

SUNDAY 21 SEPTEMBER 2025
+Farewell to Feast
Apostle Kodratos of the Seventy
Prophet Jonah C8 BC
15th Sunday Tone 6 & Eothinón 4

VESPERS

Lord I have cried

Tone 6

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, you were victorious over Hades. You ascended the cross and raised with you those who sat in the shadow of death, for you are free among the dead and pour out life from your light. O almighty Saviour, have mercy on us.

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

Today Christ has trampled on death, for he has risen as he said and granted joy to the world, so that we may all sing this hymn, "O unapproachable Light, Source of life, almighty Saviour, have mercy on us."

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

O Lord listen to my voice.

O Lord, where shall we sinners flee from you, for you are in all creation? In Heaven? It is there that you live. In Hades? It is there that you trampled on death. In the depths of the sea? Even there is your hand, O Master. As we flee to you and fall down before you, we pray, "You rose from the dead; have mercy on us."

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

O Christ, we glory in your cross. We sing and honour your resurrection.
For you are our God and we know no one else apart from you.

Tone 6

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

But there is forgiveness with you.

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.

The exalted cross calls all creation to praise the undefiled passion of Christ. He was exalted on it and killed the one who killed us. Christ has brought us back to life, has adorned us and made us worthy to live in the heavens. We rejoice, exalt his name and glorify his condescension. X2

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

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

He will redeem Israel
from all his offences.

O precious cross, Moses prefigured you when he stretched out his hands on high and put Amalek the tyrant to flight. You are the boast of the faithful, help of the suffering, glory of the apostles, champion of the just and the preserver of all the saints. When it sees you raised on high, creation rejoices and celebrates. It glorifies Christ, who in his infinite goodness has joined together through you what was divided. X2

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

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

O most precious cross attended by ranks of rejoicing angels, you are exalted today. By divine command you raise again all those who had been outcast and were sunk in death on account of the stolen fruit. Now we embrace you in faith with heart and lips. We draw sanctification from you and cry, "Exalt Christ, the God most good and venerate his divine footstool." X2

Glory: Tone 2

All you people, come and fall down in worship before the blessed tree, for eternal justice has come to pass by the cross. The devil deceived Adam by the tree; now he has been deceived by the cross. He held the royal creation in bondage; now he has been cast down with an amazing fall. The serpent's venom is washed by the blood of God and the curse is destroyed by the impartial sentence of the just *Lord* who was unjustly condemned. The tree has been healed by the tree and the passion of the God without passion has destroyed the passions of the condemned. Glory to your dispensation, O Christ, our gracious King and the Lover of the human race!

Both now: Tone 6

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honourable and all-blessed Lady, 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 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 6

O Christ our Saviour, the angels in heaven sing hymns to your resurrection. Enable us who are on earth to glorify you with purity of heart.

S1: The Lord reigns *and* is clothed with majesty;

the Lord has put on power and clothed himself. Ps 92

You destroyed the gates of brass, broke the chains of Hades and raised the fallen human race, for you were almighty God. Therefore we cry out in unison, "O Lord, glory to you who rose from the dead!"

S2: For he founded the world which will not be moved. Ps 92

Christ who desired to restore us after our fall, was nailed to the cross and placed in a tomb. The myrrhbearing women sought him with tears and cried, "Woe to us, O Saviour! How do you stoop to live in the tomb?

What place can hide your life bearing body? Come to us as you promised;

take away our lamentation and tears.” Then the angel appeared to them and cried, “End your lamentation. Go and proclaim to the apostles that the Lord has risen; he grants us pardon and great mercy.”

S3: O Lord, holiness is right for your house to length of days. Ps 92

O Christ, you have been crucified as you determined and you captured death by your burial. You rose on the third day as God in glory, and have granted the world eternal life and great mercy.

Glory: Both now: Tone 8

O Christ our God, we poor sinners bow deeply today before your precious cross. Moses prefigured the cross and defeated Amalek; David ordered worship at your footstool. So today we sinners, O Christ, fall in worship before your precious feet. Together with the thief we cry to you, O crucified *Master*, “O Lord, make us worthy of your kingdom.”

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 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

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 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

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 6

When the tomb was opened, Hades lamented and Mary cried to the Apostles *who were* in hiding, "O workers of the vineyard, come out and proclaim the word of the resurrection, 'The Lord has risen and grants the world great mercy.'"

Glory:

Mary Magdalene stood beside your tomb and, because she thought that you were the gardener, said with loud lamentation, "Where have you hidden the Eternal Life? Where have you laid the one who sits on the

throne of the Cherubim? Those who were guarding him have died with fright. Either give me my Lord or cry out with me, ‘Glory to you, for you were among the dead, yet you made the dead rise!’”

Both now: Tone 1

O Lover of the human race, we venerate the wood of your cross, for you, the Life of all, were nailed on it. O Saviour, you opened Paradise to the thief who turned to you in faith. You counted him worthy of blessedness when he confessed you and cried, “O Lord, remember me.” Accept us like him, as we cry, “We have sinned; do not despise us in your mercy love.”

