

SUNDAY 25 JANUARY 2026

Archbishop Gregory the Theologian of Constantinople C4

33rd Sunday Tone 8 & Eothinón 11

VESPERS

Lord I have cried

Tone 8

O Lord, I have cried to you, listen to me;
 O Lord, listen to me.
 O Lord, I have cried to you, listen to me;
 Note the voice of my plea when I cry to you.
 O Lord, listen to me.

² Let my prayer be directed before you like incense,
 the raising of my hands be an evening sacrifice.
 O Lord, listen to me.

S10: Lead my soul from prison that I may acknowledge your name.

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

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

O Lord *our* Lord, do not banish us from your face, but be pleased to have mercy on us by the resurrection.

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

O Lord listen to my voice.

Rejoice, O holy Zion, mother of the churches, dwelling place of God! For you were the first to receive remission of sins by the resurrection.

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

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

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

But there is forgiveness with you.

O Christ, we glorify your resurrection from the dead by which you have freed the race of Adam from the tortures of Hades. As God you have granted the world eternal life 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.

Glory to you, O Saviour Christ, only begotten Son of God! You were nailed to the cross and raised from the tomb on the third day!

Tone 4

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

O father Gregory, you wisely turned away from the hostile and treacherous flesh, and mounted the heaven-bound chariot. You were drawn by the virtues as by though by four horses and soared above into ineffable beauty. Now, as you delight in it, grant our souls peace and great mercy.

Tone 2

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

He will redeem Israel from all his offences.

O theologian, you embarked for the heights in your heart after you had carefully cleansed your body and spirit by your works. You restrained your mind and entered the opaque and divine cloud. O Gregory, now that you are in communion with the bodiless Majesty and lovingly united to him, you cause the unapproachable Light to shine over everyone.

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

Once the Seraphim used tongs to give the burning charcoal to Isaiah when he drew near to be initiated into the contemplation of the thrice-holy Lord who was radiant on his throne of glory. O blessed theologian, O hierarch Gregory, you have proclaimed the Three-person Nature of the Divinity to the Church and used your hands to give believers the divine Coal whom we celebrate in two Natures.

S1: For his mercy is strengthened over us
 and the truth of the Lord remains for ever.O blessed Gregory, it is correct for us to call you "Son of Thunder" and "Theologian" for you shared in the divine grace of holy John. With your voice of thunder and your tongue of fire you proclaimed the eternally-begotten Word of God who was with the Father in the beginning. *You announced* the Spirit who eternally proceeds from the Father and is of one Being with the Father and the Son.

Glory: Tone 8

O holy theologian Gregory, your tongue, which is always prepared and ready to teach, echoes in our hearts and wakes the souls of the most slothful *people*. They find a ladder in your divine words which leads them from earth to God. Therefore we implore you to plead with Christ to rescue our souls from every danger.

Both now: Tone 8

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

Phos Ilarón

P/D: Wisdom! Stand upright!
O Jesus Christ, joyful light of the holy glory
of the immortal, heavenly, holy, blessed Father,
when we come to the setting of the sun
and see the light of evening,
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you
with voices of praise,
O Son of God *and* Giver of life.
Therefore the world glorifies you.

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.

Readings

1: From the Book of Proverbs (Composite)
The memory of the just is a blessing,
but the name of the evil ones will rot.
⁶ Blessings are on the head of the just,
but the mouth of the wicked conceals violence.
¹³ Happy is the man who finds wisdom,
and the man who gets understanding,
¹⁴ for the gain from it is better than profit from silver
and its reward better than gold.
¹⁵ She is more precious than jewels
and nothing you desire can compare with her.
¹⁶ Long life is in her right hand;
riches and honour are in her left hand.
⁶ Listen, for I will speak noble things
and what is right will come from my lips.
³² And now, my sons, listen to me;
happy are those who keep my ways.
³⁴ Happy is the man who listens to me
watches daily at my gates
and waits beside my doors.
⁴ O men, I call to you
and my cry is to the sons of men.
¹² I, wisdom, live in prudence
and I find knowledge and discretion.
¹⁷ I love those who love me;
those who seek me diligently find me.
⁵ O simple ones, learn prudence;
O foolish men, pay attention.
⁶ Listen, for I will speak noble things
and what is right will come from my lips,
⁷ for my mouth will speak truth;
evil is an abomination to my lips.
⁸ All the words of my mouth are just;
there is nothing twisted or crooked in them.
⁹ They are all straight to him who understands
and right to those who find knowledge.
²³ Be attentive to my reprimand;
see, I will pour out my thoughts to you;

and make my words known to you.
⁴ A gentle tongue is a tree of life,
 but perverseness in it breaks the spirit.

