

**SUNDAY 4 AUGUST 2025**  
**Venerable Isakios, Dalmatos and Fafstos of Constantinople C5**  
**8<sup>th</sup> Sunday Tone 7 & Eothinón 8**  
**Matthew 8**

**VESPERS**

**Lord I have cried**

Tone 7

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

O Lord, listen to me.

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

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer prosper before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

Tone 7

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;

be attentive to the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be presented 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, let us rejoice in the Lord who destroyed the dominion of death  
and enlightened the human race. Let us sing to him with the bodiless  
hosts, "Our Maker and Saviour, glory to you!"

S9: The just will wait for me, until you reward me.

O Saviour, you endured the cross and burial for our sake. As God  
you destroyed death by your death. We fall down before your  
resurrection on the third day. O Lord, glory to you!

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

When the Apostles saw the resurrection of the Maker, they were  
amazed and sang the angelic praise, "This is the glory of the Church;  
this is the wealth of the kingdom." O Lord who suffered for our  
sake, glory to you!

S7: Let your ears note the voice of my plea.

O Christ, you were held by lawless men, but you are my God and I  
am not ashamed. You were struck on the cheek, but I do not deny  
you. You were nailed to the cross and I do not conceal it, for I  
glorify your resurrection and your death is my life. O almighty Lord,  
Lover of the human race, glory to you!

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

Christ fulfilled the prophecy of David and revealed his own greatness  
in Zion to the disciples. He is praised and always glorified, together  
with the Father and the Holy Spirit. At first, as the Word, he was  
bodiless, but later he took flesh and was killed for our sake as man.  
He rose with power, *for he is* the Lover of the human race.

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 Christ, you descended into Hades as you freely determined; you  
overthrew death as God and Master. You rose on the third day and  
with you raised Adam from the bonds of Hades and from corruption.  
Glory to your resurrection, only Lover of the human race!

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

O Lord, you were placed in the tomb like a sleeper. On the third day  
you rose in power as the mighty *Lord* and raised Adam with you  
from the corruption of death.

Tone 8

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

He will redeem Israel

from all his offences.

O Lord, your saints made themselves like the bodiless powers with  
prayer and abstinence. They dispelled the passions of the flesh, were  
brilliant with wonderful works and have enlightened the hearts of all.  
Grant your people great mercy through their prayers.

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

Dalmatos and Isakios took up zeal for the virtues and openly  
overthrew the heresy of Arius and Nestorius. They fought on the  
side of the Orthodox and have enlightened the eyes of all. O Christ,  
grant your people great mercy through their prayers.

1: For he has strengthened his mercy over us  
and the truth of the Lord remains for ever.

You appeared plainly as stars in the firmament of ascetic endeavour  
and illuminated the souls of monastics. O venerable fathers, you  
banished the darkness of demons. Therefore, even after your death,  
you are called blessed and plead for everyone who celebrates your  
godly memory to be saved.

Glory: Both now: Tone 7

O Theotokos, you were revealed as a mother above nature, for you  
remained a virgin beyond reason and understanding. No tongue can  
speak about your wonderful childbearing, for the order of nature was  
overruled by God. O pure *Lady*, your conceiving was most glorious.  
O Virgin, the manner of your giving birth was ineffable. We know  
that you are the Mother of God and pray fervently to you, "Plead  
with him to save our souls."

**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.

**Prokeímenenon**

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.

**Ektení**

**Psalm 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. Dan 3

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

Blessed are you, O Lord;

teach me your statutes. Ps 118

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. *Ps 137*  
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 7

O Saviour of the world, you rose from the tomb and raised the human race with your body. O Lord, glory to you!

S1: The Lord reigns *and* is clothed with majesty;  
the Lord has put on power and clothed himself. *Ps 92*  
Come and worship *the Lord* who rose from the dead. He has enlightened all creation and saved us from the torments of Hades by his death. He has granted us eternal life and great mercy through his third-day resurrection.

S2: For he founded the world which will not be moved. *Ps 92*  
O Christ, you descended into Hades and captured death. O Lord, Lover of the human race, you rose again on the third day and have raised us who glorify your all-powerful resurrection.

