

**SUNDAY 7 SEPTEMBER 2025**  
**+Forefeast**  
**Martyr Sózon of Kilikia C4**  
**13<sup>th</sup> Sunday Tone 4 & Eothinón 2**

**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.

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

O Lord, listen to me.

**Lord I have cried**

Tone 4

S10: Bring my soul out of 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,

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

But there is forgiveness with you.

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."

S6: 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.

O Saviour, angels and mortals sing about your resurrection on the third day. The ends of the inhabited earth have been enlightened by it and we have been rescued from bondage to the enemy. We cry, "O Life-creating and almighty Saviour, save us by your resurrection."

S5: Let Israel hope in the Lord  
from the morning watch until night,  
from the morning watch.

O Christ our God, you have shattered the gates of brass and destroyed the chains of death. You have raised the fallen human race. Therefore we cry in unison, "O Lord risen from the dead, glory to you!"

Tone 1

S4: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel  
from all his offences.

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

O pure *Lady*, we anticipate your glorious feast; it proclaims to everyone the good will of our Benefactor. Now you have become the cause of our joy, the herald of promised grace and the fruit of divine gladness. X2

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

The child of God, the holy Theotokos, the promise of the prophets *and* the daughter of David, is born today from wise Joachim and Anna. She has overthrown the curse of Adam for us by her holy childbearing.

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

O pure *Lady*, beams of joy shine on the whole inhabited earth by your birth and announce Christ our God to all. He is the Sun of Glory. You will give birth to him for us *and* he brings us gladness, grace and truth.

Glory: Tone 4

Most holy Virgin, the angelic host of heaven and we mortals on earth bless your honourable birth, for you became the mother of Christ our God, the Creator of all. O unwedded Theotokos, continually pray for us; bring our hope before your Son.

Both now:

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.

### **Prokeímenon**

P/D: The Evening Prokeimenon

R: The Lord reigns *and* is clothed with majesty.

S1: The Lord has put on power and clothed himself.

S2: He founded the world, which will not be moved.

### **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: Both now: Tone 4

The Joy of the world has appeared - the glorified Virgin sprung from Joachim and Anna. Because of her purity she became the living temple of God and only she is called the Theotokos. O Christ our God, through her prayers send peace to the world and great mercy to 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 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 4

Mary, the handmaid of God, is born for us today from the stem of Jesse and the loins of David. Therefore all creation is renewed and rejoices. O heaven and earth, be festive together! O peoples and nations, praise her, for Joachim rejoices and Anna celebrates as they cry, "The infertile *woman* will give birth to the Theotokos who is the nourisher of our life.”

### **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: Tone 1

You were most gloriously born from the womb of an infertile woman. You gave birth from your virginal womb in a manner beyond nature. You were revealed as a beautiful stem and caused the Life of the world to blossom. Therefore, O Theotokos, the heavenly hosts cry out to you, "O pure *Lady*, glory to your coming! Glory to your birth! O unwedded mother, glory to your virginity!"

### **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: Tone 5

Now the citizens of heaven rejoice *and* all mortals on earth celebrate the feast with them. The prophets rejoice mystically, for in days of old they foresaw in images the bush, the jar, the staff, the cloud, the gateway, the throne and the great mountain. She is the one who is born today. X2

### **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, 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.

### **Anaváthmi 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**

*Read without note*

My Saviour and Redeemer raised those born on earth from their chains, for he is God. He shattered the gates of Hades and has risen on the third day as Master.

### **Íkos**

Let all of us who are born on earth sing the praises of Christ, the Giver of life. He rose from the dead, came from the tomb on the third day and today has smashed the gates of death by his strength. He set free Adam and Eve, killed Hades and destroyed the sting of death. Let us cry aloud in thanksgiving with our generous praise, for he alone is the mighty God and has risen on the third day as Master.

### **Synaxáron**

Today we remember the holy martyr Sózon of Kilikia who lived in the Fourth Century. He was a shepherd boy who hacked off the hand of an idol with his staff to show that it lacked any power. On the Seventh he entered the heavenly mansions after being beaten by angry hands.

Together with him we remember:

Apostles Évodos and Onisiphóros of the Seventy C1

Abbot Cloud of Nogent-sur-Seine near Paris 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 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 2**

From the Holy Gospel according to Mark (16:1-8)

When the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. <sup>2</sup> And very early on the first day of the week they went to the tomb when the sun had risen. <sup>3</sup> And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" <sup>4</sup> And looking up, they saw that the stone was rolled back; -- it was very large. <sup>5</sup> And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. <sup>6</sup> And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. <sup>7</sup> But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." <sup>8</sup> And they went out quickly and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

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 the holy martyr Sózon, 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:

<sup>6</sup> 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 2

The myrrhbearing women greatly rejoiced when they saw that the stone had been rolled away, for they saw a young man who sat at the grave and said to them, "Christ is risen. Go and tell his disciples and Peter that he is going before you to Galilee. You, his dear ones, will see him there as he told you."