2: From the Book of Wisdom (4:7-15)

The just man will be at rest
 although he dies early.
⁸ For old age is not honoured for length of time,
 nor measured by number of years;
⁹ but understanding is grey hair for men,
 and a blameless life is ripe old age.
¹⁰ There was one who pleased God and was loved by him,
 and while living among sinners he was taken up.
¹¹ He was caught in case evil change his understanding
 or guile deceive his soul.
¹² For the fascination of wickedness obscures what is good
 and roving desire perverts the innocent mind.
¹³ Being perfected in a short time,
 he fulfilled long years;
¹⁴ for his soul was pleasing to the Lord,
 therefore he took him quickly from the midst of wickedness.
¹⁵ 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.

3: From the Book of Proverbs (Composite)

The mouth of the just produces wisdom,
 but the perverse tongue will be cut off.
³² The lips of the just know what is acceptable,
 but the mouth of the wicked, what is perverse.
⁴ Riches do not profit on the day of wrath,
 but justice rescues from death.
⁷ When the wicked dies, his hope perishes,
 and the expectation of the godless comes to nothing.
¹⁹ Whoever is steadfast in justice will live,
 but whoever pursues evil will die.
² From the fruit of his mouth a good man eats good,
 but the desire of the treacherous is for violence.
⁹ The light of the just rejoices,
 but the lamp of the wicked will be put out.
¹⁷ I love those who love me;
 those who seek me diligently find me.
² The tongue of the wise dispenses knowledge,
 but the mouths of fools pour out folly.
³³ Wisdom abides in the mind of a man of understanding,
 but it is not known in the heart of fools.
¹¹ Whoever loves purity of heart and whose speech is gracious,
 will have the king as his friend.
¹ Who is like the wise man?
 And who knows the interpretation of a thing?
^{1b} A man's wisdom makes his face shine,
 and the hardness of his countenance is changed.
¹³ She hurries to make herself known
 to those who desire her.
¹² Wisdom is radiant and unfading;
 she is easily discerned by those who love her
 and is found by those who seek her.
¹⁴ *The person* who rises early to seek her will have no difficulty,
 for he will find her sitting at his gates.
¹⁵ To fix one's thought on her is perfect understanding
 and whoever is vigilant about her will soon be free from care,
¹⁶ because she goes about seeking those worthy of her;
 she graciously appears to them in their paths
 and meets them in every thought.
³⁰ For *the light* is succeeded by night,
 but evil does not prevail against wisdom.
² I loved her and sought her from my youth;
 I desired to take her for my bride
 and I fell in love with her beauty.

³She glorifies her noble birth by living with God
and the Lord of all loves her.

⁴For she is an initiate in the knowledge of God,
and an associate in his works.

⁷If anyone loves justice, her labours are virtues;
for she teaches self-control, prudence, justice and courage;
nothing in life is more profitable for men than these.

⁸If anyone longs for wide experience,
she knows the events of old,
and deduces the things to come.

She understands turns of speech
and the solutions of riddles.

She has foreknowledge of signs and wonders
and of the outcome of seasons and times.

⁹Therefore I determined to take her to live with me,
knowing that she would give me good counsel
and encouragement in cares and grief.

¹⁷When I considered these things inwardly,
and thought about them with my mind,
that there is immortality in affinity with wisdom,

¹⁸that there is pure delight in friendship with her,
that there is unfailing wealth in the labours of her hands,
that there is understanding in the experience of her company,
and renown in sharing her words,
I went about seeking how to get her for myself.

¹⁹As a child I was naturally well endowed
and a good soul fell to my lot;

²⁰or rather, being good,
I entered an undefiled body.

²¹But I perceived that I would not possess wisdom
unless God gave her to me
and it was a mark of insight to know whose gift she was.