S3: O Lord, holiness is right for your house to length of days. *Ps 92*  
O Lord, when you were placed in the tomb like someone asleep, you appeared awesome. But, when you rose on the third day as the almighty *Lord*, you raised Adam with you. Glory to your resurrection, only Lover of the human race!

Glory: Both now:

O pure *Lady*, all those who have been born on earth run to your protection. We cry to you, "O Theotokos, you are our hope. Rescue us from our countless sins and save our souls."

### **Song of Simeon**

B/P: O Master, now let your servant depart in peace  
according to your word,  
<sup>2</sup> for my eyes have seen your salvation,  
which you have prepared before all peoples,  
<sup>3</sup> a light of revelation for *the* nations  
and *the* glory of your people Israel.

### **Triságion Prayers**

#### **Apolytikia**

Tone 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

O Lady worthy of all praise, since you are the treasury of our resurrection, raise those who trust in you from the depth and pit of sin. You saved those who were weighed down with the results of sin by giving birth to our Salvation. You were a virgin before giving birth, a virgin as gave birth and a virgin after you had given birth.

#### **Dismissal**

### **ORTHROS**

#### **God is the Lord Ps 117**

R: God is the Lord, and has shone over 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 7

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O Lady worthy of all praise, since you are the treasury of our resurrection, raise those who trust in you from the depth and pit of sin. You saved those who were weighed down with the results of sin by giving birth to our Salvation. You were a virgin before giving birth, a virgin as gave birth and a virgin after you had given birth.

### **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 7

After the Life had been laid in the tomb and the seal had been placed on the stone, the soldiers guarded Christ like a sleeping King. The angels glorified him as the immortal God and the women cried out, "The Lord has risen and granted the world great mercy."

Glory:

You have despoiled death by your three days' burial in the tomb.  
You have raised corrupt man by your life-bearing resurrection.  
Glory to you, O Christ our God, Lover of the human race!

Both now:

O Virgin-Theotokos, continually pray to Christ our God to save our souls, for he was crucified, rose for us and destroyed the power of death.

### **Kathisma 2**

O Christ our God, while the sepulchre was sealed, you rose from the tomb as Life. While the doors were closed, you stood in the midst of your disciples. O Resurrection of all, you renew a right Spirit within us through them, for you are great in mercy.

Glory:

O King of all, the women ran to the tomb with tears and carried spices, while the soldiers kept their watch over you. They said to one another, "Who will roll away the stone for us?" The Angel of Great Counsel has risen and tramples down death. Glory to you, almighty Lord!

Both now:

Hail, O virgin Theotokos, full of grace, harbour and protection for the race of men! The Rescuer of the world was made flesh through you. Only you are both mother and virgin, ever-blessed and glorified. Plead with Christ our God to grant peace to the world.

### **Evlogitaria**

Blessed are you, O Lord; teach me your statutes.  
The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.  
The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes.  
The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow

has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.  
The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them: Why do you number the Living among the dead? As God he has risen from the tomb."

Glory:  
We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

Both now:  
O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)  
O our God and our hope, glory to you.

#### Small Litany

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

#### Ypakói

*Read without note*

O Christ our God, you have put on our human form and endured the cross in the body. Save me by your resurrection, for you are the Lover of the human race.

#### Anaváthmi Tone 7

Antiphon 1 Ps 125  
O Saviour, since you turned the captivity of Zion from error, make me also live and raise me from slavery to passions.  
The man who sows tribulation in the South with tears of fasting will reap sheaves of eternal life-giving food.  
Glory: Both now:  
The fountain of divine treasury is in the Holy Spirit, from whom come wisdom, understanding and fear; praise, honour, glory and might are his due.

Antiphon 2 Ps 126  
If the Lord does not build the house of the soul, we labour in vain, for no work or word is perfected without him.  
The saints from the fruit of the womb, who are spiritually moved, produce the fatherly teaching of adoption as sons.  
Glory: Both now:  
Everything has its being through the Holy Spirit, for he is God before all, Master of all, unapproachable Light and Life of all.

