

SUNDAY 13 JULY 2025
Synaxis of the Holy Archangel Gabriel
Monk Stephen of Mar Sava's Monastery C8
Fathers of the Fourth Oecumenical Council
5th Sunday Tone 4 & Eothinón 5

VESPERS

Lord I have cried

Tone 4

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 God, we always honour your life-giving cross and glorify your resurrection on the third day. O almighty *Lord*, you have renewed the corrupt nature of the human race and revealed our way to heaven through it, for you are good and the Lover of the human race.

S9: The just will wait for me until you reward me.
 O Saviour, you abolished the penalty of the tree of disobedience by being nailed willingly to the tree of the cross. O almighty *Lord*, you broke the bonds of death as God by descending to Hades. Therefore we adore your resurrection from the dead and sing in joy, "Glory to you, O almighty Lord!"

S8: O Lord, I have cried to you from the depths;
 O Lord listen to my voice.
 O Lord, you smashed the gates of Hades and demolished the kingdom of death by your death. You rescued the human race from corruption and granted the world life, incorruption and great mercy.

S7: Let your ears note the voice of my plea.
 O people, come and sing about the Saviour's resurrection on the third day. We have all been freed by it from the unbreakable bonds of Hades; we have received life and incorruption. Therefore we cry in unison, "You were crucified, buried and rose again. Unique Lover of the human race, save us by your resurrection."

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 Pyrrhos, Sérgios, 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 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 4

O Virgin, the prophet David was a forefather of God through you. He spoke beforehand about you in songs to the *Lord* who worked wonders in you, "At your right hand stood the queen." God, who was well-pleased to be incarnate from you without a father, announced you as mother and source of Life. He wanted to renew his fallen image, which had been corrupted by passion, so he found the lost sheep wandering on the mountain, placed it on his shoulders and brought it to his Father. He joined it to the heavenly powers by his own will. O Theotokos, Christ who has great and rich mercy, has saved the world.

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.

Prokeimenon

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 tithe 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 circumsise 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 4

O Lord, you have annulled our ancestral curse by ascending the cross. You have freed those in chains throughout the ages by descending to Hades and have granted incorruption to the human race. Therefore we glorify your life-giving and saving resurrection with hymns.

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. *Ps 92*
Uniquely-powerful Lord, you made the whole creation quake by hanging on the tree. You have raised those who lived in the tombs by being laid in the tomb; you have granted life and incorruption to the human race. Therefore we glorify your resurrection on the third day with hymns.

S2: For he founded the world which will not be moved. *Ps 92*
O Christ, a lawless people handed you over to Pilate and condemned you to be crucified, therefore they proved themselves ungrateful before their Benefactor. You willingly endured burial, rose by your own power on the third day and granted us eternal life and great mercy, for you are God.

S3: O Lord, holiness is right for your house to length of days. *Ps 92*
The women reached your tomb with tears, searched for you, but did not find you. They cried out with grief, "Woe to us! Our Saviour, King of all, how were you stolen? What place can hold your life-bearing body?" But an angel replied to them, "Do not weep but go and proclaim that the Lord has risen and grants us joy, for he is the uniquely-compassionate *Lord*."

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

Apolytíkiá

Tone 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

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 4

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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 4

The myrrh-bearing women looked at the entrance of the tomb. They were unable to bear the sight of the flaming angel, trembled with wonder and said, "Can it be that the one who opened Paradise to the Thief has been stolen? Or is he risen, who before his passion proclaimed his resurrection? Christ is risen indeed; he grants life and resurrection to those in Hades."

Glory:

O Saviour, you suffered the cross by your free will. Mortal men laid you in a new tomb, although you are the *Lord* who founded the ends of the earth with your word. Therefore the alien was held in bondage and death was plundered without mercy. Everyone in Hades cried out at your life-bearing resurrection, "Christ, the Giver of life, is risen and will remain for ever!"

Both now:

O Theotokos, your seedless conceiving was beyond nature; Joseph was struck with wonder and called to mind the fleece wet with dew, the bush which burned, yet was not consumed, and the rod of Aaron which budded. In witness to these things, your betrothed guardian cried to the priests, "A Virgin bears a child and after childbearing remains a virgin."

Kathisma 2

O Saviour, Christ our God, you rose from Hades as immortal and raised the world with you by your resurrection. O Merciful *Lord*, you have broken in pieces the dominion of death and revealed the resurrection to everyone. Therefore we glorify you, only Lover of the human race.

Glory:

Gabriel came down from above and approached the stone where the Rock of Life lay. He was clothed in white and cried out to the mourners, "Stop your tears and wailing, for you have Mercy with you for ever. Take courage, for the *Lord* whom you seek with tears has truly woken. Therefore cry out to the Apostles that the Lord has risen."

