

SUNDAY 19 JULY 2020
+ Fathers of the Fourth Oecumenical Council
Venerable Mother Makrína of Kappadokía C4
Venerable father Dios C5
[Relics of Holy Seraphim of Sarov C20]
6th Sunday Tone 5 & Eothinón 6

VESPERS

Lord I have cried

Tone 5

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

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

² Let my prayer be directed before you like incense,
the raising of my hands be an evening sacrifice.
O Lord, listen to me.

S10: Lead my soul from prison
that I may acknowledge your name.
O Christ, you have put the Devil to shame by your precious cross.
You have blunted the sting of sin and saved us from the gates of
death by your resurrection. We glorify you, only begotten *Lord*.

S9: The just will wait for me, until you reward me.
Christ was led like a sheep to the slaughter in order to grant
resurrection to the human race. The princes of Hades were
frightened by this, for the gates of sorrow were raised. Christ the
King of glory had entered. He said to those in chains, "Go out," and
to those in darkness, "Come to the light."

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O great wonder! The Creator of invisible matter suffered in the flesh
in his love for the human race and rose again as immortal *Lord*. O
families of nations, come and worship him. We have been rescued
from error by his compassion and have learnt to sing about one God
in three persons.

S7: Let your ears note the voice of my plea.
O unfading Light, we offer you our evening worship. You shone on
the world in the flesh in these last days as though in a glass. You
even descended to Hades to banish its darkness. You have revealed
the light of the resurrection to the nations. Glory to you, O Lord,
Giver of light, glory to you!

Tone 6

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

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

O Word of God, Lover of the human race, infinite, ineffable in your
incarnation for us, the honourable assemblies of the fathers
announced that you are perfect Man and perfect God, one Person in
two perfect Natures, with two perfect Wills. Therefore we
acknowledge that you are one God with the Father and the Holy
Spirit. While we sing a hymn of praise to the fathers, we worship
you. *X2*

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

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

O glorious fathers of the Councils, you showed that Pyrrós, Sérghios,
Onórios and Dioskoros were in error alongside Nestórios in their
teaching about Christ. You rescued the flock by proclaiming the true
belief that Christ is one divine Person in two Natures. We worship
him as perfect God and perfect Man; he is united with the Father and

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the Holy Spirit. O holy fathers, we honour you and sing you a hymn
of praise. *X2*

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

The fathers of the Councils were inspired by God to proclaim and
enunciate that there is a divine Energy and a divine Will in Christ
which is uncreated and infinite. There is also a human energy and a
human will in the Son of Man. Therefore they proclaimed that Christ
is one divine Person with two Natures, divine and human. Therefore
we the faithful honour these fathers every year and glorify Christ
who glorified them.

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

Today the fathers of the Councils preach to us that the eternal Trinity
is one God and one Lord. They explain to us that he is one in Nature,
consubstantial, one in Will and Energy. He is not divided or shared,
but exists in the simplicity of divine Being. They define that this
divine Will and Energy have no beginning and will never have an
end. Therefore we the faithful glorify these fathers as equals to the
apostles, for they educated the entire human race in the true teaching
about God.

Glory: Tone 6

Today let us praise the mystical trumpets of the Spirit, the God-
bearing fathers, who stand in the midst of the Church and sing true
theology as they praise the changeless Trinity. They laid low the
heretical errors and upheld the Orthodox faith. They always plead
with the Lord to have mercy on our souls.

Both now: Tone 5

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

Phos Ilarón

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

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

Prokeímenon

P/D: The Evening Prokeimenon
R: The Lord reigns *and* is clothed with majesty.
S1: The Lord has put on power and clothed himself.
S2: He founded the world, which will not be moved.

Prophecy 1

From the Book of 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

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

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

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

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92
O Giver of life, you have poured out streams of forgiveness, life and salvation for everyone by being pierced in the side. You have granted us immortality by accepting death in the flesh. You have

freed us by being placed in the tomb and, as God, have raised us with you in glory. Therefore we cry out, "Glory to you, O Lord, Lover of the human race!"

S2: For he founded the world which will not be moved.
O Lover of the human race, your crucifixion and descent into Hades are awesome. You have captured it and raised the ancient prisoners with you, for you are God in glory. You have opened Paradise and commanded it to take them back. Grant us, who glorify your resurrection on the third day, purification of sins. Make us worthy to be citizens of Paradise, for you alone are merciful.

