

**SUNDAY 11 JANUARY 2026**  
**+Afterfeast**  
**+Theodosios the Cenobiarch of Palestine C6**  
**31<sup>st</sup> Sunday Tone 6 & Eothinón 9**

**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.

<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.

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."

Tone 5

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

O Lord listen to my voice.

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

O just father, God-bearing Theodosios, you struggled valiantly  
during this fleeting life. You became an example to your disciples in  
song, vigil and fasting. Now you dance with the angels as you  
continually glorify Christ who is God from God, Word of God and  
our Redeemer. He bowed his head beneath the Forerunner's hand  
and sanctified the nature of the waters. O holy *father*, plead with him  
and beg him to grant the Church peace, unity and great mercy. X2

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

But there is forgiveness with you.

O just father, God-bearing Theodosios, **you reached your great**  
desire in the purification of your soul. The grace of the all-Holy  
Spirit resided within you like a pure light; you were made beautiful  
by his working. Now you continually glorify Christ. He is one Son  
in two natures, was baptised by the Forerunner's hand and the voice  
of the Father testified to him. O holy *father*, plead with him and beg  
him to grant the Church peace, unity and great mercy.

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.

O just father, God-bearing Theodosios, you have been made worthy  
to receive a blessed life. You won the life on high through purity and  
self-denial; now you rejoice with the angels. You see Christ and  
continually glorify him. He miraculously took flesh from a virgin,  
was baptised in the Jordan and drowned all our sins. O holy *father*,  
plead with him and beg him to grant the Church peace, unity and  
great mercy.

Tone 2

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

The Forerunner saw our Illumination, who enlightens all men, as he  
approached to be baptised. He rejoiced in soul while his hand  
trembled. He showed him to the people and said, "See, the  
Redeemer of Israel who frees us from corruption." O Sinless *Lord*,  
Christ our God, glory to you!

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

The hosts of angels were filled with fear when they saw our Rescuer  
as he was baptised by a servant and received testimony from the  
coming of the Spirit. The Father's voice was heard from above, "The  
one on whom the Forerunner lays his hand, is truly my dear Son, in  
whom I am well pleased." O Christ our God, glory to you!

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

The streams of the Jordan received you; the Fountain and Advocate  
descended in the form of a dove. The one who bowed the heavens,  
bowed his head, and the clay cried aloud to the *Lord* who formed  
him, "Why do you command me *to do* what lies beyond my power?  
For I need to be baptised by you. O sinless *Lord*, Christ our God,  
glory to you!"

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

When you wanted to save the human race which had gone astray, you  
did not disdain to clothe yourself in the form of a servant. O  
Rescuer, it was right for you, as Master and God, to take our nature  
on yourself for our sake, for you have been baptised in the flesh and  
made us worthy of forgiveness. Therefore, we cry to you, "O Christ  
our God and Benefactor, glory to you!"

Glory: Tone 8

O Lord, in your desire to fulfil what you appointed from eternity, you  
have selected servants from the entire creation to bring about your  
mysteries. *There is* Gabriel from among the angels, the Virgin from  
among men, the star from the heavens and the Jordan from the  
waters, and you have washed away the offences of the world in its  
stream. O Saviour, glory to you!

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.

**Prokeimenon**

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.

**Prophecies**

1: From the Wisdom of Solomon (3:1-9)

The souls of the just are in the hand of God  
and no torment will ever touch them.

<sup>2</sup>In the eyes of the foolish they seemed to have died  
and their departure was thought to be an affliction.

<sup>3</sup>Their departure from us was *considered* to be their destruction,  
but they are at peace.

<sup>4</sup>For although in the sight of men they were punished,  
their hope is full of immortality.

<sup>5</sup>When they have been disciplined a little,  
they will receive great good,  
because God tested them  
and found them worthy of himself.

<sup>6</sup>He examined them like gold in the furnace  
and accepted them like a sacrificial burnt offering.  
<sup>7</sup>They will be radiant at the time of their visitation  
and will run like sparks through the stubble.  
<sup>8</sup>They will govern nations and rule over peoples  
and the Lord will reign over them for ever.  
<sup>9</sup>Those who trust in him will understand truth,  
and the faithful will live with him in love,  
because grace and mercy are on his chosen *people*,  
and he watches over his holy ones.

