

SUNDAY 4 JANUARY 2026
+Forefeast
Synaxis of the Seventy Disciples C1
Abbot Theóktistos of Sicily C9
30th Sunday Tone 5 & Eothinón 8

VESPERS

Lord I have cried

Tone 5

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 have put the Devil to shame by your precious cross. You have blunted the sting of sin and saved us from the gates of death by your resurrection. We glorify you, only begotten *Lord*.

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

Christ was led like a sheep to the slaughter in order to grant resurrection to the human race. The princes of Hades were frightened by this, for the gates of sorrow were raised. Christ the King of glory had entered. He said to those in chains, "Go out," and to those in darkness, "Come to the light."

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

O Lord listen to my voice.

O great wonder! The Creator of invisible matter suffered in the flesh in his love for the human race and rose again as immortal *Lord*. O families of nations, come and worship him. We have been rescued from error by his compassion and have learnt to sing about one God in three persons.

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

O unfading Light, we offer you our evening worship. You shone on the world in the flesh in these last days as though in a glass. You even descended to Hades to banish its darkness. You have revealed the light of the resurrection to the nations. Glory to you, O Lord, Giver of light, glory to you!

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

But there is forgiveness with you.

We glorify the Author of our salvation. The world was saved from deceit by his resurrection from the dead. The choir of angels rejoices as the error of demons takes flight. Fallen Adam rises as the Devil is overthrown.

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

The guards were instructed by the lawless people, "Hide the resurrection of Christ; take money and say, 'The body was stolen from the tomb while we were asleep.' But who has heard of a body being stolen, a body anointed and naked, with its grave clothes left behind in the tomb? O Jews, do not be deceived, study the words of the prophets and understand that he is truly the Redeemer of the world and all-powerful.

Tone 4

S4: Let Israel hope in the Lord
from the morning watch until night,
from the morning watch.

S3: For there is mercy with the Lord
and abundant redemption with him.

He will redeem Israel
from all his offences.

O faithful, let us celebrate the Forefeast of Christ's Theophany. Let us sing hymns to honour the noble baptism of our God, for he determines to approach the Forerunner in the flesh. In human form he requests the baptism of salvation, and for the regeneration of all those who accept him in faith and become partakers of the Spirit. X2

S2: Every nation, praise the Lord;
every people, acclaim him!

Christ appears; God is revealed, as David clearly foretold in the past. He comes to his servant to ask for baptism. O River Jordan, be filled with joy! O earth and seas, hills and mountains, dance! O hearts of men, rejoice, for a great Light is coming to you.

S1: For he has strengthened his mercy over us
and the truth of the Lord remains for ever.

All-powerful Lord, you are the river of peace and valley of Paradise. How can a river receive you when you entered naked into its streams, for you clothed the heavens with clouds? You will strip the evil enemy naked and clothe the human race with immortality.

Glory: Tone 6

Christ the truth, comes to the Jordan to be baptised by John, who says to him, "It is I who need to be baptised by you; why do you come to me? I am only grass. I dare not touch the Fire. O Master, sanctify me by your divine Theophany"

Both now:

An image of the virgin Bride was prefigured In the Red Sea. There Moses divided the waters, while here Gabriel assisted in the miracle. There Israel crossed the sea without getting wet, while here the Virgin gave birth to Christ without seed. After Israel's passage, the sea remained impassable, while after Emmanuel's birth, the spotless *Lady* remained a virgin. O eternally-existing God, O Lord appearing as man, have mercy on us.

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 5

O Christ, incarnate Saviour, you were not parted from the heavens. We glorify you with songs of praise, for you accepted the cross and death for the sake of our race. O Lord, Lover of the human race, you overthrew the gates of Hades and rose on the third day to save our souls.

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92

O Giver of life, you have poured out streams of forgiveness, life and salvation for everyone by being pierced in the side. You have granted us immortality by accepting death in the flesh. You have freed us by being placed in the tomb and, as God, have raised us with you in glory. Therefore we cry out, “Glory to you, O Lord, Lover of the human race!”