S3: O Lord, holiness is right for your house to length of days. Ps 92
O Lover of the human race, you accepted death in the flesh for our sake and rose from the dead on the third day. Heal us from our earthly passions, restore us from our evil offences and save us.

Glory: Tone 3

O holy fathers of the Councils, you are the faithful keepers of the Apostolic tradition. When you proclaimed that the Three Persons of the Holy Trinity are one and consubstantial, you refuted the blasphemy of Arios. When you taught that the Holy Spirit is a distinct Person, united with the Father and the Son, you shamed Makedónios, Nestórios, Eftychís, Dióskoros, Savvélios and the headless Sevíros. Therefore we implore you to free us and guard our lives as we keep faith.

Both now:

Without seed you conceived the Son of God from the Holy Spirit according to the will of the Father. He was born from the Father before time without a mother, but now for our sake he came from you without a father. Therefore continually plead with him to rescue our souls from dangers.

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

Apolytikia

Tone 5

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

Tone 8

Most glorious are you, O Christ our God! You have established the holy fathers as lights over the earth. Through them you have guided us to the true faith. O greatly compassionate *Lord*, glory to you!

Tone 8

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, despoiled 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 One, show forth your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, as 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 5

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Small Litany

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

Kathisma 1

Tone 5

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

Glory:

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

Both now:

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

Kathisma 2

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

Glory:

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

Both now:

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

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

Anaváthmi Tone 5

Antiphon 1 Ps 131

My Saviour, I sing to you like David in my trouble;
save my soul from crafty speech.
The life of those who live in the desert is blessed;
they are supported by divine passion.

Glory: Both now:

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

Antiphone 2 Ps 120

My soul, let us ascend the mountains;
come to the place where help is found.
O Christ, let your right hand rush
to guard me from everything sinister.

Glory: both now:

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

Antiphon 3 Ps 121

I offer my prayer for those who said to me,
"Let us go to the courts of the Lord,
filled with great joy."
Fearful things will be done to the house of David,
for a fire there will consume every shameful thought.

Glory: Both now:

The government of life belongs to the Holy Spirit and every creature is given the breath of life through him as also in the Father and the Word.

Prokeimenon Ps 9

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

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

Small Litany

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

Kontákion

Without note

The preaching of the apostles and the teaching of the fathers established a single and unified faith in the Church. Therefore because she is clothed with the truth of a theology inspired by heaven, she explains and announces the great mystery of Christ with certainty.

Íkos

Listen to the Church of God as she cries out to us with a heavenly proclamation, "Let the one who is thirsty come to me and drink. I have mixed my wine in the cup of wisdom. I have prepared it with the word of truth. I pour out the water which does not lead to discord, but rather of unity in faith." The new Israel drinks from it and sees God who says, "Look and see! I am the same. I am God for ever. There is no god apart from me." Those who share will be satisfied and praise the great mystery of faith.

Synaxáron

Today we remember our renowned mother Makrína who lived in the Fourth Century. She lived in poverty after the death of her mother and deeply influenced her younger brothers, Basil the Great of Caesarea and Gregory of Nyssa. O glory of the hermits, on the Nineteenth the angels carried you up to the vision of God.

On the same day we also commemorate Holy Seraphim who lived in the wilderness near Sarov in Russia during the Twentieth Century. His life of steadfast devotion guided many along the Christian road.

Together with them we remember:

Abbot Díos of Antioch C5

Bishop Theódoros of Edessa C8

Prince Roman of Ryazan C13

King Stephen of Serbia and mother Militsa C15

Ypómnima

Today we also remember the 630 holy and God-bearing fathers who assembled at Chalcedon for the Fourth Oecumenial Council. O Christ our God, have mercy on us through the prayers of our holy fathers.

Katavasías

1: I will open my mouth and be filled with the spirit. I will sing a song to the Queen and Mother. I will come, rejoice in the feast and praise all her glory.

3: O Theotokos, living and inexhaustible fountain, in your divine glory spiritually establish your choir which is assembled in chorus. Make them worthy to receive crowns of glory in your mercy.

4: The counsel of God cannot be scrutinised. The Most High was incarnate from a Virgin. The prophet Habakkuk foresaw this and cried, "Glory to your power, O God!"