Antiphon 3 Ps 127  
Those who fear the Lord and find the way of life are blessed with undefiled glory both now and forever.  
As you see your offspring like saplings around your table, rejoice and exult when you offer them to Christ, the Chief Shepherd.  
Glory: Both now:  
An abundance of graces, the wealth of glory and the great depth of judgments are in the Holy Spirit. We must worship him with the same glory as the Father and the Son.

#### Prokeimenon Ps 9

R: O Lord my God, arise, let your hand be raised; and never forget the needy.  
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

*Read without note*

The dominion of death can no longer hold the human race captive, for Christ descended; he shattered and destroyed its powers. Hades is bound, while the prophets rejoice and cry with one voice, "The Saviour has come to those with faith; O faithful, enter the resurrection."

#### Íkos

Today death, Hades and the lowest depths of the earth quake with terror at the presence of one of the Trinity. The earth shakes and the gatekeepers of Hades are struck with terror at seeing you. But all creation rejoices with the prophets and sings a song of victory to you, our Redeemer and God, for you destroyed the power of death. Let us also shout and cry aloud to Adam and to those who are sprung from him, "He has introduced the cross to him; O faithful, enter the resurrection."

#### Synaxáριον

Today we remember our holy fathers Isakios, Dalmatos and Fafstos who lived during the Fourth and Fifth Centuries. Isakios was a hermit who moved to Constantinople and begged the Emperor Valens to stop supporting the Arians, otherwise to face divine punishment. The Emperor was killed in a military campaign and the Orthodox Theodosios succeeded him. Dalmatos was one of his officers who was moved by the holiness of Isakios to live in his monastery. Fafstos was his son who also followed the monastic profession. They stand like three soldiers before the throne of God. The Third saw their death. O Saviour, save us.

Together with them we remember:  
Myrrh-bearer Salome  
Nun Theodora of Thessalonica  
O God, have mercy on us through their holy prayers. *Amen*.

#### Katavasías

1: Moses inscribed the invincible weapon of the cross on the waters and marked a straight line before him with his staff. He divided the Red Sea and opened a path for Israel who went over dry shod. Then he marked a second line across the waters, united them in one and overwhelmed the chariots of Pharaoh. Therefore let us sing to Christ our God, for he has been glorified.

3: The rod of Aaron is an image of this mystery; it comes into bud to show who should be priest. So also the wood of the Cross has now flowered in the Church that once was barren. It has filled her with strength and steadfastness.

4: O Lord, I have heard the mystery of your dispensation. I have considered your works and I glorified your divinity.

5: O three times blessed tree, on which Christ the King and Lord was stretched, the beguiler who tempted the human race with the tree fell because of you. He was caught in the trap set by God who was crucified on you in the flesh and grants peace to our souls.

6: Jonah stretched out his hands in the form of a cross within the belly of the whale and plainly prefigured your redeeming passion. He was cast out after three days and foreshadowed the mighty resurrection of Christ our God who was crucified in the flesh and enlightened the world by his rising on the third day.

7: The senseless decree of the wicked tyrant confused the people and breathed out threats and blasphemy hateful to God. Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three children. As they stood together in the flame and were fanned by the wind which brought refreshment like the dew, they sang, "Blessed are you and praised above all, our God and the God of our fathers!"

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

O children, equal in number to the Trinity, bless God the Father and Creator. Sing the praises of the Word who descended and changed the fire to dew and exalt above all for ever the most Holy Spirit who gives life to all.

### 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 8

From the Holy Gospel according to John (20:11-18)

At that time Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; <sup>12</sup> and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. <sup>13</sup> They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid him." <sup>14</sup> Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. <sup>15</sup> Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." <sup>16</sup> Jesus said to her, "Mary." She turned and said to him in Hebrew, "Rabboni!" (which means Teacher). <sup>17</sup> Jesus said to her, "Do not hold me, for I have not yet ascended to the Father; but go to my brothers and say to them, I am ascending to my Father and your Father, to my God and your God." <sup>18</sup> Mary Magdalene went and said to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

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

### Resurrection Ode

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

### Psalm 50

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

<sup>4</sup> Wash me thoroughly from my lawless act  
and cleanse me from my sin,

<sup>5</sup> for I know my lawlessness  
and my sin is always before me.

