

SUNDAY 10 AUGUST 2025
Afterfeast
Deacon Martyr Lawrence and Companions of Rome C3
9th Sunday Tone 8 & Eothínón 9

VESPERS

Lord I have cried

Tone 8

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, we offer you our evening hymn and reasonable worship,
 for you were pleased to have mercy on us by your resurrection.

S9: The just will wait for me until you reward me.
 O Lord *our* Lord, do not banish us from your face, but be pleased to
 have mercy on us by the resurrection.

S8: O Lord, I have cried to you from the depths;
 O Lord listen to my voice.
 Rejoice, O holy Zion, mother of the churches, dwelling place of
 God! For you were the first to receive remission of sins by the
 resurrection.

S7: Let your ears note the voice of my plea.
 The Word of God the Father, begotten before the ages, was
 incarnate in the latter times from the *woman* who was ignorant of
 marriage. He willingly endured crucifixion until death. By his
 resurrection he has saved man who was dead from the past.

Tone 4

S6: O Lord *our* Lord, if you mark offences, who will stand?
 But there is forgiveness with you.
 Come, rejoice and rise from the earth. Let us proceed to the highest
 contemplation of virtues and be transformed today into a higher
 state. Let us direct our minds towards heavenly things and be
 reshaped with devotion into the image of Christ. For in his mercy
 the Saviour of our souls has changed man who had become
 disfigured and caused him to shine with light on Mount Tabor.

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

Let us who desire to see and hear things past understanding see
 Christ mystically as he shines like lightning radiant with divine
 splendour. Let us cause the Father's voice to resound when he
 announced him as his dear Son. On Mount Tabor he makes the
 weakness of humanity radiant and grants enlightenment to our
 souls.

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

Let the assembly of everyone on earth and the gathering of
 everyone in heaven come to praise Christ our God, the Lord of both
 the living and the dead. For when he was divinely transfigured on
 Tabor as the Saviour of our souls, it was his good pleasure to have
 beside him the leaders and preachers of both the law and grace.

Tone 4

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

O martyr, you were given a bed of burning coals, but our Lord and
 Master came to your aid. You hurried to put off this earthly tent and
 so you won immortal life in his Kingdom. Therefore, O blessed
 Lawrence, bearer of victory, we sing about your holy memory.

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

O blessed martyr, you were cooked on the coals and extinguished
 the deluding flames of idolatry. Your flesh was purified by the fire
 and you set aside the heaviness of earth. Death's curse lay on the
 whole seed of Adam, but you followed the Master, whose death is
 our blessing. Pray that those who honour your radiant memory may
 be rescued from the unquenchable flames.

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

The invincible martyrs were not defeated by the flames, but shone
 with the radiance of the Spirit of God. They chased away the deceit
 of the ungodly and their zeal kindled torches of justice. The truly
 blessed Lawrence is numbered among their honourable ranks. He is
 the deacon of the Saviour and the worker of wonders

Glory: Tone 4

O Lord, when you were transfigured before your crucifixion, the
 mountain became like heaven, a cloud spread itself out like a
 canopy and the Father bore witness to you. Peter with James and
 John were present there, since they were to be with you at your
 betrayal, so that when they saw your wonders, they might not be
 dismayed at your sufferings. Grant in your great mercy that we too
 may be counted worthy to venerate your sufferings in peace.

Both now: Tone 8

The King of Heaven, appeared on earth and lived with men because
 of his love for the human race. He took flesh from the pure Virgin
 and, after he had assumed it, came from her. The Son is one in two
 Natures, yet one Person. Therefore we truly proclaim him as perfect
 God and perfect man, and we acknowledge Christ as our God. O
 unwedded Mother, plead with him to have mercy on 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.

Prokeímenon

P/D: The Evening Prokeímenon
 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

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 8

O Jesus you descended from heaven and ascended the cross. You *are* the immortal Life who came to death; *you are* the true Light for those in darkness *and* the Resurrection of all. Our Light and Saviour, glory to you!

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. *Ps 92*
Let us glorify Christ who rose from the dead. He took up soul and body, then separated them both in suffering. His most pure soul descended to Hades, which he plundered. The holy body of the Redeemer of our souls did not see corruption in the tomb.

S2: For he founded the world which will not be moved. *Ps 92*
O Christ, we glorify your resurrection from the dead with psalms and hymns. Through it you have freed us from the torments of Hades and, as God, have granted eternal life and great mercy.

