

SUNDAY 8 MAY 2022
+John the Theologian C1
Arsénios the Great C5
The Myrrhbearers

3rd Sunday of the Pentecostarion -Tone 2 & Eothinon 4

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.

² Let my prayer prosper 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.

Tone 2

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
Early in the morning, the myrrhbearing women brought spices to the
tomb of the Lord. They found the stone unexpectedly rolled away
and they asked among themselves, "Where are the seals of the tomb?
Where are Pilate's guards?" The radiant angel came to the
wondering women and proclaimed to them, "Why do you seek with
tears the Life who gives life to the human race? Christ our God has
risen from the dead as almighty *Lord*, and grants life incorruption,
enlightenment and great mercy to all *people*."

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 women disciples, why do you open the myrrh with tears? The
stone is gone; the tomb is empty; see how corruption is destroyed by
Life. The seals witness that the guards of the godless have watched
in vain. Mortal nature has been saved by the flesh of God; Hades is
wailing. Go joyfully and proclaim to the apostles, "Christ has slain
death as the first-born from the dead; he waits for you in Galilee."

Tone 1

S4: Let Israel hope in the Lord
from morning watch until night,
from morning watch.
The observer of ineffable revelations, the interpreter of the mysteries
of God on high, the son of Zebedee, has recorded the gospel of Christ
for us. He has taught us to acknowledge God as Father, Son and
Holy Spirit.

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

S2: Every nation, praise the Lord;
every people, acclaim him!
When the divinely inspired instrument for the songs of heaven had
written down its secrets for us, he marvellously sang the Song of
Songs. He prays for us to be saved with words from his mouth like
music from a harp. X2

S1: For his mercy is strengthened over us
and the truth of the Lord remains for ever.
O dear apostle, you declare the hidden word of God's wisdom with
your tongue which resounds like thunder. You open your mouth to
cry, "In the beginning was the Word," and so enlighten the entire
human race with the knowledge of God."

Both now: Tone 6

The Myrrhbearing women reached your grave and saw that the seals
of the tomb had been broken. They wept because they could not find
your most pure body, "Who has stolen our hope? Who has taken the
dead *Lord* who was naked and anointed? *He was* the only
consolation of his mother? How can the Life of the dead have died?
How can the Conqueror of Hades have been buried? But, O Saviour,
rise in three days, as you said, and save our souls."

Glory: Tone 2

Let us give suitable praise to the son of thunder, the source of divine
words, the chief theologian and the first to proclaim the truths of the
teachings about the wisdom of God. He is John, the dear one and
virgin. When he was divinely inspired from within, he said, "In the
beginning was the Word." He taught that he is inseparable from the
Father, equal to him in nature and revealed to us the correct worship
of the Trinity. You have also revealed to us the Creator, who being
with the Father and bearing life, showed us the true light. O
awesome and fearful wonder! As you were filled with love, you
were filled with divine speech. You were filled with the glory, belief
and honour which confirm our undivided faith, and through which
we attain eternal good on the day of judgement.

P/D: Wisdom! Stand upright!

Phos Ilarón

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.

P/D: The Evening Prokeimenon

Prokeimenon Ps 92 Tone 6

P/D: The Evening Prokeimenon
R: The Lord reigns
and is clothed with beauty.
S1: The Lord is covered
and surrounded with power.
S2: He founded the world
which will not be moved.

Reading 1

From the First Letter of John (3:21-4:6)
Dear people, if our hearts do not condemn us, we have confidence
before God; ²²and we receive from him whatever we ask, because we
keep his commandments and do what pleases him. ²³And this is his
commandment, that we should believe in the name of his Son Jesus
Christ and love one another, just as he has commanded us. ²⁴All
those who keep his commandments remain in him, and he in them.
And in this we know that he remains in us, by the Spirit which he has
given us. ¹Dear people, do not believe every spirit, but test the spirits

to see whether they are from God; for many false prophets have gone out into the world. ²In this you know the Spirit of God: every spirit which confesses that Jesus Christ has come in the flesh is from God, ³and every spirit which does not confess Jesus is not from God. This is the spirit of antichrist, of which you heard that it was coming, and now it is in the world already. ⁴Little children, you are from God and have overcome them, for the one who is in you is greater than the one who is in the world. ⁵They are from the world, therefore what they say is from the world, and the world listens to them. ⁶We are from God. Whoever knows God listens to us, and the one who is not from God does not listen to us. In this we know the spirit of truth and the spirit of error.