Kathísma 2

Life lay in the tomb and the seal lay over the stone. The soldiers guarded Christ like a sleeping King. When he had invisibly struck his enemies, the Lord rose.

Glory:

O immortal Lord, Jonah prefigured your burial and Simeon foretold your divine resurrection. For you went down as a corpse into the tomb and shattered the gates of Hades. O Christ our God, Enlightener of those in darkness, you rose as Master without corruption for the salvation of the world.

Both now: Tone 6

O Christ our Lord, no sooner was the wood of your cross set up than the foundations of death were shaken. What Hades had swallowed in eagerness, it now let go with trembling. O holy *Lord*, you have shown us your salvation and we glorify you. O Son of God, have mercy on us.

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, you have shattered the gates of Hades as God and have opened to us the former Paradise by your voluntary and life-giving death. You have saved our lives from corruption by rising from the dead.

Anaváthmi Tone 6

Antiphon 1 Ps 122

O Word, I raise my eyes to you in heaven;
 have pity on me so that I may live for you.
 O Lord, have mercy on us who are of no worth
 and restore your vessels for service.
 Glory: Both now:

The cause of salvation is in the Holy Spirit;
 if he decides to breathe on one of these,
 he quickly raises him from earthly things, gives him wings, makes him
 grow and gives him standing above.

Antiphon 2 Ps 123

If the Lord had not been among us,
 none of us could have firmly struggled with the enemy,
 but the victors will be exalted.
 O Word, do not let my soul be taken like a sparrow in their teeth.
 Alas! How can I, a lover of sin, be set free from the enemies?
 Glory: Both now:
 Everyone is made divine
 and given joy, peace and blessing through the Holy Spirit,
 for he is equally active with the Father and the Lord.

Antiphon 3 Ps 124

Those who trust in the Lord are fearful to their enemies
 and objects of wonder to everyone,
 for their vision is above.
 O Saviour, the land of the just has you for helper
 and will not extend its hands to do wrong.
 Glory: Both now:
 The power over everyone is vested in the Holy Spirit;
 the hosts of heaven worship him as also every earthly breath.

Prokeímenon Ps 79

R: O Lord, stir up your power and come to save us.
 S: O Shepherd of Israel, listen.

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

When Christ our God, the Giver of life, raised all the dead from the valleys
 of misery with his mighty hand, he granted resurrection to the human race.
 He is the Saviour of all, the Resurrection, Life and God of all.

Íkos

O faithful, let us praise and venerate the tomb of the Giver of Life. For you, immortal *Lord*, have bound Hades as Almighty God and raised the dead. You have destroyed death and shattered the gates of Hades.

Therefore those of us who live on earth glorify you with love, for you have risen, overthrown the might of the all-destroying enemy, raised all those who have put their faith in you and rescued the world from the sting of the serpent. O Almighty *Lord*, you have saved us from the deceit of the enemy. Therefore we sing the praises of your resurrection through which you, who are the Resurrection, Life, and God of all, have saved us.

Synaxáron

Today we remember the holy apostle Kodrátos. He wrote an apology for the Christian faith which he dedicated to the emperor. On the Twenty First he rejoiced in heaven after receiving the crown of immortal light.

Together with him we remember:

Prophet Jonah C8 BC

Presbyter Jonah C9

Virgin Mabyn of Cornwall C5

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 4

From the Holy Gospel according to Luke (24:1-12)

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

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

Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into 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 Apostle Kodratos, 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.*

Canticle Nine

The Magnificat is not sung

O my soul,
 glorify the most precious and life-giving cross of the Lord.
 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.

O my soul,
 glorify the most precious and life-giving cross of the Lord.

Let all the trees of the wood rejoice, for their nature is sanctified by Christ. He planted them in the beginning and was stretched out on a tree. At its exaltation on this day, we worship him and glorify you.

O my soul,

glorify the most precious and life-giving cross of the Lord.

The cross is raised up as a sacred horn of strength for all God's people whose foreheads are marked with it. All the horns of the spiritual powers of wickedness are crushed through it. At its exaltation on this day, we worship him and glorify you.

O my soul,

glorify the most precious and life-giving cross of the Lord.

Today the death, which came to man through eating from the tree, is made ineffective through the cross. The curse on our mother Eve, which fell on the human race, is destroyed by the pure fruit of the Theotokos, whom all the powers of heaven glorify.

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 4

Let us be radiant and shine with virtues while we see the angel in brilliant clothing as he stands inside the tomb. He brought life to the downcast faces of the myrrhbearing women. Let us learn about the resurrection of the Lord of heaven. Let us hurry to the tomb with Peter and wonder at the great event. Let us wait to see Christ the Life.