S3: O Lord, holiness is right for your house to length of days. *Ps 92*
O Master of all, incomprehensible Creator of heaven and earth, you have brought about existence for me without passion by your passion on the cross. You accepted burial, rose in glory and raised Adam with you by your all-powerful hand. Glory to your resurrection on the third day through which you have granted us eternal life and cleansing of sins, for you are the only compassionate *Lord!*

Glory: Both now: Tone 4

O Lord, before your crucifixion you took the disciples to a high mountain where you were transfigured before them and enlightened them with the bright rays of your power. You wanted to show them the splendour of your resurrection because of your love for the human race and your sovereign might. O God, grant that we also may be counted worthy *to receive* this splendour in peace, for you are merciful and the Lover of the human race.

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 8

O merciful *Lord*, you descended from above and accepted the three-day burial in order to free us from our sufferings. O Lord, our life and resurrection, glory to you!

Tone 4

O Lord our God, your holy martyr Lawrence has received an incorruptible crown from you because of his struggle. For since he had your strength, he laid low the tyrants and shattered the powerless audacity of demons. Save our souls through his prayers.

Tone 7

O Christ our God, you were transfigured on the mountain and revealed your glory to your disciples as far as they could bear it. Let your everlasting light shine also on us sinners through the prayers of the Theotokos. O Giver of light, glory to you!

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 8

O merciful *Lord*, you descended from above and accepted the three-day burial in order to free us from our sufferings. O Lord, our life and resurrection, glory to you!

Tone 4

O Lord our God, your holy martyr Lawrence has received an incorruptible crown from you because of his struggle. For since he had your strength, he laid low the tyrants and shattered the powerless audacity of demons. Save our souls through his prayers.

Tone 7

O Christ our God, you were transfigured on the mountain and revealed your glory to your disciples as far as they could bear it. Let your everlasting light shine also on us sinners through the prayers of the Theotokos. O Giver of light, glory to you!

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

The noble Joseph took down your most pure body from the tree and wrapped it in fine linen. He anointed it with spices and laid it for burial in a new tomb. But, O Lord, you rose on the third day and granted the world great mercy.

Glory:

The angel stood at the tomb and cried to the myrrhbearing women, "Myrrh is correct for the dead, but Christ has revealed himself a stranger to corruption, so proclaim that the Lord is risen and grants the world great mercy."

Both now: Tone 4

O Jesus, you were transfigured on Mount Tabor and a shining cloud covered the apostles with your glory like a tent. Their gaze fell to the ground, for they could not bear to look at the brightness of your unapproachable and glorious face. O Saviour Christ, our God without beginning, you shone on them with your light, so now enlighten our souls.

Kathisma 2

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

Glory:

The choir of the disciples, joined the myrrhbearing women and rejoiced in unison. Therefore, together with them, we keep the feast to glorify and honour your resurrection. O Lord and Lover of the human race, grant your people great mercy through them.

Both now: Tone 4

O Christ our Saviour, you were transfigured on Mount Tabor and revealed your glory to your chosen disciples when you were radiant with the splendour of your unchangeable divinity. You summoned Moses and Ilias into the radiant cloud and they talked with you. Peter then declared, "O God of compassion, it is good for us to be

here with you." As you once illuminated them with light, so now send your radiance on our souls.

Evlogitária

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, 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

Antiphon 1 Ps 122
O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.
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.

Antiphon 2 Ps 123
If the Lord were not among us,
who could be protected from the murderous enemy?
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 regal honour is the Holy Spirit's,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antiphon 3 Ps 124

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

Prokeímenon Ps 145

R: The Lord will reign for ever,
your God, O Zion, from generation to generation.
S: Praise the Lord, O my soul.

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

O almighty Saviour, Hades became afraid when it saw the miracle of your resurrection from the tomb. The dead rose and creation, together with Adam, saw this and rejoiced together with you. My Saviour, the world praises you for ever.

Íkos

O Saviour, you are the light of those in darkness; you are the resurrection of everyone and the life of mortals. O Word, when you despoiled the might of death and shattered the gates of Hades, you raised us all with you. O Lover of the human race, the dead saw this and wondered at the miracle and all creation rejoiced together at your resurrection. Therefore, my Saviour, we also glorify and praise your condescension and the world praises you for ever.