5: O Virgin, all creation was amazed at your divine glory, for you knew no man. You held thee God of all in your womb and gave birth to the eternal Son. You order salvation for all those who praise you.

6: O devout people, come and clap hands while we observe this divine and most precious feast of the Mother of God. Let us glorify God who was born from her.

7: The devout youths worshipped the Creator rather than created things. They courageously trampled on the threatening fire and joyfully sang, "Blessed are you, most praised Lord, the God of our fathers."

8: Let us praise, bless and worship the Lord.

The *Lord* who was born from the Theotokos saved the holy children in the furnace. The one who was then prefigured has now been born on earth and gathers the whole inhabited earth to sing, "All you works of the Lord, bless the Lord and exalt him above all for ever.

9: Let every earthborn mortal spiritually rejoice and carry lamps. be radiant and spiritually leap for joy. Let the ranks of angelic powers celebrate as they honour the sacred wonders of the Theotokos and cry, "Hail, O pure and blessed Ever-virgin who gave birth to God!"

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 and God-bearing fathers, of our renowned mother Makrina,
of holy Seraphim, and of all the saints. We ask you, only merciful
Lord, "Listen to us sinners as we pray to you, and have mercy on us."

Lord have mercy. X12

Through the mercy, compassion and love for the human race of your
only-begotten Son, with whom you are blessed, together with the all-
holy, good and life-giving Spirit, now and ever and to the ages of
ages. *Amen.*

Ode 9

My soul glorifies the Lord
and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim
and beyond compare more glorious than the Seraphim.
You gave birth to God the Word without defilement;
O true Theotokos, we glorify you.

² For he has regarded his servant's humility;
see, from now all generations will call me blessed. R:

³ For the Almighty has accomplished great *things* for me
and his name is holy.

His mercy is from generation to generation
on those who fear him. R:

⁴ He has accomplished strength with his arm
and scattered the proud in the imagination of their hearts. R:

⁵ He has put down the mighty from *their* thrones
and exalted the humble.

He has satisfied the hungry with good *things*
and dismissed the rich with nothing. R:

⁶ He has helped his servant Israel
in remembering his mercy,

as he spoke to our fathers,
to Abraham and his seed for ever. R:

9: Let every earthborn mortal spiritually rejoice and carry lamps. be
radiant and spiritually leap for joy. Let the ranks of angelic powers
celebrate as they honour the sacred wonders of the Theotokos and
cry, "Hail, O pure and blessed Ever-virgin who gave birth to God!"

Small Litany

P: For all the powers of heaven praise you, and to you we send up
glory, to the Father and to the Son and to the Holy Spirit, now and
ever and to the ages of ages. *Amen*

Holy is the Lord

Holy is the Lord our God. X3

Exalt the Lord our God and worship at his footstool.
for he is holy.

Exaposteilária

Tone 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

All-compassionate Lord, today as we celebrate the memory of our
holy fathers, we plead with you to rescue your people from every
heresy and error through their prayers. O Lord, make us worthy to
glorify the Father, the Word and the Holy Spirit.

Tone 3

All-blameless *Lady*, in an ineffable way you gave birth to God in two
Natures, two Wills and one Person. Through his own volition he
humbled himself, accepted crucifixion and granted us the riches of
his Divinity by his resurrection from the dead.

Praises

Tone 5

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

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

S8: This glory will be for all his holy ones.
 O Lord, you came out from the grave, which had been sealed by lawless men, just as you were born from the Theotokos. Your bodiless angels did not know how you were incarnate; the soldiers did not see the moment of your resurrection. These two marvels were concealed from curious minds, but were revealed to those who worshipped with faith the mystery about which we sing. Grant us joy and great mercy as we offer you praise.

S7: Praise God in his saints;
 praise him in his mighty firmament.
 O Lord, you demolished the eternal bars and broke apart the chains of the grave. You rose from the tomb and left your wrappings in the grave as a witness to your three-day burial. You left the guards watching at the tomb and went before your disciples to Galilee. O incomprehensible Saviour, great is your mercy; have mercy on us!