Both now:

O Pure Virgin, all the choirs of angels were struck with wonder at the dread mystery of your conceiving. "How was it that the one whose hand held everything firm with a mere nod, was held in your arms as a mortal man? How was it that the *Lord* who was before the ages, was born from you? How was it that the one who feeds everything with breath was suckled at the breast?" They glorify you with hymns as the true Theotokos.

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*

Ypakoi

Read without note

O Christ, the Myrrh-bearers hurried to announce to the Apostles the glad news of your all-glorious resurrection. They proclaimed that you had risen as God and granted the world great mercy.

Anavathmi Tone 4

Antiphon 1 Ps 128

My Saviour, many passions have fought against me from my youth, but help and save me.

May those who hate Zion be shamed by the Lord; they will be withered like grass by fire.

Glory: Both now:

Every soul lives through the Holy Spirit; it is exalted through purity and illuminated by the Triune Unity in a sacred mystery.

Antiphon 2 Ps 129

O Lord, I have cried fervently from the depths of my soul; let your divine ears listen to me.

Everyone who has hoped in the Lord is higher than everyone who grieves.

Glory: Both now:

The streams of grace gush through the Holy Spirit; they water all creation to produce life.

Antiphon 3 Ps 130

O Word, let my heart be raised to you;

let none of the world's pleasures enchant me back to earth.

As each of us has affection for his mother, so we must have even more ardent love for the Lord.

Glory: Both now:

The wealth of divine knowledge, heavenly vision and wisdom

comes from the Holy Spirit;
for the Word unveils all the Father's teaching through him.

Prokeímenon Ps 43

R: O Lord, rise and help us;

free us for your name's sake.

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

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.

Synaxáριον

Today we remember the Archangel Gabriel. In Enoch 9 he is listed alongside Michael, Raphael and Uriel. In Daniel 8 and 9 he is "one who stands in the presence of God." On the Thirteenth Gabriel summoned us in his name.

On this day we also commemorate our renowned father Stephen of Mar Sava's Monastery who lived in the Eighth Century. His beaten soul fled from the scandals, traps and snares of life. He flew towards Eden.

Together with them we remember:

Bishop Julian of Gaul C1

Holy Just of Cornwall C5

Martyr Golindouch of Persia C6

Abbess Mildred of Minster in Thanet C8

Ypómnima

Today we also remember the 630 holy and God-bearing fathers who assembled at Chalcedon for the Fourth Oecumenical 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.

Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*.

R: Let everything with breath praise the Lord. X3

Praise God in his saints;

praise him in his mighty firmament. Ps 50

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy* X3

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

P: Peace be with you all. *And with your spirit*

P: A reading from the Holy Gospel according to John.

P/D: Let us attend

R: Glory to you, O Lord, glory to you.

Eothinón Gospel 5

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

At that time Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened. ¹³ That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, ¹⁴ and talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing together, Jesus himself drew near and went with them. ¹⁶ But their eyes were kept from recognizing him. ¹⁷ And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. ¹⁸ Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" ¹⁹ And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, ²⁰ and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. ²¹ But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. ²² Moreover, some women of our company amazed us. They were at the tomb early in the morning ²³ and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. ²⁴ Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see." ²⁵ And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! ²⁶ Was it not necessary that the Christ should suffer these things and enter into his glory?" ²⁷ And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. ²⁸ So they drew near to the village to which they were going. He appeared to be going further, ²⁹ but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. ³⁰ When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. ³¹ And their eyes were opened and they recognized him; and he vanished out of their sight. ³² They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" ³³ And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, ³⁴ who said, "The Lord has risen indeed, and has appeared to Simon!" ³⁵ Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

R: Glory to you, O Lord, glory to you.

Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

Psalm 50

O God, have mercy on me in your abundant mercy
and wipe out my offence through your great pity.
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 XXX, 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.

Exposateilaria

Tone 5

Christ, the Way and the Life, accompanied Luke and Cleopas after his resurrection. They recognised him at Emmaus in the breaking of the bread. Their hearts were set on fire as he spoke to them on the way. He interpreted to them everything in the Scriptures about his suffering. Let us cry out with them, "The Lord is risen indeed and has appeared to Peter."

Tone 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 4

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.
Almighty Lord, you suffered the cross and death, and rose from the dead. We glorify your resurrection.

S7: Praise God in his saints;
praise him in his mighty firmament.
O Christ, you have rescued us by your cross from the ancient curse and suppressed by your death the Devil who was tyrannising our nature. You have filled everything with joy by your resurrection. Therefore we cry out to you, "O Lord, risen from the dead, glory to you!"

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 Tone 4

S1: Come, let us rejoice in the Lord,
and shout with joy to God our Saviour.
R: When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

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.

Communion Ps 148

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

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 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

Of the Church

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!

Kontákion

O unfailing 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."

Triságion

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."