Synaxáριον

Together with him we remember:
Hieromartyr Sixtus of Rome and Deacons C3
Holy Gerontius of Gerrans in Cornwall C6
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.

Eoethinón Gospel 9

From the Holy Gospel according to John (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." ²⁰ When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. ²¹ Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." ²² And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. ²³ If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." ²⁴ Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. ²⁵ So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe." ²⁶ Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." ²⁷ Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing." ²⁸ Thomas answered him, "My Lord and my God!" ²⁹ Jesus said to him, "Have you believed because you have seen me, Thomas? Blessed are those who have not seen and yet believe." ³⁰ Now Jesus did many other signs in the presence of the disciples, which are not written in this book; ³¹ but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

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

Resurrection Ode

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

Psalm 50

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

⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,

⁵ for I know my lawlessness
and my sin is always before me.

- ⁶ I have sinned against you alone
and done what is evil before you
- ^{6b} so that you might be right in your words
and overcome when you are judged,
- ⁷ for see, I was conceived in lawlessness
and my mother desired me in sin,
- ⁸ for see, you have loved truth
and shown me the mysteries and secrets of your wisdom.
- ⁹ You will sprinkle me with hyssop and I will be clean;
you will wash me and I will become whiter than snow.
- ¹⁰ You will make me hear about joy and gladness;
humbled bones will rejoice.
- ¹¹ Turn your face from my sins
and wipe out all my lawlessness.
- ¹² O God, make a pure heart within me
and renew an upright spirit within me.
- ¹³ Do not banish me from your presence
or remove your Holy Spirit from me.
- ¹⁴ Restore your saving joy to me
and strengthen me with your directing Spirit.
- ¹⁵ I will teach the lawless your ways
and the ungodly will return to you.
- ¹⁶ O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.
- ¹⁷ O Lord, you will open my lips
and my mouth will announce your praise,
- ¹⁸ for if you had wanted sacrifice, I would have given it;
you will not be pleased with burnt offerings.
- ¹⁹ Sacrifice for God is a broken spirit;
God will not despise a broken and humbled heart.
- ²⁰ O Lord, be good to Zion in your pleasure
and let the walls of Jerusalem be built,
- ²¹ then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;
then they will offer calves on your altar.

Glory: Tone 6

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

Both now:

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

Have mercy:

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

Intercession

Short form

P/D: O God, save your people and bless your inheritance. Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy martyr Lawrence, 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: 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 5

When you had entered while the doors were shut, you filled your
apostles with the Holy Spirit. You breathed peace on them and said,
"Forgive sins or retain them." After eight days you showed Thomas
your hands and your side. Therefore we cry out with him, "My
Lord, and my God!"

Tone 2

O marvellous and great martyr, you share in the joy of the heavenly
powers and of the martyrs' choirs who are next to the throne of the
radiant Trinity. They are surrounded by the splendours of the age to
come. Request light and peace for the faithful who celebrate your
brilliant memory. O holy archdeacon Lawrence, they are
illuminated and will glorify you.

O Lord, before you went to the cross, you took your chosen
disciples and were transfigured on Mount Tabor. Moses and Ilías
stood in awe at your side like servants and spoke to you. O Christ
our Saviour, Sun risen from the Virgin for the salvation of the
human race, together with them we worship the Father and the
Spirit through you.

Praises

Tone 8

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

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

S8: This glory will be for all his holy ones.

O Lord, 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.

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

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!"

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

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!

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

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!"

Tone 4

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

O Master, you took the holy disciples, whom you had especially
chosen before your precious cross and passion, and went up Mount
Tabor, because you wanted to show them your glory. When they
saw you transfigured and shining more brightly than the sun, they
fell on their faces, and were struck with wonder at your power.
They cried aloud, "O Christ, you are the eternal light and brightness
of the Father, yet you are freely revealed in the flesh without
change.

3: Praise him with tuneful cymbals;
praise him with joyful cymbals.

Let everything with breath praise the Lord. *Ps 150*

O Master, you took the holy disciples, whom you had especially
chosen before your precious cross and passion, and went up Mount
Tabor, because you wanted to show them your glory. When they
saw you transfigured and shining more brightly than the sun, they
fell on their faces, and were struck with wonder at your power.
They cried aloud, "O Christ, you are the eternal light and brightness
of the Father, yet you are freely revealed in the flesh without
change.