²²So I appealed to the Lord and pleaded with him,
and spoke with my whole heart.

¹O God of my fathers and Lord of mercy,
you have made all things by your word.

²You have formed man by your wisdom,
to govern the creatures which you have made,

³rule the world in holiness and justice,
and give judgement in integrity of soul.

⁴Give me the wisdom that sits beside your throne,
and do not reject me from among your servants.

⁵For I am your slave and the son of your maidservant,
a man who is weak and short-lived,
with little understanding of judgement and laws.

¹⁰Send her forth from the holy heavens,
and from the throne of thy glory send her,
that she may be with me and toil,
and that I may learn what is pleasing to thee.

¹¹For she knows and understands all things
and she will guide me wisely in my actions
and guard me with her glory.

¹⁴For the reasoning of mortals is worthless,
and our designs are likely to fail,

Ektení

Prayer

O Lord, allow us this night to be guarded from sin. Blessed are you, O Lord, God of our fathers! Praised and glorified be your name for ever. Amen. O Lord, let your mercy be on us, for we have hoped in you. Blessed are you, O Lord; teach me your statutes. Blessed are you, O Master; make me understand your statutes. Blessed are you, O Holy One; enlighten me with your statutes. O Lord, your mercy lasts for ever; do not overlook the work of your hands. To you belongs worship, to you belongs praise, to you belongs glory, to the Father, the Son and the Holy Spirit, both now and ever, and to ages of ages. Amen.

Plirotiká

Prayer

P: Peace be with you all. R: And with your spirit
D: Bow down your heads to the Lord. R: To you, O Lord.

P: For blessed and glorified is the power of your Kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. *Amen.*

Apósticha

Tone 8

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

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

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

Let us glorify Christ who rose from the dead. He took up soul and body, then separated them both in suffering. His most pure soul descended to Hades, which he plundered. The holy body of the Redeemer of our souls did not see corruption in the tomb.

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

O Christ, we glorify your resurrection from the dead with psalms and hymns. Through it you have freed us from the torments of Hades and, as God, have granted eternal life and great mercy.

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

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

Glory: Tone 8

O Gregory, ever-green pasture of justice, you have cultivated the hearts of believers by your words and yielded abundant fruit for God,. You have torn out the thorns of heresy by the roots and cleansed the world with your divine reasoning. Those who are faithful joyfully offer praise to you. O inspired harp and ever-watchful mind, O faithful shepherd of Christ's flock, O theologian, continually pray to the Word that he will rescue from the wolf all those who honour your memory.

Both now: Tone 8

O Lady, you are the protection of all. Calm my confusion and distress, and rescue me from the darkness of sin. Save me from the tempest of life and the raging of the sea. Send down the gentle rain of your mercy on me and extend your hand to help me. O pure *Lady*, make me worthy of the inheritance of the just who are chosen. Grant me the depth of your mercy.

Song of Simeon

B/P: O Master, now let your servant depart in peace
according to your word,

² for my eyes have seen your salvation,
which you have prepared before all peoples,

³ a light of revelation for *the* nations
and the glory of your people Israel.

Triságion Prayers

Apolytikia

Tone 8

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

Tone 1

The pastoral power of your theology vanquished the delusion of the orators, for you have sounded the depths of the Spirit of God and were granted the gift of eloquence as well. O father Gregory, plead with Christ God to save our souls.

Tone 1

O Virgin, O sacred ark, when Gabriel greeted you with "Hail!" he cried out like the just David, for in you the Master of all became incarnate. You were revealed as more spacious than the heavens, for you bore your Creator. Glory to *the Lord* who lived in you! Glory to the one who comes from you! Glory to the one who frees us through your Child!

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.

Apolytíkia

Tone 8

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Small Litany

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

Kathísmα 1

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

Glory:

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

Both now:

O Virgin Theotokos, you are most glorious. We praise you, for Hades has been laid low and death has been slain through the cross of your Son. We were dead in sin, but have risen and been granted life. We have obtained Paradise, our former delight, therefore we thank and glorify Christ our God, for he alone is mighty and great in mercy.

