel, Son of Jehoiachin (1 Chron 3:16-17)
Zerubbabel, Son of Shealtiel (Ezra 3, 5, 12, Neh 1)
Abiud, Son of Zerubbabel (Mat 1)
Eliakim, Son of Abiud (Mat 1)
Azor, Son of Eliakim (Mat 1)
Zadok, Son of Zadok (Mat 1)
Achim, Son of Achim (Mat 1)
Eliud, Son of Eliud (Mat 1)
Eleazar, Son of Eleazar (Mat 1)
Matthan, Son of Matthan (Mat 1)
Jacob, Son of Matthan (Mat 1)
Joseph the Betrothed, Son of Jacob (Mat 1)

Today we also remember:

Just Melchizedek, King of Salem (Gen 14)
Just Job (Job 1-42)
Prophet Moses, with priests Aaron and Hur (Ex 1-40)
Just Joshua, Son of Nun (Joshua 1-24)
Prophet Samuel (1 Kings 1-25)
Prophet Nathan (1 Chronicles 17)
Prophet Daniel (Dan 1-12)
Three Young Men (Dan 3)
Just Sarah, Wife of Abraham (Gen 12)

Just Rebecca, Wife of Isaac (Gen 24)
Just Leah and Rachel, Wives of Jacob (Gen 29)
Just Asenath, Wife of Joseph (Gen 41)
Just Miriam, Sister of Moses (Ex 15)
Judge and Prophetess Deborah (Jud 4)
Just Ruth the Moabite (Ruth 1-4)
Just Widow of Zarephath (3 Kings 17)
Just Shunammite Woman (4 Kings 4)
Just Judith (Judith 1-16)
Just Esther (Esther 1-10)
Just Anna, Mother of Samuel (1Kings 1-2)
Just and Chaste Sussanah (Dan 13)

Through the intercessions of your holy ancestors and of all the just who proceeded your coming into the world, 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 6

From the Holy Gospel according to Luke (24:36-53)

At that time, when Jesus rose from the dead, he stood in the midst of his disciples, and said to them, "Peace be with you!"³⁷ But they were startled and frightened, and supposed that they saw a spirit.³⁸ And he said to them, "Why are you troubled, and why do questionings rise in your hearts?³⁹ See my hands and my feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have."⁴¹ And while they still disbelieved for joy, and wondered, he said to them, "Have you anything here to eat?"⁴² They gave him a piece of broiled fish,⁴³ and he took it and ate before them.⁴⁴ Then he said to them, "These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled."⁴⁵ Then he opened their minds to understand the scriptures,⁴⁶ and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead,⁴⁷ and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem.⁴⁸ You are witnesses of these things.⁴⁹ And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high."⁵⁰ Then he led them out as far as Bethany, and lifting up his hands he blessed them.⁵¹ While he blessed them, he parted from them, and was carried up into heaven.⁵² And they returned to Jerusalem with great joy,⁵³ and were continually in the temple blessing God. 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 Ancestors, of the Holy Hieromartyr Ignátios, 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 6

O Saviour, when you rose from the grave, you revealed yourself as human by nature. You stood in the midst of the disciples, ate with them, and taught them about the baptism of repentance. Then you ascended to your heavenly Father after promising to send them the Advocate. Glory to your resurrection, most divine and incarnate God!

Tone 2

Rejoice, O Bethlehem! Be prepared, O Ephrata! The Theotokos is on her way to a cave and a manger to give birth to God in an ineffable manner. What an awe-inspiring mystery, for he existed even before the patriarchs Abraham, Isaac and Jacob, as well as the prophets. Together with the angels the human race will celebrate his birth with great joy.

Praises

Tone 3

Let everything with breath
 praise the Lord.
 Praise the Lord from the heavens;
 praise him in the heights.
 To you, O God, is due a song.

Praise him, all his angels;
 praise him, all his powers.
 To you, O God, is due a song.

S8: This glory will be for all his holy ones.
 Come, every nation, and learn the power of the awesome mystery, for Christ our Saviour, who is the Word from the beginning, was crucified and willingly suffered burial for our sake. He rose from the dead so that he might save all things; let us worship him.

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

O Lord, your guards spoke about all the wonders, but the deluded council filled their right hands with gifts, imagining that they would then conceal your resurrection which the world glorifies. Have mercy on us!

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

Everything was filled with joy on learning the proof of the resurrection. Mary Magdalene came to the tomb and found an angel in radiant clothing sitting on the stone. He said, "Why do you seek the living among the dead? He is not here, but is risen as he foretold; he goes ahead of you to Galilee."

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

O Master, we see light in your light. For you have risen from the dead and, as the Lover of the human race, grant salvation to man, so that the whole creation may glorify you, the only sinless *Lord*. Have mercy on us!

Tone 5

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.

Raise your voice, O Zion, divine city of God! Proclaim the divine memory of the fathers. Honour Abraham, Isaac and Jacob. See,

together with Judah and Levi, we glorify the great Moses and the wonder-working Aaron. Together with David, we celebrate the memory of Joshua and Samuel. We invite them all with divine songs and praises to the Forefeast of Christ's Birth. We pray that we may receive his goodness, for he is the *Lord* who grants the world great mercy. X2

S2: Blessed are you, O Lord, God of our fathers,
who must be praised and greatly exalted for ever. Dan 3
 Come, O Elijah, for you ascended the divine chariot of fire in days of old! O divinely wise Elisha, rejoice together with Ezekiel and Joseph. O honourable company of the twelve prophets inspired by God, exchange good news with them on the birth of the Saviour. All you just. O holy children, you quench the flames of the fire with the dew of the Spirit, so pray for us. Plead with Christ that he will grant our souls great mercy.