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

O Lover of the human race, your crucifixion and descent into Hades are awesome. You have captured it and raised the ancient prisoners with you, for you are God in glory. You have opened Paradise and commanded it to take them back. Grant us, who glorify your resurrection on the third day, purification of sins. Make us worthy to be citizens of Paradise, for you alone are merciful.

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

O Lover of the human race, you accepted death in the flesh for our sake and rose from the dead on the third day. Heal us from our earthly passions, restore us from our evil offences and save us.

Glory: Both now: Tone 8 (2,3,4 January)

O John the Baptist, you have known me as the Lamb from your mother's womb. Serve me in the river; serve me with the angels. Stretch out your hand and touch my sinless head. When you see the mountains tremble and the Jordan turn back, join them in crying aloud to him who took flesh from a Virgin for your salvation, as you say, “O Lord, glory to you!”

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 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 3

O holy apostles, pray to the merciful God to grant our souls forgiveness for their failings.

Tone 1

Our God-bearing father Theóktistos, you were revealed as a citizen of the desert, an angel in body and a wonder-worker. Through fasting, vigil and prayer, you received heavenly grace to heal the sick and the souls of those who were drawn to you with faith. Glory to the *Lord* who gave you strength! Glory to the one who crowned you! Glory to the one who grants healing through you!

Tone 4

O Zebulon, prepare! O Nephtali, adorn yourself! O River Jordan, stop your flow and receive the Master with joy. O Adam, rejoice with Eve and do not hide as of old in Paradise, for the *Lord* who saw you naked has now appeared to clothe you anew. Christ has come and determined to renew the whole creation. Save us by your prayers.

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.

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O Zebulon, prepare! O Nephtali, adorn yourself! O River Jordan, stop your flow and receive the Master with joy. O Adam, rejoice with Eve and do not hide as of old in Paradise, for the *Lord* who saw you naked has now appeared to clothe you anew. Christ has come and determined to renew the whole creation. Save us by your prayers.

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*

Kathísma 1**Tone 5**

Let us celebrate the cross of the Lord, honour his sacred tomb with song and glorify the resurrection. For as God, he raised the dead from the tomb, stripped death of its power and the Devil of his strength; he illuminated those in Hades.

Glory:

O Lord, you were called dead, but put death to death. You were laid you in a tomb, but emptied the tomb. The soldiers guarded the sepulchre above, while below you were raising the dead from all the ages. Glory to you, almighty and incomprehensible Lord!

Both now:

Hail, O sacred mountain, where God has walked! Hail, O living bush which was not consumed by fire! Hail, only bridge between the world and God leading the dead to eternal life! Hail, O undefiled Maiden, for you gave birth to the Salvation of our souls without knowing a man!

Kathísma 2

O Lord, after your resurrection on the third day when the Apostles had worshipped you, Peter called out to you, “The women boldly ventured out, while I was a coward. The Thief acknowledges God, while I denied him. Will you continue to call me a disciple? Will you not make me again a fisherman of the sea? But, O God, accept me as a penitent and save me.”

Glory:

O merciful Lord, the lawless ones nailed you between those who were condemned and pierced your side with a spear. You accepted the tomb, demolished the gates of Hades and rose on the third day. The women ran to see you and announced your resurrection to the Apostles. O Lord, highly exalted Saviour, the angels sing your praises; glory to you!

Both now:

Unwedded Bride, you gave birth to God *and* have turned Eve’s grief to joy. The faithful sing your praises and venerate you because you have led us away from the ancient curse. O honourable *and* all-holy *Lady*, pray continually that we may be saved.

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*

Ypakóï

Read without note

The sight of the angel dazzled the minds of the myrrhbearing women and their spirits were enlightened by your divine Resurrection. They preached the good news to the Apostles, "Announce to the nations the Lord's Resurrection. He has worked wonders and grants us great mercy!"

Anaváthmi Tone 5

Antiphon 1 Ps 131

My Saviour, I sing to you like David in my trouble;
save my soul from crafty speech.