<sup>6</sup> I have sinned against you alone  
and done what is evil before you

<sup>6b</sup> so that you might be right in your words  
and overcome when you are judged,

<sup>7</sup> for see, I was conceived in lawlessness  
and my mother desired me in sin,

<sup>8</sup> for see, you have loved truth  
and shown me the mysteries and secrets of your wisdom.

<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.

<sup>10</sup> You will make me hear about joy and gladness;  
humbled bones will rejoice.

<sup>11</sup> Turn your face from my sins  
and wipe out all my lawlessness.

<sup>12</sup> O God, make a pure heart within me

and renew an upright spirit within me.

<sup>13</sup> Do not banish me from your presence  
or remove your Holy Spirit from me.

<sup>14</sup> Restore your saving joy to me  
and strengthen me with your directing Spirit.

<sup>15</sup> I will teach the lawless your ways  
and the ungodly will return to you.

<sup>16</sup> O God, God of my salvation, free me from bloodshed,  
*then* my tongue will rejoice in your justice.

<sup>17</sup> O Lord, you will open my lips  
and my mouth will announce your praise,

<sup>18</sup> for if you had wanted sacrifice, I would have given it;  
you will not be pleased with burnt offerings.

<sup>19</sup> Sacrifice for God is a broken spirit;  
God will not despise a broken and humbled heart.

<sup>20</sup> O Lord, be good to Zion in your pleasure  
and let the walls of Jerusalem be built,

<sup>21</sup> then you will be pleased with a just sacrifice,  
with an offering and burnt sacrifices;  
then they will offer calves on your altar.

Glory: Tone 6

O merciful *Lord*, blot out the abundance of our offences through the prayers of the apostles.

Both now:

O merciful *Lord*, blot out the abundance of our offences through the prayers of the Theotokos.

Have mercy:

Jesus has risen from the tomb as he foretold  
and grants us eternal life and great mercy.

### Intercession

#### Short form

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of our holy fathers Isakios, Dalmatos and Fafstos, and of all the saints. We ask you, only merciful Lord, "Listen to us sinners as we pray to you, and have mercy on us."

*Lord have mercy. X12*

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

### Ode 9

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

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

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

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

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

<sup>4</sup> He has accomplished strength with his arm

*and* scattered the proud in the imagination of their hearts. R:

<sup>5</sup> He has put down the mighty from *their* thrones  
and exalted the humble.

He has satisfied the hungry with good *things*  
and dismissed the rich with nothing. R:  
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: O Theotokos, you are a mystical Paradise in which Christ blossomed. Through him the life-bearing wood of the Cross was planted on earth. Now at its elevation we bow in worship before it and glorify you.

### 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 8

Mary was truly amazed when she saw two angels in the tomb. She did not recognise Christ, but thought he was the gardener and said to him, "Sir, where have you placed the body of Jesus?" But she knew from his voice that he was the Saviour and obeyed him when he said, "Do not touch me, for I have not yet ascended to the Father, but go and tell my brothers."

Glory: Both now:

O Maiden, you have given birth to one of the Trinity in an ineffable manner. He is two in Nature and Energy, but one in Person. O Lady Theotokos, always intercede with him for those of us who adore you in faith, so that we may escape the assaults of the enemy, for we seek refuge in you.

### Praises

Tone 7

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.  
Christ is risen from the dead; he has shattered the chains of death. O earth, proclaim great joy; O heavens, praise the glory of God.

S7: Praise God in his saints;  
praise him in his mighty firmament.  
Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless *being*.

S6: Praise him for his mighty deeds;  
praise him for the abundance of his majesty.  
We continually praise the resurrection of Christ, for the holy Lord Jesus, who has revealed the resurrection, has saved us from our sins.

S5: Praise him with the trumpet sound;  
praise him with lute and harp.  
What shall we give to the Lord in return for all his bounty to us? For our sake God came and lived among men. The Word became flesh and lived among us because of our corrupt nature. He is the Benefactor of the ungrateful, the Rescuer of captives, the Sun of justice of those sitting in darkness, the passionless *Lord* on the cross, the Light in Hades and the Resurrection for the fallen. Let us cry out to him, "Our God, glory to you!"

S4: Praise him with cymbal and dance;

praise him with strings and flute.