Reading 2

From the First Letter of John (4:11-16)

Dear people, if God so loved us, we also ought to love one another. ¹²No man has ever seen God. If we love one another, God lives in us and his love is perfected in us. ¹³In this we know that we live in him and he in us, because he has given us his own Spirit. ¹⁴And we have seen and testify that the Father has sent his Son as the Saviour of the world. ¹⁵Whoever confesses that Jesus is the Son of God, God lives in him, and he in God. ¹⁶So we know and believe the love which God has for us. God is love, and the one who lives in love lives in God, and God lives in him.

Reading 3

From the First Letter of John (4:20-5:5)

Dear people, if anyone says, "I love God," and hates his brother, he is a liar, for the one who does not love his brother whom he has seen, cannot love God whom he has not seen. ²¹And we have this commandment from him, that the one who loves God should love his brother also. ¹Everyone who believes that Jesus is the Christ is a child of God, and everyone who loves the parent loves the child. ²In this we know that we love the children of God, when we love God and obey his commandments. ³For this is the love of God, that we keep his commandments. And his commandments are not onerous. ⁴For whatever is born from God overcomes the world; and this is the victory that overcomes the world, our faith. ⁵Who is it that overcomes the world, but the one who believes that Jesus is the Son of God?

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 2

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

The Paschal Sticherá

S1: Let God rise and let his enemies be scattered;
let those who hate him flee from his presence. Ps 67

A sacred Pascha has been revealed to us today; a new and holy Pascha, a mystical Pascha, a Pascha revered by all, a Pascha that is Christ the Redeemer, a spotless Pascha, a great Pascha, a Pascha of the faithful, a Pascha that has opened for us the gates of Paradise, a Pascha that sanctifies all the faithful.

S2: As smoke vanishes, so let them vanish,
as wax melts before fire.

O women, bearers of good tidings, come from that scene and say to Sion, "Receive from us the joyful good news of Christ's Resurrection. O Jerusalem, leap for joy, dance and be glad, for you have seen Christ the King like a bridegroom come from the grave.

S3: So let sinners perish at the presence of God;
let the just be festive.

The myrrh-bearing women came to the grave of the Giver of life before dawn. They found an Angel sitting on the stone who cried out to them and said, "Why do you seek the Living *Lord* among the dead? Why do you mourn the Incorruptible One as though he were in corruption? Go and proclaim *the news* to his Disciples.

S4: This *is* the day which the Lord has made;
let us rejoice and be glad in it.

O Pascha of delight! O Pascha, the Lord's Pascha! A Pascha revered by all has dawned for us. O Pascha! Let us embrace one another with joy. O Pascha, deliverance from sorrow! For today Christ shone out from a tomb as though from a bridal chamber and filled the women with joy, saying, "Proclaim *the news* to the Apostles."

Glory: Tone 5

When Joseph, together with Nicodemus, had taken you down from the tree and had seen you dead, naked and unburied, although you clothe yourself with light as with a garment, that compassionate man lamented with weeping, "Woe is me, my sweetest Jesus! The sun hid itself in darkness when it saw you on the cross. The earth trembled with fear; the veil of the Temple was torn in two. See now, I see you, who for my sake freely endured death. O my God, how shall I bury you? With what linen shall I wrap you? With what hands shall I touch your pure body? What songs shall I sing at your departure, O merciful one? I magnify your passion; I glorify your burial, singing your resurrection and crying, 'Glory to you, O Lord!' "

Glory: Tone 6

O apostle of Christ, evangelist and divine teacher, you were an initiate of ineffable things. You made teaching plain to the faithful, as you thundered to us, "In the beginning was the Word!" You threw aside the words of heretics who said, "He was not." You were openly the bosom friend and dear one, like the prophet Isaiah, and like Moses who saw God. Since you have boldness before him, continually pray for our souls.

Both now:

It is the day of Resurrection! Let us be resplendent in the festival! Let us embrace one another and say, "Brothers!" even to those who hate us. Let us forgive everything in the Resurrection and so we can cry, "Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs."

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 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

The noble Joseph, after he had taken down your most pure body from the tree, wrapped it in fine linen, anointed it with spices and placed it in a new tomb. But you rose on the third day, O Lord, and granted the world great mercy.

Tone 2

O beloved apostle of Christ our God, come quickly and rescue your helpless people, for the one on whose breast you leant will accept you as an advocate. O Theologian, plead with him to disperse the clouds of darkness, and to grant us peace and great mercy.