2: From the Wisdom of Solomon (5:15-6:3)

The just live for ever  
and their reward is with the Lord;  
the Most High takes care of them.  
<sup>16</sup>Therefore they will receive a glorious crown  
and a beautiful diadem from the hand of the Lord,  
<sup>16b</sup>because he will shelter them with his right hand  
and shield them with his arm.  
<sup>17</sup>The Lord will take his zeal as his whole armour  
and arm all creation to repel his enemies.  
<sup>18</sup>He will put on justice like a breastplate  
and wear impartial fairness like a helmet.  
<sup>19</sup>He will take holiness like an invincible shield,  
sharpen stern wrath for a sword  
and creation will join with him to fight against the madmen.  
<sup>21</sup>Shafts of lightning will fly with true aim  
and leap to the target as though from a well-drawn bow.  
<sup>22</sup>Hailstones full of fury will be hurled as though from a catapult;  
the water of the sea will rage against them  
and rivers will relentlessly overwhelm them.  
<sup>23</sup>A tempestuous wind will rise against them  
and winnow them away like a gale.  
Lawlessness will lay waste the whole earth  
and evil-doing will overturn the thrones of rulers.  
<sup>1</sup>Listen therefore, O kings, and understand;  
learn, O judges of the ends of the earth.  
<sup>2</sup>Give ear, you that rule over multitudes,  
and boast of many nations.  
<sup>3</sup>For your dominion was given you from the Lord,  
and your sovereignty from the Most High,  
who will search out your works and inquire into your plans.

3: From the Wisdom of Solomon (4:7-15)

The just man will be at rest  
although he dies early.  
<sup>8</sup>For old age is not honoured for length of time,  
nor measured by number of years;  
<sup>9</sup>but understanding is grey hair for men,  
and a blameless life is ripe old age.  
<sup>10</sup>There was one who pleased God and was loved by him,  
and while living among sinners he was taken up.  
<sup>11</sup>He was caught in case evil change his understanding  
or guile deceive his soul.  
<sup>12</sup>For the fascination of wickedness obscures what is good  
and roving desire perverts the innocent mind.  
<sup>13</sup>Being perfected in a short time,  
he fulfilled long years;  
<sup>14</sup>for his soul was pleasing to the Lord,  
therefore he took him quickly from the midst of wickedness.  
<sup>15</sup>Yet the peoples saw and did not understand,  
nor take such a thing to heart,  
that God's grace and mercy are with his elect,  
and he watches over his holy ones.

### 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*.

### Aposticha

#### 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

Today creation is enlightened. Today all nature is glad, both things in heaven and things on earth. Angels and men come together, for where the King is present, there also his army goes. Therefore let us run to the Jordan; let us all see how John baptises a sinless and uncreated Head. Therefore together let us cry aloud and echo the voice of the apostle, "The grace of God which brings salvation to the whole human race has appeared; it shines on the faithful and grants them great mercy."

### 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 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 8

You cultivated the barrenness of the desert with the flood of your tears. You bore fruit abundantly with sighing from the depths of your heart. You became a star and enlightened the world with your

wonders. Our devout father Theodosios, intercede with Christ to save our souls.

**Tone 1**

O Lord, when you were baptised in the Jordan, the worship of the Trinity was revealed. For the voice of the Father witnessed to you and called you his dear Son. And the Spirit, in the form of a dove, confirmed the truthfulness of his word. O Christ our God, you have revealed yourself and enlightened the world; glory to you!

**Dismissal**

**ORTHROS**

**God is the Lord Ps 117**

R: God is the Lord and has appeared to us.

Blessed is the one who comes in the Lord's name. *Ps 117*

S1: Thank the Lord, for he is good,  
for his mercy lasts for ever.

S2: All the nations surrounded me,  
but I opposed them in the Lord's name.

S3: This *is* the Lord's doing  
and it is wonderful in our eyes.

**Apolytikia**

**Tone 6**

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ed yourself and enlightened the world; glory to you!

**Small Litany**

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

**Kathisma 1**

**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 3

O Saviour Christ, you have appeared in the Jordan and were baptised by the Forerunner. Testimony was offered for you, that you are the dear Son. You were revealed to be co-eternal with the Father, and the Holy Spirit descended on you. We are enlightened by you and cry, "Glory to God in Trinity."

**Kathisma 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 4**

O River Jordan, what have you seen which makes you so amazed? "I have seen the invisible *Lord* naked and I trembled. How could I not tremble before him and reverse my flow?" When the angels saw him, they were afraid; the sky was filled with wonder and the earth shook. The sea with everything visible and invisible withdrew, for Christ has appeared in the Jordan to sanctify the waters.