Tone 2

The cross is the guardian of the whole earth! The cross is the beauty of the Church! The cross is the strength of kings! The cross is the support of the faithful! The cross is the glory of angels and the wounder of demons! *X2*

Today the cross is exalted and the world is sanctified. For you, O Christ, who are enthroned with the Father and the Holy Spirit, have spread your arms on it and drawn the world to the knowledge of you. Make those who have put their trust in you worthy of divine glory.

Praises

Tone 6

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, your cross is life and resurrection for your people. We place our trust in it and praise you as our risen God. Have mercy on us.

S7: Praise God in his saints;
praise him in his mighty firmament.
O Master, your burial has opened Paradise for the human race. We have been rescued from corruption and praise you, our risen God. Have mercy on us.

S6: Praise him for his mighty deeds;
praise him for the abundance of his majesty.
Let us praise Christ, together with the Father and the Spirit, *for he* has risen from the dead. Let us cry to him, "You are our Life and Resurrection, have mercy on us."

S5: Praise him with the trumpet sound;
praise him with lute and harp.
O Christ, you rose from the grave on the third day according to the Scriptures; you raised our forefather with you. Therefore the whole human race glorifies you and praises your resurrection.

Tone 8

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

Most strange wonder! The most holy cross, the life-giving tree, is raised on high today and shown to the world. All the ends of the earth give glory and all the devils are frightened. How great a gift is here granted to mortals! O Christ, only compassionate *Lord*, save our souls through your cross

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

Let everything with breath praise the Lord. Ps 150

Most strange wonder! The most holy cross, the life-giving tree, is raised on high today and shown to the world. All the ends of the earth give glory and all the devils are frightened. How great a gift is here granted to mortals! O Christ, only compassionate *Lord*, save our souls through your cross

⁹ Exalt the Lord our God

and worship at his footstool, for he is holy. Ps 98

Most strange wonder! The cross which carried the Most High as a cluster of grapes full of life, is seen today exalted high above the earth. Through the cross we are all drawn to God and death has been swallowed up for ever. O undefiled wood, we enjoy the immortal fruit of Eden through you as we glorify Christ.

¹² God *was* our king in the past;

he has accomplished salvation in the midst of the earth. Ps 73

Most strange wonder! The length and breadth of the cross spans the heavens for it sanctifies the whole world by divine grace. By the cross godless nations are conquered; by the cross rule and justice are confirmed. O divine ladder, through you we go up to heaven as we exalt Christ the Lord in song.

Glory: Both now: Tone 6

Today the cross of the Lord goes out and the faithful welcome it with love. They receive healing of soul and body and of every weakness. Let us kiss it with joy and fear: with fear, for we are unworthy because of sin; with joy, for Christ the Lord was crucified on it in his great mercy and granted salvation to the world.

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 gave us victory and great mercy.

LITURGY

Antíphon 1 Ps 21 Tone 2

S1: O God, my God, be attentive to me;
why have you forsaken me?

R: At the prayers of the Theotokos, Saviour, save us!

S2: The words of my offences are far from my salvation.

S3: My God, I will cry by day, *but* you will not listen.

S4: O Praise of Israel, you will live in the sanctuary.

S5: Glory: Both now:

Antíphon 2 Ps 73 Own Tone

S1: O God, why have you completely banished us?

R: Save us, O Son of God.

You were crucified in the flesh.

We sing to you, “Alleluia!”

S2: Remember your assembled people

whom you have purchased from the beginning.

S3: This is Mount Zion on which you have settled.

S4: God *was* our king in the past;

he has accomplished salvation in the midst of the earth.

S5: Glory: Both now:

Monogenes

Antíphon 3 Ps 98 Tone 1

S1: The Lord reigns; let the peoples rage.

R: O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

S2: He sits on the cherubim; let the earth be shaken.

S3: The Lord is great in Zion and high over all the peoples.

S4: Let them acknowledge your great name
for *it* is terrible and holy.

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!”

Apolytikion

Of the Resurrection, then:

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

Of the Church

Kontákion

Tone 4

O Christ our God, since you were willingly raised on the cross, grant mercies to your new community called by your name. Make firm our faithful rulers with your power and grant them victories over their enemies. May your help be a weapon of peace and an invincible trophy.

Prokeímenon

Of the Sunday tone

Apóstolos – Sunday after Exaltation

From the Letter of Paul to the Galatians (2:16-20)

Brothers, we know that a man is not made just by works of the law, but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be made just by faith in Christ, and not by works of the law, because no one will be made just by works of the law. ¹⁷ But if, in our endeavour to be made just in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! ¹⁸ But if I build up again those things which I tore down, then I prove myself an offender. ¹⁹ For I died to the law through the law, so that I might live for God. ²⁰ I have been crucified with Christ; it is no longer I who live, but Christ who lives in me. The life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Alleluia

Of the Sunday tone

Gospel – Sunday after Exaltation

From the Holy Gospel according to Mark (8:34-9:1)

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. ³⁵ For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. ³⁶ For what does it profit a man, to gain the whole world and forfeit his life? ³⁷ For what can a man give in return for his life? ³⁸ For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." ¹ And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."

Communion Ps 148

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