Tone 2

The angel came to the myrrh-bearing women at the tomb and said, "Myrrh is correct for the dead, but Christ has revealed himself as a stranger to corruption, so proclaim, 'The Lord is risen and grants the world great mercy.'"

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 name of the Lord. *Ps 117*

S1: Thank the Lord, for he is good,
for his mercy endures for ever.

S2: All the nations surrounded me,
but I resisted them in the name of the Lord.

S3: This *is* the Lord's doing
and it is marvellous in our eyes.

Apolytikia

Tone 2

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Tone 2

The noble Joseph, after he had taken down your most pure body from the tree, wrapped it in fine linen, anointed it with spices and placed it in a new tomb. But you rose on the third day, O Lord, and granted the world great mercy.

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Tone 2

The angel came to the myrrh-bearing women at the tomb and said, "Myrrh is correct for the dead, but Christ has revealed himself as a stranger to corruption, so proclaim, 'The Lord is risen and grants the world great mercy.'"

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

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

Glory: Tone 1

After you had become the disciple of Christ, you have taught all the people about the Master. O apostle John, you have illuminated the world by instructing us about Christ. Therefore we rightly call you a preacher, theologian and dear friend of Christ.

You accepted burial, and rose for the salvation of all without leaving the Father's pure bosom in heaven. Glory to you, O Lord!

Both now:

O Theotokos, your mysteries are beyond all thought and exceedingly glorious. Because you were sealed in purity and preserved in virginity, you were indeed revealed as the mother who gave birth to the true God. Plead with him to save our souls.

Kathisma 2

The Myrrhbearers came early to the tomb. When they found it empty, they said to the apostles, "The power of corruption has ended and the prisoners of Hades have been released. Proclaim boldly that Christ is risen and grants the world great mercy."

Glory: Tone 8

You had the familiarity of a disciple as you leant on the breast of Jesus and asked whom his betrayer would be. The answer was given through the mystery of the bread because you are his dear friend. When you had understood the depths of theology, you taught the world about the incarnation of the Word. O apostle and theologian John, pray to Christ for the forgiveness of sins for those who keep your holy memory with love.

Both now::

As they carried myrrh for your burial, the women came secretly to the tomb at early dawn. They feared the hatred of the Jews and the strength of the guard, but courage conquered their weakness, for their compassionate intentions were well pleasing to God. They offered their cries to him, "O God, rise and help us! Redeem us for the sake of your name."

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

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

Antíphon 1

O Saviour, I raise the eyes of my heart towards you,
save me with your illumination. Ps 122

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.

Antíphon 2

If the Lord were not among us,
who could be protected from the murderous enemy? Ps 123

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 kingly honour is the Holy Spirit's,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antíphon 3

Those who put their trust in the Lord are like the Holy Mountain;
they are never shaken by the attacks of Beliar. Ps 124

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.

Prokeimenon 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 Christ our God, when you cried to the Myrrhbearers, "Hail," you ended the lamentation of our First-Mother Eve by your resurrection. You ordered your Apostles to proclaim, "The Saviour has risen from the tomb."

Íkos.

O Saviour, as they went to your tomb, the Myrrhbearers were distressed in mind within themselves, and they said, "Who will roll the stone from the grave for us?" Then looking up they see that the stone has been rolled away. They were amazed at the appearance of the angel and his clothing. They were seized with fear and thought about rushing away, but the young man cried to them, "Do not be afraid; the one whom you seek has risen. Come and see the place where the body of Jesus was laid, then go quickly and tell his disciples, 'The Saviour has risen from the tomb.'"

Synaxáron

Today we remember the ash or Manna produced by the tomb of the holy apostle and evangelist John the Theologian. It was not food, but gave strength. After the repose of the Theotokos John preached the Gospel in Asia Minor and cared for the churches there. (Apoc 2 and 3) When persecution broke out he was exiled to Patmos. On the Eighth we celebrate his office and call to mind the heavenly dew.

On the same day we remember our renowned father Arsénios the Great of Skíti who lived in the Fifth Century. He was born into a noble Roman family, but retired to Egypt to live as a hermit. Although he wanted to live unknown to anyone, his passing could not escape notice.