**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*

O Lord, you have appeared today to the inhabited earth and your  
light has shone on us, for we praise you with understanding. "O  
unapproachable Light, you have come and revealed yourself."

**Íkos**

"A great light has shone on Galilee of the Gentiles, on the land of  
Zebulon and the land of Nephthali," as the prophet said. It is Christ,  
a bright Dawn who appears as lightning from Bethlehem, to those  
who sat in darkness. The Lord who was born from Mary, the Sun of  
Justice, sheds his rays on the whole inhabited earth. O naked  
children of Adam, come then; let us clothe ourselves in him so that  
we may warm ourselves. You are Protection and Veil to the naked,  
and Light to those in darkness. O unapproachable Light, you have  
come and revealed yourself.

**Synaxáron**

Today we remember our renowned father Theodosios the founder of  
monasteries who lived in the Sixth Century. The communities he  
founded contained hostels for travellers, hospitals for the sick and  
quarters for the aged. The Bishop of Jerusalem appointed him as  
archimandrite for all the cenobitic monasteries in Palestine. He had  
good relations with Savvas who led the hermetical communities.  
Both held firmly to the teaching of the Fourth Council and  
condemned the Monophysite position. On the Eleventh the Good  
Shepherd led him into the true sheepfold.

Together with him we remember:  
Hieromartyr Yginos of Rome C2  
Abbot Theodosios of Antioch C5  
Ethenia and Fidelmia, daughters of King Laoghaire C5

**Katavasías****Tone 2**

1: Israel passed through the storm-tossed deep of the sea which God  
had turned into dry land, but the dark waters completely covered the  
chief captains of Egypt in a watery grave through the mighty strength  
of the Master's right hand.

3: We have all been freed from the ancient snares and the jaws of the  
devouring lions have been broken. Let us, therefore, greatly rejoice  
and open our mouths in song, as we weave with words a melody to  
the Word who delights to grant us gifts.

4: After he had been cleansed by the fire of a mystic vision, the  
prophet sang praises about the renewal of mortal man. He was filled  
with the inspiration of the Spirit, raised his voice and spoke about the  
incarnation of the ineffable Word who had shattered the dominion of  
the strong.

5: We have been washed by the cleansing of the Spirit from the  
poison of the dark and unclean enemy. We have set out on a new  
path free from error which leads to joy of heart beyond all effort and  
which only those reach whom God has reconciled to himself.

6: The Father in a voice full of joy revealed his dear Son whom he  
had begotten from the womb. "This is indeed my Child," he said,  
"of the same nature as myself. My living Word has come to the  
human race bearing light. He is made a mortal man through divine  
providence.

7: The *Lord* who in the furnace stilled the heat of the flame which  
mounted high in the air and encircled the godly children, burnt the  
heads of the dragons in the stream of the Jordan. He washes away all  
the stubborn obscurity of sin with the dew of the Spirit.

8: Let us praise, bless and worship the Lord.  
The creation finds itself set free and those in darkness are now made  
sons of light; only the Prince of Darkness groans. Let all the  
inheritance of the nations who were in misery beforehand, now  
eagerly bless him who has caused this change.

**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 9**

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

On the evening of that day, the first day of the week, the doors being  
shut where the disciples were, for fear of the Jews, Jesus came and  
stood among them and said to them, "Peace be with you." <sup>20</sup> When  
he had said this, he showed them his hands and his side. Then the  
disciples were glad when they saw the Lord. <sup>21</sup> Jesus said to them  
again, "Peace be with you. As the Father has sent me, even so I send  
you." <sup>22</sup> And when he had said this, he breathed on them, and said to  
them, "Receive the Holy Spirit. <sup>23</sup> If you forgive the sins of any, they  
are forgiven; if you retain the sins of any, they are retained." <sup>24</sup> Now  
Thomas, one of the twelve, called the Twin, was not with them when  
Jesus came. <sup>25</sup> So the other disciples told him, "We have seen the  
Lord." But he said to them, "Unless I see in his hands the print of the  
nails, and place my finger in the mark of the nails, and place my  
hand in his side, I will not believe." <sup>26</sup> Eight days later, his disciples  
were again in the house, and Thomas was with them. The doors  
were shut, but Jesus came and stood among them, and said, "Peace  
be with you." <sup>27</sup> Then he said to Thomas, "Put your finger here, and

see my hands; and put out your hand, and place it in my side; do not be faithless, but believing.”<sup>28</sup> Thomas answered him, "My Lord and my God!"<sup>29</sup> Jesus said to him, "Have you believed because you have seen me, Thomas? Blessed are those who have not seen and yet believe.”<sup>30</sup> Now Jesus did many other signs in the presence of the disciples, which are not written in this book;<sup>31</sup> but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

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

### Resurrection Ode

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

### Psalm 50

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

Glory: Tone 6

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

Both now:

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

Have mercy:

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

### Intercession

#### Short form

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

*The Magnificat is not sung*

Canon 2

Today the Master bows his head  
beneath the hand of the Forerunner.