The life of those who live in the desert is blessed;
they are supported by divine passion.

Glory: Both now:

Everything seen and unseen is preserved by the Holy Spirit,
for he has power in himself as truly one of the Trinity.

Antiphon 2 Ps 120

My soul, let us ascend the mountains;
come to the place where help is found.

O Christ, let your right hand rush
to guard me from everything sinister.

Glory: both now:

As we speak about divine matters through the Holy Spirit,
we say, "You are God, life, desire, light and mind.
You are goodness and reign for ever.

Antiphon 3 Ps 121

I offer my prayer for those who said to me,

"Let us go to the courts of the Lord,
filled with great joy."

Fearful things will be done to the house of David,
for a fire there will consume every shameful thought.

Glory: Both now:

The government of life belongs to the Holy Spirit
and every creature is given the breath of life through him
as also in the Father and the Word.

Prokeímenon Ps 9

R: O Lord my God, rise,
for you reign for ever.

S: O Lord, I will thank you with all my heart.

Kontakion

Read

Today the Lord has appeared in the streams of the River Jordan. He cried out to John and said, “Do not be disturbed at having to baptise me, for I have truly come to rescue Adam, the first-formed man.

Ikos

“O Baptist, I do not instruct you to cross any boundaries. I do not say to you, ‘Tell me what you tell sinners or give me the advice which you give to lawbreakers.’ Simply baptise me in silence and in the hope of everything that will follow from my baptism. In doing this you will receive a dignity which is greater than that of all the prophets. I will truly establish you as the greatest among all the men on earth. Not one of them plainly saw me, but only in figures, symbols and dreams, while you have observed me as I stand openly before you. I have truly come to rescue Adam, the first-formed man.”

Synaxáron

Today we celebrate the synaxis of the holy and glorious Seventy Apostles. The account of their despatch is recorded in Luke 10:1. They were sent out like lambs in the midst of wolves and they returned with great joy. On the Fourth our choir acclaims the choir of the renowned apostles.

On the same day we commemorate the venerable Theóktistos, abbot of the monastery of Cuocomo in Sicilly who ended his life in peace. He lived during the Ninth Century.

Together with them we remember:

Martyr Eftymios and Companions of Athos C13

Archbishop Efstáthios I of Serbia C13

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,

Katavasias

Tone 2

1: The Lord *who is* mighty in battle uncovered the foundations of the deep and led his servant to dry ground, but covered their adversaries with the water, for he has been glorified.

3: The Lord who gives strength to our kings and exalts the horn of his Anointed, is born from a Virgin and comes to baptism. Therefore, O faithful, let us cry aloud, “No one is holy like our God and no one is just except you, O Lord.”

4: O Lord, the one whom you called, “The voice of one crying in the wilderness,” heard your voice when you thundered on many waters and bore witness to your Son. He was totally filled with the Spirit who had come and cried aloud, “You are Christ, God’s wisdom and power.”

5: Jesus, the prince of life, has come to free the first-formed man from condemnation. Although, as God, he needs no cleansing, yet he is cleansed in the Jordan for the sake of fallen man. He slew enmity in its streams and grants the peace which passes all understanding.

6: The voice of the Word, the candlestick of the Light, the Morning Star and Forerunner of the Sun, cried in the wilderness to all the people, “Repent and be cleansed while there is yet time. For see Christ is at hand who rescues the world from corruption.”

7: The breath of the wind *which was* heavy with dew, and the descent of God’s angel preserved the Holy Children from all harm as they walked in the fiery furnace. They were refreshed with dew in the flames and sang in thanksgiving, “Blessed are you and praised above all, O Lord God of our fathers!”

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

The Babylonian furnace, as it poured out dew, foreshadowed a marvellous mystery. *This was* how the Jordan would receive in its streams the immaterial Fire and encompass the Creator when he was baptised in the flesh. O people, bless and exalt him above all for ever!