S6: Praise him for his mighty deeds;
 praise him for the abundance of his majesty.
 O Lord Christ, you suffered for us and the women hurried to your tomb to see you. When they approached with fear, they saw an angel sitting on the stone which had been rolled away. He cried to them "The Lord is risen. Go and tell the disciples that the Saviour of our souls has risen from the dead."

S5: Praise him with the trumpet sound;
 praise him with lute and harp.
 O Lord, you came into the midst of your disciples, although the doors were shut, just as you came from the sealed tomb. O long-suffering Saviour, you revealed the sufferings of the body which you had accepted, for you endured wounds as the Seed of David, but saved the world as Son of God. O incomprehensible Saviour, your mercy is great; have mercy on us.

Tone 6

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.

The holy fathers, as they meditated in the Holy Spirit, through divine influence wrote the blessed symbol of faith. In it they openly proclaim that the Word is co-eternal with the Father who begot him and is consubstantial. In this they follow the teaching of the divine apostles. X2

S2: O Lord God of our fathers, you are blessed;
 your name is praised and glorified for ever. Dan 3
 When the holy fathers had received the light of the Holy Spirit, through divine inspiration they announced the mystery of faith in a few words which were rich in meaning. As messengers of Christ they were inspired by the teaching of the Holy Gospel and Holy Tradition. They received brilliant revelation from above. While they were splendid with radiance they set out divine teaching.

S1: Assemble before him, O holy ones *of the Lord*,
 for you have made a covenant with him in sacrifices. Ps 49
 Because they united their pastoral understanding and were moved by just indignation, the holy shepherds used the rod of the Spirit to banish the devouring harmful wolves who had entered the fullness of the Church with an incurable fatal disease. Therefore the holy fathers acted as noble servants of Christ and initiates of the divine message.

Glory: Tone 8

The council of the holy fathers gathered from the ends of the earth. They believed in one substance and nature of the Father, Son and Holy Spirit. They defined the mystery plainly as they spoke to the Church with theology. Therefore we bless and praise them in faith,

"O soldiers of God's army, shining lights of the eternal firmament, invincible towers of the heavenly Zion, scented flowers of Paradise, golden lamps of the Word, treasure and delight of the inhabited earth, continually pray for our souls."

Both now: Tone 2

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

Great Doxology

Glory to you who have shown us the light!
 glory to God in the highest!
 Peace on earth and goodwill to men!

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

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

⁴ O Lord God, Lamb of God, Son of the Father,
 you take away the sin of the world;
 have mercy on us,
for you take away the sin of the world.

⁵ Receive our prayer,
for you sit on the right of the Father,
 and have mercy on us.

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

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

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

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

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

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

¹² O Lord, you have been our refuge
 from generation to generation. Ps 89
 I said, "O Lord, have mercy on me;
 heal my soul, for I have sinned against you." Ps 40

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

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

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

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. When he destroyed death by death, he gave us victory and great mercy.

LITURGY

Antiphon 1 Ps 91

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

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

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

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

S4: Glory: Both now:

Antiphon 2 Ps 92

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

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

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

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

Monogenes

Antiphon 3 Ps 94

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

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

S2: Let 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 5

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

Of the Church

Kontakion

O unailing protection of Christians and unchanging mediator before the Creator, do not despise the prayers of us sinners, but in your goodness extend your help to those of us who faithfully cry to you, "O Theotokos, you always protect those who honour you, so hurry to intercede for us and hasten to plead for us."

Trisagion**Prokeímenon Ps 31 Tone 4**

R: O just, be glad in the Lord and rejoice.

S: Blessed are those whose lawless deeds have been forgiven

Apóstolos

From the Second Letter of Paul to Titus (3:8-15)

My son Titus, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. ⁹But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. ¹⁰As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, ¹¹knowing that such a person is perverted and sinful; he is self-condemned. ¹²When I send Artemas or Tych'icus to you, do your best to come to me at Nicop'olis, for I have decided to spend the winter there. ¹³Do your best to speed Zenas the lawyer and Apol'los on their way; see that they lack nothing. ¹⁴And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. ¹⁵All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all.

Alleluia Ps 43 & 33 Tone 4

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

S2: You saved us from our afflictions.

Gospel

From the Holy Gospel according to Matthew (5:14-19)

The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. ¹⁵Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. ¹⁶Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. ¹⁷Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfil them. ¹⁸For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. ¹⁹Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

Communion Ps 148

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