Together with them we remember:

Ascetic Pimen of the Kiev Caves C12

Lover-of-labour Arsénios of the Kiev Caves C 14

Ypómnima

Jesus often came to Galilee, preaching and performing miracles. Many women left their homes, followed him and ministered to him. Finally they went with spices to anoint his body and so they were called the myrrh-bearing women. They are Mary Magdalene, Mary the wife of Cleopas, Joanna, Salome, the mother of the sons of Zebedee and Susannah, Mary and Martha, the sisters of Lazaros. Others are not mentioned by name. Together with them we commemorate Joseph and Nicodemus (Nikódimos) who were at first secret disciples of Jesus. Nicodemus, who came with a mixture of myrrh and aloes, was learned in the Scriptures and Law. Joseph was an honoured and rich man. At the death of Jesus he asked Pilate for the body and, accompanied by Nicodemus, carried it to the tomb. O God, have mercy on us at the prayers of the myrrh-bearers. Amen.

Katavasías

Tone 1

1: It is the day of Resurrection; O people, let us be radiant. It is Pascha, the Pascha of the Lord, for Christ God has made us pass from death to life and from earth to heaven and we sing the triumphal song. "Christ is risen from the tomb."

3: Come and let us drink a new drink, not one miraculously produced from a barren rock, but from the Spring of incorruption which pours out from the tomb of Christ in whom we are made firm

4: Let the Prophet Habakkuk who was inspired by God, stand with us in the divine guard. Let him point out the radiant Angel, who announces with resounding voice, "To-day there is salvation for the world, for Christ has risen as the almighty *Lord*."

5: Let us rise before the dawn and offer praise to the Master instead of myrrh. We shall see Christ, the Sun of justice who makes life dawn for everyone.

6: O Christ, you descended into the deepest parts of the earth and shattered the eternal shackles of those that those who were chained. On the third day you rose from the tomb like Jonah from the whale.

7: He who set free the children from the furnace, becomes man and suffers as a mortal. He who is the only blessed and most glorious God of our fathers clothes the mortal through suffering with the splendour of incorruption.

8: Let us praise, bless and worship the Lord. This is the chosen and holy day, the first of Sabbaths, the Queen and Lady, the Feast of Feasts, and the Festival of Festivals on which we bless Christ 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 4

From the Holy Gospel according to Luke (24:1-12)
On the first day of the week, at early dawn, the women went to the tomb, taking the spices which they had prepared. ² And they found the stone rolled away from the tomb, ³ but when they went in they did not find the body. ⁴ While they were perplexed about this, behold, two men stood by them in dazzling apparel; ⁵ and as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? ⁶ Remember how he told you, while he was still in Galilee, ⁷ that the Son of man must be delivered into the hands of sinful men, and be crucified, and on the third day rise." ⁸ And they remembered his words, ⁹ and returning from the tomb they told all this to the eleven and to all the rest. ¹⁰ Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the apostles; ¹¹ but these words seemed to them an idle tale, and they did not believe them. ¹² But 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.

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 the entire 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, create 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 Myrrh-bearing women, of of the Holy Apostle John the Theologian, of Arsenios the Great, 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.*

The Magnificat is not sung.

Ode 9

S1: O my soul, glorify *the Lord* who suffered willingly,
was buried and rose from the grave on the third day.
Shine, shine, O new Jerusalem, for the glory of the Lord has dawned on you. O Zion, dance now and rejoice and you, O pure Theotokos, also rejoice at the resurrection of him whom you bore.

S2: O my soul, glorify Christ the Giver of life
who rose from the grave on the third day.
Shine, shine, O new Jerusalem, for the glory of the Lord has dawned on you. O Zion, dance now and rejoice and you, O pure Theotokos, also rejoice at the resurrection of him whom you bore.

S3: Christ is the new Passover, the living Sacrifice
and the Lamb of God who takes away the sin of the world.
How divine! How beloved! O your sweetest voice! O Christ, you have truly promised to be with us until the end of time. We, the faithful, rejoice, since we have this as an anchor of hope.

S4: Today the whole creation rejoices and is glad,
for Christ has risen and Hades has been plundered.
How divine! How beloved! O your sweetest voice! O Christ, you have truly promised to be with us until the end of time. We, the faithful, rejoice, since we have this as an anchor of hope.

Glory:

O my soul, glorify the might of the undivided Divinity
in three Persons.

O great and most sacred Pascha! O Christ! O Wisdom, Word and Power of God! Grant that we may partake of you fully in the day that has no evening of your Kingdom.

Both now:

Hail, O Virgin, rejoice!
Hail, O blessed *Lady*!
Hail, O glorified *Virgin*!