Gospel Dialogue

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

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

R: Let everything with breath praise the Lord. *X3*

Praise God in his saints;

praise him in his mighty firmament. *Ps 50*

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

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

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

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

P/D: Let us attend

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

Eothinón Gospel 8

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

At that time Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; ¹² and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. ¹³

They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid him." ¹⁴ Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. ¹⁵ Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." ¹⁶ Jesus said to her, "Mary." She turned and said to him in Hebrew, "Rabboni!" (which means Teacher). ¹⁷ Jesus said to her, "Do not hold me, for I have not yet ascended to the Father; but go to my brothers and say to them, I am ascending to my Father and your Father, to my God and your God." ¹⁸ Mary Magdalene went and said to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

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

Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we

know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

Psalm 50

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

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 Seventy Apostles, 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 my soul, glorify the most pure virgin Theotokos who is more honourable than the heavenly hosts. O Theotokos, no tongue is capable of praising you worthily and the angelic mind is overawed in exalting you. Accept our faith, since you are gracious and know our love for divine *matters*. You are the protector of Christians and we praise you.

Small Litany

P: For all the powers of heaven praise you, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*

Holy is the Lord

Holy is the Lord our God. X3

Exalt the Lord our God and worship at his footstool.
for he is holy.

Exaposteilária

Tone 8

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

Tone 3

O Lover of the human race, how can the streams of a river receive you, since you created the rivers and seas from nothing? O Lord, how can the Forerunner dare touch your pure head with his hand? O Lord, we sing with awe about the depth of your heavenly condescension.

Praises

Tone 5

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, you came out from the grave, which had been sealed by lawless men, just as you were born from the Theotokos. Your bodiless angels did not know how you were incarnate; the soldiers did not see the moment of

your resurrection. These two marvels were concealed from curious minds, but were revealed to those who worshipped with faith the mystery about which we sing. Grant us joy and great mercy as we offer you praise.

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

O Lord, you demolished the eternal bars and broke apart the chains of the grave. You rose from the tomb and left your wrappings in the grave as a witness to your three-day burial. You left the guards watching at the tomb and went before your disciples to Galilee. O incomprehensible Saviour, great is your mercy; have mercy on us!

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

O Lord Christ, you suffered for us and the women hurried to your tomb to see you. When they approached with fear, they saw an angel sitting on the stone which had been rolled away. He cried to them "The Lord is risen. Go and tell the disciples that the Saviour of our souls has risen from the dead."

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

O Lord, you came into the midst of your disciples, although the doors were shut, just as you came from the sealed tomb. O long-suffering Saviour, you revealed the sufferings of the body which you had accepted, for you endured wounds as the Seed of David, but saved the world as Son of God. O incomprehensible Saviour, your mercy is great; have mercy on us.

Tone 6

S4: Praise him with cymbal and dance;
praise him with strings and flute.

O angelic power, O Forerunner, come from Bethlehem to the streams of the Jordan. Leave the desert and go before him. Prepare yourself with joy. Let the whole earth celebrate with joy. Christ comes in his mercy to take away the fault of Adam.

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

Let us leave Bethlehem in spirit and turn to the Jordan with Christ. All you families of the nations, come and sing to him with pure hearts and lips. Let us say in faith, “Blessed is your approach, O God! Glory to you!”

S2: My soul has been troubled within me,
therefore I will remember you
from the land of Jordan and Hermon,
from the Little Mountain. Ps 41

This is truly a great and awesome mystery, for our God becomes like men. Although he is without fault and a stranger to sin, today he asks to be baptised by holy John in the streams of the Jordan. Blessed is your Theophany, O our God! Glory to you!

S1: O God, the waters saw you;
the waters saw you and were afraid. Ps 76

Christ, who is the Flower of David, was born from the Virgin and has come to the streams of the Jordan to wash away the faults of our first father in the waters. O Adam and Eve, dance for joy! O heavens, celebrate with joy! All you peoples, sing, “Blessed is your approach, our God! Glory to you!”