Glory: Both now:

**O** All creation, rejoice! Experience the joy of holy Yoakim and the chaste Anna who is named after grace. Against every hope they have given birth to the pure Virgin Mary, the Theotokos, whose fruit is Christ our God, the salvation for the whole human race. He ineffably received flesh from her.

### **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!"

S6: Praise him for his mighty *deeds*;  
praise him for the abundance of his majesty.  
O Christ *our* Saviour, lead us into your truth through your cross and rescue us from the snares of the enemy; you have risen from the dead. O Lord,



Lover of the human race, extend your arm and, at the prayers of your saints, raise us who have fallen because of sin.

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

O uniquely-fathered Word of God, in your love for the human race you came to earth without leaving the bosom of the Father. You became truly man, so that you could suffer the cross and death in the flesh, although you are without passion in Divinity. You have granted the human race immortality by your resurrection, for you alone are all-powerful.

Tone 2

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.

O descendants of Adam, come and praise the Virgin, the all-pure Mary, who has sprung from David and given birth to Christ. X2

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

Let us offer praise to our Redeemer and Lord who has given us the Theotokos, the only Ever-virgin from an infertile woman.

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

Today the Mother of the King of all, the joy of the whole inhabited earth, is most gloriously born from an infertile womb.  
mystery of your dispensation! O Saviour, glory to you!"

Glory: Tone 2

The women, together with Mary, went to the tomb carrying spices and said to one another, "Who will roll away the stone for us?" But they found that it had been rolled away. A white-robed angel removed every care and trouble from their souls when he said, "The Lord Jesus has risen." So they told the disciples to hurry to Galilee in order to see the one who had risen from the dead, for he is the Lord and Giver of life.

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!

<sup>2</sup> We praise you, we bless you, we worship you,  
we glorify you, we thank you for your great glory,

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

<sup>4</sup> 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.

<sup>5</sup> Receive our prayer,

*for* you sit on the right of the Father,  
and have mercy on us.

<sup>6</sup> For only you are holy, only you are Lord,

O Jesus Christ, to the glory of God the Father. Amen.

<sup>7</sup> I will bless you every day

and always praise your name for ever and ever. Ps 144

<sup>8</sup> O Lord, allow us this day

to be guarded from sin.

<sup>9</sup> Blessed are you, O Lord God of our fathers!

Praised and glorified be your name for ever. Amen. Daniel 3

<sup>10</sup> O Lord, let your mercy *be* on us,

for we have hoped in you. Ps 32.

<sup>16</sup> Blessed are you, O Lord!

Teach me your statutes. X3 Ps 118

<sup>12</sup> 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*

### **Antíphon 3 Ps 94**

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.

### **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."

Tone 4

Mary, the handmaid of God, is born for us today from the stem of Jesse and the loins of David. Therefore all creation is renewed and rejoices. O heaven and earth, be festive together! O peoples and nations, praise her, for Joachim rejoices and Anna celebrates as they cry, "The infertile *woman* will give birth to the Theotokos who is the nourisher of our life."

*Of the Church*

### **Kontákion**

Tone 4

O most pure Virgin, Joachim and Anna are freed from barrenness through your birth. Adam and Eve *are freed* from the corruption of death and we,

your people, who are freed from the guilt of sin, celebrate and sing to you, "The infertile woman gives birth to the Theotokos, the nourisher of our life."

### **Triságion**

#### **Prokeimenon Ps 27 Tone 6**

R: O Lord, save your people and bless your inheritance;  
guide them and exalt them for ever.

S: O Lord, I have cried to you;  
O my God, do not be silent with me.

#### **Apostolos – Sunday before Exaltation**

From the Letter of Paul to the Galatians (6:11-18)

Brothers, see what large letters I use as I write to you with my own hand! Those who want to make a good impression outwardly are trying to compel you to be circumcised. The only reason they do this is to avoid being persecuted for the cross of Christ. Not even those who are circumcised obey the law, yet they want you to be circumcised that they may boast about your flesh. May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. Neither circumcision nor uncircumcision means anything; what counts is a new creation. Peace and mercy to all who follow this rule, even to the Israel of God. Finally, let no-one cause me trouble, for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brothers. Amen.

#### **Alleluia Ps 88 Tone 1**

S1: I have granted help to a champion  
*and* exalted a man chosen from my people.

S2: For my hand will be an ally for him  
and my arm strengthen him.

#### **Gospel – Sunday before Exaltation**

From the Holy Gospel according to John (3:13-17)

The Lord said: No-one has ever gone into heaven except the one who came from heaven - the Son of Man. Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish

but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

**Communion Ps 148**

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