Most pure Bride, blessed Mother, the wonders of your childbearing pass all understanding. Through you we have obtained the Salvation of all and rightly rejoice. Truly, our Benefactor, we bring a song of thanksgiving before you as a gift.

Today John baptises the Master  
in the streams of the Jordan.

Most pure Bride, blessed Mother, the wonders of your childbearing pass all understanding. Through you we have obtained the Salvation of all and rightly rejoice. Truly, our Benefactor, we bring a song of thanksgiving before you as a gift.

Today the Master buries in the waters  
the sin of mortal man.

What was revealed to Moses in the bush, we see accomplished here in a strange manner. The Virgin bore Fire within her, yet was not consumed when she gave birth to the Benefactor who brings us light; the streams of the Jordan suffered no harm when they received him.

Today the Master receives testimony from on high  
that he is the dear Son.

What was revealed to Moses in the bush, we see accomplished here in a strange manner. The Virgin bore Fire within her, yet was not consumed when she gave birth to the Benefactor who brings us light; the streams of the Jordan suffered no harm when they received him.

Today the Master has come to sanctify  
the nature of the waters.

What was revealed to Moses in the bush, we see accomplished here in a strange manner. The Virgin bore Fire within her, yet was not consumed when she gave birth to the Benefactor who brings us light; the streams of the Jordan suffered no harm when they received him.

Today the Master receives baptism  
at the hand of the Forerunner.

What was revealed to Moses in the bush, we see accomplished here in a strange manner. The Virgin bore Fire within her, yet was not consumed when she gave birth to the Benefactor who brings us light; the streams of the Jordan suffered no harm when they received him.

Glory: O my soul, glorify the power of the undivided Divinity  
in Three Persons.

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 things. You are the protector of Christians and we praise you.

Both now: O my soul, glorify the most pure Virgin  
who has rescued us from the curse.

Most pure Bride, blessed Mother, the wonders of your childbearing  
pass all understanding. Through you we have obtained the Salvation  
of all and rightly rejoice. Truly, our Benefactor, we bring a song of  
thanksgiving before you as a gift.

### Small Litany

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

### Holy is the Lord

Holy is the Lord our God. *X3*  
Exalt the Lord our God and worship at his footstool.  
for he is holy.

### Exaposteilária

Tone 5

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

Tone 3

The Saviour, who is grace and truth, has appeared in the streams of  
the Jordan; he has enlightened those who sleep in darkness and  
shadow. For the Light which no one can approach has come and  
been revealed.

### 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 1

S4: Praise him with cymbal and dance;  
praise him with strings and flute.  
The Light from Light, Christ our God has shone on the world; he is  
revealed as God. O people, let us worship him.

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

Our Saviour, you were baptised in the Jordan and have sanctified the  
waters. You accepted a servant’s hand on your head and heal the  
passions of the world. Great is the mystery of your dispensation! O  
Lord and Lover of the human race, glory to you!

S2: The sea saw and fled; Jordan was turned back. *Ps 113*

The true Light has appeared and grants enlightenment to all. Christ,  
who is above all purity, is baptised with us; he brings sanctification  
to the water and it becomes a purification for our souls. What is  
outward and visible is earthly; what is inwardly understood is higher  
than heaven. Salvation comes through washing; the Spirit through  
water. We ascend to God by descending into water. O Lord, how  
wonderful are your works; glory to you!

S1: O sea, what *happened* to you that you fled  
and you, O Jordan, that you turned back? *Ps 113*

The *Lord* who covers the heavens with clouds, is himself covered  
today by the streams of Jordan. The one who takes away the sin of  
the world is cleansed so that I may be made clean. The only-  
begotten Son of the most high Father receives the testimony of the  
consubstantial Spirit from above. Let us cry aloud to him, “O Christ  
our God, you have revealed yourself and saved us; glory to you!”