¹² The heavens are yours and the earth also;
you have established the world and everything in it. *Ps 88*

You are God the Word from all eternity and clothe yourself with
light as though with a garment. You were transfigured before your
disciples and shone more brightly than the Sun. Moses and Ilías
stood by your side and made it plain that you are the Lord both of
the dead and the living. They glorified your ineffable dispensation,
your compassion and your great condescension, by which you have
saved the world which was utterly lost in sin.

¹³ You have created the north and the sea;
Tabor and Hermon will rejoice in your name.

O Lord, you were born and made flesh from the virgin cloud. You
were transfigured on Mount Tabor and surrounded yourself with a
bright cloud. The voice of the Father, in the presence of the
disciples, plainly declared that you were the dear Son, one in being
and sharing the same throne. Therefore Peter spoke in wonder, for
he did not know what he said, "O Benefactor, rich in mercy, it is
good for us to be here.

Glory: Both now: Tone 8

Christ took Peter, James and John up a high mountain and was transfigured before them. His face shone like the sun and his clothes were as white as the light; Moses and Elias appeared talking with him. A bright cloud overshadowed them and, see, a voice proclaimed, "This is my dear Son in whom I am well pleased; listen to him."

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. After he had destroyed death by death, he

LITURGY

Antiphon 1 Tone 2

S1: Great is the Lord and highly praised in the city of our God. Ps 47

R: Through the prayers of the Theotokos, Saviour, save us.

S2: You establish the mountains with your strength. Ps 64

S3: He wraps *himself* with light like a cloak. Ps 103

S4: The mountains will rejoice before the Lord's presence. Ps 97

S5: Glory: Both now:

Antiphon 2 Ps 94 Own Tone

S1: His foundations are on the holy mountains.

R: Save us, O Son of God.

You were transfigured on Mount Tabor.

We sing to you, "Alleluia!"

S2: The Lord loves the gates of Zion

more than all the homes of Jacob. Ps 86

S3: O City of God, glorious things are spoken about you. Ps 86

S4: Someone will say, "Mother Zion,"

and a man was born in her. Ps 86

S4: Glory: Both now:

Monogenes

Antiphon 3 Ps 88 Tone 7

S1: O Lord, I will sing about your mercies for ever. Ps 88

R: O Christ our God, you were transfigured on the mountain and revealed your glory to your disciples as far as they could bear it. Let your everlasting light shine also on us sinners through the prayers of the Theotokos. O Giver of light, glory to you!

S2: The heavens declare the glory of God.

S3: Blessed are the people who know the shout of joy.

S4: O Lord, they will walk in the light of your presence,
and rejoice in your name all through the day

S4: Glory: Both now:

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 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 7

O Christ our God, you were transfigured on the mountain and revealed your glory to your disciples as far as they could bear it. Let your eternal light shine also on us sinners through the prayers of the Theotokos. O Giver of light, glory to you!

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

Prokeimenon Ps 75 Tone 8

R: Make vows

and repay them to the Lord our God.

S: God is known in Judah;

his name is great in Israel.

Apóstolos

Building the Temple of God

From the First Letter of Paul to the Corinthians (3:9-17)

Brothers, we are God's fellow workers; you are God's field, God's building. ¹⁰ According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. ¹¹ For no other foundation can anyone lay than that which is laid, which is Jesus Christ. ¹² Now if

anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw -- ¹³ each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. ¹⁴ If the work which any man has built on the foundation survives, he will receive a reward. ¹⁵ If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. ¹⁶ Do you not know that you are God's temple and that God's Spirit dwells in you? ¹⁷ If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple.

Alleluia Ps 94 Tone 8

S1: Come, let us rejoice in the Lord
and shout with joy to God our Saviour.
S2: Let us enter his presence with thanksgiving
and gladly cry to him with psalms.

Sunday Matthew 9

From the Holy Gospel according to Matthew (14:22-34)
At that time Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. ²³ And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, ²⁴ but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. ²⁵ And in the fourth watch of the night he came to them, walking on the sea. ²⁶ But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. ²⁷ But immediately he spoke to them, saying, "Take heart, it is I; have no fear." ²⁸ And Peter answered him, "Lord, if it is you, bid me come to you on the water." ²⁹ He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; ³⁰ but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." ³¹ Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" ³² And when they got into the boat, the wind ceased. ³³ And those in the boat worshiped him, saying, "Truly you are the Son of God." ³⁴ And when they had crossed over, they came to land at Gennesaret.

Communion Ps 148

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