S1: For you are just in everything that you have done for us
 and all your works are true. Dan 3
 The Theotokos has truly been revealed on the earth and proclaimed by the words of the prophets of old. *She was* foretold by the wise patriarchs and the company of the just. She will exchange good news with the honourable women, Sarah, Rebecca, glorious Anna, and Miriam, the sister of Moses. All the ends of the earth will rejoice with them together with the whole creation, for God will come to be born in the flesh and to grant the world great mercy.

Glory: Tone 8

The whole of the Mosaic teaching truly revealed the divine birth of Christ in the flesh to all who heard the preaching of grace which precedes the law and transcends the law by faith. Therefore, O Lord, since your birth brought salvation from corruption, they foretold your resurrection to the souls imprisoned in Hades. Glory to you!

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 Tone 3

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

R: Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

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

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

Entrance Ps 94

Come, let us worship and fall down before Christ.
 Save us, O Son of God.
 You arose from the dead.
 We sing to you, "Alleluia!"

Apolytikia

Tone 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

Tone 4

O Bethlehem, prepare, for Eden has been opened to all. O Ephratha, adorn yourself, for the Tree of Life blossoms from the Virgin in the cave. Her womb is a spiritual Paradise planted with the divine fruit. If we eat from it, we will live for ever and not die like Adam. Christ comes to restore the image which he made in the beginning.

Tone 2

Great are the accomplishments of faith, for the three holy youths rejoiced in the flames as though they were at the waters of rest. The prophet Daniel appeared as a shepherd to the lions as though they were sheep. 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.

Trisagion**Prokeimenon Dan 3 Tone 4**

R: Blessed are you, O Lord God of our fathers.

S: For you are just in everything that you have done for us.

Apóstolos of Sunday of Forefeast

From the Letter of Paul to the Hebrews (11:9-10, 32-40)

Brothers by faith Abraham made his home in the promised land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he was looking forward to the city with foundations, whose architect and builder is God. And what more shall I say? I do not have time to tell about Gideon, Barak, Samson, Jephthah, David, Samuel and the prophets, who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. Women received back their dead, raised to life again. Others were tortured and refused to be released, so that they might gain a better resurrection. Some faced jeers and flogging, while still others were chained and put in prison. They were stoned; they were sawn in two; they were put to death by the sword. They went about in sheepskins and goatskins, destitute, persecuted and ill-treated -the world was not worthy of them. They wandered in deserts and mountains, and in caves and holes in the ground. These were all commended for their faith, yet none of them received what had been promised. God had planned something better for us so that only together with us would they be made perfect.

Alleluia Ps 43 & 33 Tone 4

S1: O God, we have heard with our ears.

S2: The just cried and the Lord heard them.

Gospel of Sunday of Forefeast

From the Holy Gospel according to Matthew (1:1-25)

A record of the genealogy of Jesus Christ the son of David, the son of Abraham. Abraham was the father of Isaac, Isaac the father of Jacob, Jacob the father of Judah and his brothers, Judah the father of Perez and Zerah, whose mother was Tamar, Perez the father of Hezron, Hezron the father of Ram, Ram the father of Amminadab, Amminadab the father of Nahshon, Nahshon the father of Salmon, Salmon the father of Boaz, whose mother was Rahab, Boaz the father of Obed, whose mother was Ruth, Obed the father of Jesse, and Jesse the father of King David.

David was the father of Solomon, whose mother had been Uriah's wife, Solomon the father of Rehoboam, Rehoboam the father of Abijah, Abijah the father of Asa, Asa the father of Jehoshaphat, Jehoshaphat the father of Jehoram, Jehoram the father of Uzziah, Uzziah the father of Jotham, Jotham the father of Ahaz, Ahaz the father of Hezekiah, Hezekiah the father of Manasseh, Manasseh the father of Amon, Amon the father of Josiah, and Josiah the father of Jeconiah and his brothers at the time of the exile to Babylon.

After the exile to Babylon: Jeconiah was the father of Shealtiel, Shealtiel the father of Zerubbabel, Zerubbabel the father of Abiud, Abiud the father of Eliakim, Eliakim the father of Azor, Azor the father of Zadok, Zadok the father of Akim, Akim the father of Eliud, Eliud the father of Eleazar, Eleazar the father of Matthan, Matthan the father of Jacob, and Jacob the father of Joseph, the husband of Mary, of whom was born Jesus, who is called Christ. Thus there were fourteen generations in all from Abraham to David, fourteen from David to the exile to Babylon, and fourteen from the exile to the Christ.

This is how the birth of Jesus Christ came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be with child through the Holy Spirit. Because Joseph her husband was a righteous man and did not want to expose her to public disgrace, he had in mind to divorce her quietly. But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins." All this took place to fulfil what the Lord had said through the prophet: The virgin will be with child and will give birth to a son, and they will call him Emmanuel" - which means, "God with us." When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. But he did not know her until she gave birth to a son. And he gave him the name Jesus.

Communion Ps 148

Praise the Lord from the heavens;

praise him in the heights. Alleluia!