O Lord, you have destroyed the gates of Hades and abolished the dominion of death by your great power. By your divine and glorious resurrection you have raised with you the dead who slept for ages in darkness, for you are the King of all and the almighty God.

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

Come, rejoice in the Lord and be glad in his resurrection. For he has raised with him the dead who were held by the indestructible bonds of Hades and, as God, has granted the world eternal life and great mercy.

S2: O Lord God, rise; let your hand be exalted  
and never forget the poor.

The shining angel sat on the stone of your life-bearing tomb and announced the glad news to the myrrh-bearing women, "The Lord has risen as he told you. Announce to the disciples that he goes before you into Galilee and has granted the world eternal life and great mercy."

S1: O Lord, I will thank you with all my heart;  
I will recount all your wonders.

O lawless Jews, why have you rejected the Cornerstone? God, who made water flow from the rock, has placed it in Zion and has caused immortality to flow from his side for us. This is the Stone cut from a virgin mountain without desire of man. He is the Son of Man coming on the clouds of heaven before the Ancient of Days, as Daniel has said, and his kingdom is everlasting.

Glory: Tone 8

O Jesus, Mary's ardent tears were not shed in vain. See, she has been worthy to learn from the angels and to gaze at your face. O Christ, she was weak, thought of earthly things and was held back from touching you. Yet she was sent to proclaim the good news to the disciples and to speak about your ascension to the heavenly kingdom. O Lord, together with her, make us worthy of your appearing.

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  
<sup>14</sup> O Lord, I have fled to you;  
 teach me to do your will, for you are my God. Ps 142  
<sup>15</sup> For with you is the source of life  
 and in your light we will see light. Ps 35  
<sup>16</sup> 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: You destroyed death by your cross, opened Paradise to the thief  
 and changed the weeping of the myrrh-bearers into joy. O Christ our  
 God, you commanded your disciples to proclaim that you have risen  
 and grant 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.

#### 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 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

*Of the Church*

#### Kontákion

Tone 7

O Christ God, you were transfigured on the mountain and your disciples saw your glory as far as they could bear it, so that when they would see you crucified, they could understand that your suffering was voluntary, and would proclaim to the world that you are truly the radiance of the Father.

### Triságion

Prokeímenon Ps 28 Tone 7

R: The Lord will give strength to his people;  
 the Lord will bless his people with peace.  
 S: Bring to the Lord, O sons of God;  
 Bring to the Lord glory and honour.

### Apóstolos

#### From the First Letter of Paul to the Corinthians (1:10-17)

Brothers, I appeal to you in the name of our Lord Jesus Christ, that you all agree, that there are no disagreements among you and that you are united with the same mind and the same judgement. <sup>11</sup> For it has been reported to me by Chlóe's people that there is quarrelling among you, my brothers. <sup>12</sup> What I mean is that each one of you says, "I belong to Paul," or "I belong to Apóllōs," or "I belong to Céphas," or "I belong to Christ." <sup>13</sup> Is Christ divided? Was Paul crucified for you? Or were you baptised in the name of Paul? <sup>14</sup> I am thankful that I baptised none of you except Crispus and Gáius; <sup>15</sup> in case anyone should say that you were baptised in my name. <sup>16</sup> (I did baptise also the household of Stéphanas. Beyond that, I do not know whether I baptised anyone else.) <sup>17</sup> For Christ did not send me to baptise, but to preach the gospel, and not with eloquent wisdom, in case the cross of Christ be emptied of its power.

#### Alleluia Ps 91 Tone 7

S1: It is good to thank the Lord,  
 and make music to your name, O Most High,  
 S2: To announce your mercy in the morning  
 and your truth at night.

#### Sunday Matthew 8

From the Holy Gospel according to Matthew (14:14-22)  
 At that time Jesus saw a great throng; and he had compassion on them, and healed their sick. <sup>15</sup> When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." <sup>16</sup> Jesus said, "They need not go away; you give them something to eat." <sup>17</sup> They said to him, "We have only five loaves here and two fish." <sup>18</sup> And he said, "Bring them here to me." <sup>19</sup> Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. <sup>20</sup> And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. <sup>21</sup> And those who ate were about five thousand men, besides women and children. <sup>22</sup> Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

#### Communion Ps 148

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