Glory: Tone 8

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

Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the One who was born of you, Hades has been captured and Adam recalled. The curse has been annulled, and Eve set free. Death has been slain, so we are given life. Blessed is Christ our God, whose good will it was. Glory to you!

Great Doxology

Glory to you who have shown us the light!
glory to God in the highest!

Peace on earth and goodwill to men!

² We praise you, we bless you, we worship you,
we glorify you, we thank you for your great glory,

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

⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;

have mercy on us,
for you take away the sin of the world.

⁵ Receive our prayer,
for you sit on the right of the Father,
and have mercy on us.

⁶ For only you are holy, only you are Lord,
O Jesus Christ, to the glory of God the Father. Amen.

⁷ I will bless you every day
and always praise your name for ever and ever. Ps 144

⁸ O Lord, allow us this day
to be guarded from sin.

⁹ Blessed are you, O Lord God of our fathers!
Praised and glorified be your name for ever. Amen. Daniel 3

¹⁰ O Lord, let your mercy *be* on us,
for we have hoped in you. Ps 32.

¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118

¹² O Lord, you have been our refuge
from generation to generation. Ps 89

I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40

¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142

¹⁵ For with you is the source of life
and in your light we will see light. Ps 35

¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. When he destroyed death by death, he gave us victory and great mercy.

LITURGY

Antiphon 1 Ps 91

S1: It is good to thank the Lord
and make melody to your name, O Most High.

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

S2: To announce your mercy in the morning
and your truth by night,

S3: For the Lord our God is upright
and there is no injustice in him.

S4: Glory: Both now:

Antiphon 2 Ps 92

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself,

R: Save us, O Son of God.
You arose from the dead
We sing to you, "Alleluia!"

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

S3: Your throne *was* made ready in the past;
you are from eternity.

Monogenes

Antíphon 3 Ps 94 Tone 5

S1: Come, let us rejoice in the Lord,
and shout with joy to God our Saviour.

R: O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for

he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

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 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Tone 4

O Zebulon, prepare! O Nephtali, adorn yourself! O River Jordan, stop your flow and receive the Master with joy. O Adam, rejoice with Eve and do not hide as of old in Paradise, for the *Lord* who saw you naked has now appeared to clothe you anew. Christ has come and determined to renew the whole creation. Save us by your prayers.

Of the Church

Kontákion

Tone 4

Today the Lord has appeared in the waters of the River Jordan. He cries to John, “Do not be afraid to baptise me, for I have come to save Adam, the first-created man.”

Triságion

Prokeimenon Ps 27 Tone 6

R: Save your people and bless your inheritance;
guide them and raise them up for ever.

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

Apostolos

From the Second Letter to Timothy (4:5-8)

My son Timothy, as for you, always be steady, endure suffering, do the work of an evangelist *and* fulfil your ministry. ⁶ For I am already on the point of being sacrificed; the time of my departure has come. ⁷ I have fought the good fight, finished the race *and* kept the faith. ⁸ From now on there is reserved for me the crown of justice, which the Lord, the just judge, will award to me on that Day, and not only to me, but also to all those who have loved his appearing.

Alleluia Ps 66 Tone 4

S1: May God be compassionate to us and bless us.

S2: May he cause his face to shine on us and be merciful to us.

Gospel

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

The beginning of the gospel of Jesus Christ, the Son of God. ² As it is written in Isaiah the prophet, "Behold, I send my messenger before thy face, who shall prepare thy way; ³ the voice of one crying in the wilderness: Prepare the way of the Lord, make his paths straight -- " ⁴ John the baptizer appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins. ⁵ And there went out to him all the country of Judea, and all the people of Jerusalem; and they were baptized by him in the River Jordan, confessing their sins. ⁶ Now John was clothed with camel's hair, and had a leather girdle around his waist, and ate locusts and wild honey. ⁷ And he preached, saying, "After me comes he who is mightier than I, the thong of whose sandals I am not worthy to stoop down and untie. ⁸ I have baptized you with water; but he will baptize you with the Holy Spirit." *Su before*

Communion Ps 148

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