Glory: Tone 5

O Christ, you appeared to your dear *disciples* in the fullness of time  
on the eve of the Sabbath. You confirmed a wonder for them through  
a miracle, when you entered while the doors were shut and revealed  
your resurrection from the dead. You filled your disciples with joy,  
granted them the Holy Spirit and gave them the power to forgive  
sins. You did not allow Thomas to drown in the depths of  
faithlessness. O compassionate Lord, grant us also knowledge of the  
truth and forgiveness of sins.

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.*  
11 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*  
13 O Lord, I have fled to you;  
teach me to do your will, for you are my God. *Ps 142*  
14 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. After he had destroyed death by death, he gave us victory and great mercy.

### LITURGY

#### Antiphon 1 Ps 113 Tone 1

S1: Israel left Egypt  
 and the house of Jacob *departed* from a foreign people.

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

S2: Judah became his sanctuary  
 and Israel his dominion.

S3: The sea saw and fled;  
 Jordan was turned back.

S4: O sea, what *happened* to you that you fled  
 and you, Jordan, that you turned back?

S5: Glory: Both now:

#### Antiphon 2 Ps 114 Tone 2

S1: I have *poured out* love,  
 for the Lord will hear the voice of my plea.

R: Save us, O Son of God.  
 You were baptised by John in the Jordan.  
 We sing to you, "Alleluia!"

S2: For he has inclined his ear to me;  
 I will address him throughout my days.

S3: The pains of death have surrounded me,  
 the perils of Hades have discovered me;

I have found affliction and grief;  
 I addressed the name of the Lord,

S4: The Lord is merciful and just;  
 our God has pity.

S5: Glory: Both now:  
*Monogenes*

#### Antiphon 3 Ps 117 Tone 1

S1: Thank the Lord, for he is good,  
 for his mercy endures for ever.

R: O Lord, when you were baptised in the Jordan, the worship of the Trinity was revealed. For the voice of the Father witnessed to you and called you his dear Son. And the Spirit, in the form of a dove, confirmed the truthfulness of his word. O Christ, our God, you have revealed yourself and have enlightened the world, glory to you!

S2: Let the house of Israel now say that he is good,  
 for his mercy endures for ever.

S3: Let the house of Aaron now say that he is good,  
 for his mercy endures for ever.

S4: Let all those who fear the Lord now say that he is good,  
 for his mercy endures for ever.

#### 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!"

#### Apolytikon

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 8

You cultivated the barrenness of the desert with the flood of your tears. You bore fruit abundantly with sighing from the depths of your heart. You became a star and enlightened the world with your wonders. Our devout father Theodosios, intercede with Christ to save our souls.

Tone 1

O Lord, when you were baptised in the Jordan, the worship of the Trinity was revealed. For the voice of the Father witnessed to you and called you his dear Son. And the Spirit, in the form of a dove, confirmed the truthfulness of his word. O Christ our God, you have revealed yourself and enlightened the world; glory to you!

*Of the Church*

#### Kontákion

Tone 4

O Lord, you have appeared today to the inhabited earth and your light has shone on us, for we praise you with understanding. "O unapproachable Light, you have come and revealed yourself."

#### Triságion

#### Prokeímenon Ps 32 Tone 1

R: O Lord, let your mercy be on us,  
 S: O just *people*, rejoice in the Lord.

#### Apóstolos

From the Letter of Paul to the Ephesians (4:7-13)

Brothers, grace was given to each of us according to the measure of Christ's gift. <sup>8</sup> Therefore it is said, "When he ascended on high he led a host of captives and he gave gifts to men." <sup>9</sup> (In saying, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? <sup>10</sup> The one who descended is the one who also ascended far above all the heavens, so that he might fill all things.) <sup>11</sup> And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers. <sup>12</sup> They would equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup> until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

#### Alleluia Ps 88 Tone 5

S1: O Lord, I will sing about your mercies for ever.  
 S2: For you have said, "Mercy will be built up for ever."

#### Gospel

From the Holy Gospel according Matthew (4:12-17)

At that time when Jesus heard that John had been arrested, he withdrew into Galilee; <sup>13</sup> and leaving Nazareth he went and dwelt in Caper'na-um by the sea, in the territory of Zeb'ulun and Naph'tali, <sup>14</sup> that what was spoken by the prophet Isaiah might be fulfilled: <sup>15</sup> "The land of Zeb'ulun and the land of Naph'tali, toward the sea, across the Jordan, Galilee of the Gentiles -- <sup>16</sup> the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." <sup>17</sup> From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

#### Communion Ps 148

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