Your Son has risen from his three day *rest* in the tomb.
O great and most sacred Pascha! O Christ! O Wisdom, Word and
Power of God! Grant that we may partake of you fully in the day
that has no evening of your Kingdom.

The Angel cried to her who is full of grace, "Rejoice, O pure Virgin,
rejoice!" And again I say, "Rejoice!" for your Son has risen from the
tomb on the third day.

Shine, shine, O new Jerusalem, for the glory of the Lord has dawned
on you. O Sion, dance now and rejoice and you, O pure Theotokos,
also rejoice at the resurrection of him whom you bore.

Exapostelária

O King and Lord, when you had fallen asleep in the flesh as a mortal,
you rose again on the third day. O Pascha of incorruption and
salvation of the world, you raised Adam from corruption and
abolished death.

As a son of thunder, you spoke loudly to mortals about God when
you said, "In the beginning was the Word." O apostle John, you
leant faithfully on the breast of your Master and drew out streams of
theology with which you enriched the whole creation.

O women, listen to the voice of joy, "I have trampled on Hades and
raised the world. Go and tell the good news to my other friends. I
want my creation to be filled with joy."

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.

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

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

S4: Praise him with cymbal and dance;
praise him with strings and flute.
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!

Tone 2

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.
Let everything with breath praise the Lord.
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!"

The Paschal Sticherá

S1: Let God rise and let his enemies be scattered;
let those who hate him flee from his presence. Ps 67

A sacred Pascha has been revealed to us today; a new and holy
Pascha, a mystical Pascha, a Pascha revered by all, a Pascha that is
Christ the Redeemer, a spotless Pascha, a great Pascha, a Pascha of
the faithful, a Pascha that has opened for us the gates of Paradise, a
Pascha that sanctifies all the faithful.

S2: As smoke vanishes, so let them vanish,
as wax melts before fire.

O women, bearers of good tidings, come from that scene and say to
Sion, "Receive from us the joyful good news of Christ's
Resurrection. O Jerusalem, leap for joy, dance and be glad, for you
have seen Christ the King like a bridegroom come from the grave.

S3: So let sinners perish at the presence of God;
let the just be festive.

The myrrh-bearing women came to the grave of the Giver of life
before dawn. They found an Angel sitting on the stone who cried out
to them and said, "Why do you seek the Living *Lord* among the
dead? Why do you mourn the Incorruptible One as though he were
in corruption? Go and proclaim *the news* to his Disciples.

S4: This *is* the day which the Lord has made;
let us rejoice and be glad in it.

O Pascha of delight! O Pascha, the Lord's Pascha! A Pascha
revered by all has dawned for us. O Pascha! Let us embrace one
another with joy. O Pascha, deliverance from sorrow! For today
Christ shone out from a tomb as though from a bridal chamber and
filled the women with joy, saying, "Proclaim *the news* to the
Apostles."

Glory: Tone 8

O John the Evangelist, equal of the angels, divinely taught virgin
theologian, you announced to the world in Orthodox teaching, the
flesh of the undefiled side from which blood and water flowed, and
by which we obtain eternal life for our souls.

Both now:

It is the day of Resurrection! Let us be resplendent in the festival!
Let us embrace one another and say, "Brothers!" even to those who
hate us. Let us forgive everything in the Resurrection and so we can
cry, "Christ is risen from the dead! He has trampled down death by
death and granted life to those in the tombs."

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 praise your name for ever
and to the ages of ages. Ps 144.2
⁸ O Lord, allow us this day
to be kept from sin.
⁹ Blessed are you, O Lord God of our fathers!
Praised and glorified is your name for ever. Amen Dan 3
¹⁰ O Lord, let your mercy *be* on us,
for we have hoped in you. Ps 32.22
¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118.12
¹² O Lord, you have been our refuge
from generation to generation. Ps 89.1
I said, "Lord, have mercy on me;

the tomb?"⁴ And looking up, they saw that the stone was rolled back; -- it was very large. ⁵ And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. ⁶ And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. ⁷ But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." ⁸ And they went out quickly and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

Epecially

The Angel cried to her that is full of grace, "O Pure Virgin, rejoice! And again I say, 'Rejoice!' For your Son has risen from the tomb on the third day.

Shine, shine, O New Jerusalem, for the glory of the Lord has risen upon you. Dance now and be glad, O Sion, and you too rejoice, pure Mother of God, at the arising of him to whom you gave birth.

Communion

Receive the Body of Christ;
partake from the Fountain of immortality. Alleluia!