Kathísmα 2

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

Glory:

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

Both now:

O Virgin Theotokos, you are most blessed, for Hades has been captured through the Lord who was born from you. Adam has been recalled, the curse has been annulled, Eve has been set free, death has been slain and we have been granted life. Therefore we cry, "Blessed is Christ our God, who was so well-pleased! Glory to you!"

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*

Ypákóι

Read without note

O Christ our God, the women went to the grave in order to anoint your body after the Passion. They saw angels in the tomb and were afraid, for they heard them say, "The Lord has risen and grants the world great mercy."

Anaváthmi

Antiphon 1 Ps 122

O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.
O my Christ, have mercy on us,
for we frequently and at every hour give you grief;
give us the means to turn back to you before the end.

Glory: Both now:

The rule, blessing and control of creation are the Holy Spirit's
for he is God, consubstantial with the Father and the Word.

Antiphon 2 Ps 123

If the Lord were not among us,
who could be protected from the murderous enemy?
O Saviour, do not hand over your servant to their teeth.
They move against me like a lion,
for they also are my enemies.

Glory: Both now:

The first cause of life and regal honour is the Holy Spirit's,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antiphon 3 Ps 124

Those who put their trust in the Lord are like the Holy Mountain;
they are never shaken by the attacks of Beliar.
Do not let those who live for God
stretch out their hands to lawless deeds,
for Christ will not set aside the rod for his inheritance.

Glory: Both now:

All wisdom streams from the Holy Spirit.
Grace comes from him to the Apostles;
the Martyrs are crowned for their struggles
and the Prophets are given vision.

Prokeímenon Ps 145

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

Small Litany

For you are the King of Peace and Saviour of our souls, and we send up glory to you, to the Father, the Son and the Holy Spirit, always, now and for ever, and to the ages of ages. *Amen*

Kontákion

Read without note

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

Íkos

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

Synaxárion

Today we remember our father among the saints Gregory the Theologian, Archbishop of Constantinople, who lived in the Fourth Century. He studied at Athens with his life-long friend Basil the Great, then joined a monastic community with him. His father, the Bishop of Nazianzos, compelled him to accept ordination as a priest. He was consecrated as Bishop of Sasima, but returned to Nazianzos. After he had moved to the imperial capital he took charge of the Orthodox parishes. After the Arians had been expelled he was elected as Archbishop and made important contributions to the debates of the Second Oecumenical Council. He cared little for the politics of his office and again retired to Nazianzos. He died on the Twenty Fifth.

Together with him we remember:
 Martyr Felicitas of Rome and Seven Sons C2
 Abbot Pouylios of Syria C4
 Singer Maris of Syria C5
 New Martyr Afxentios of Constantinople C18
 O God, have mercy on us through their holy prayers. Amen.

Katavasias

1: The sun's rays once shone on dry land in the midst of the deep, for the water on both sides became as firm as a wall while the people crossed over the sea on foot. They offered this song acceptable to God, "Let us sing to the Lord, for he has been greatly glorified."

3: O Lord, *you are* the firm foundation of those who put their trust in you. Strengthen the Church which you have purchased with your precious blood.

4: O Christ, your virtue has covered the heavens, for after you came from your undefiled Mother, the ark of your sanctification, you appeared in the Temple of your glory as a Child in arms and the whole world was filled with your praise.

5: Isaiah symbolically saw God on a throne. He was lifted high and carried in triumph by angels in glory. He cried, "Woe is me, for I have seen the incarnate God beforehand. He is the Lord of the light which knows no evening and the King of peace."

6: When the Elder with his eyes saw the Salvation which had come to the Gentiles, he cried aloud to you, "O Christ, *you* come from God and are my God."

7: O Word of God, you dropped dew on the children as they spoke about divine matters in the midst of the fire. You took up your home in the pure Virgin. We praise you as we sing with devotion, "Blessed are you, O God of our fathers!"

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

The youths who fought for godliness stood together in the unbearable fire, yet were not harmed by it. They sang a divine hymn, "Bless the Lord, all you his works, 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 11

From the Holy Gospel according to John (21:15-25)

At that time Jesus revealed himself to his disciples after he had risen from the dead. And he said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs."

¹⁶ A second time he said to him, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." ¹⁷ He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep." ¹⁸ Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go." ¹⁹ (This he said to show by what death he was to glorify God.) And after this he said to him, "Follow me." ²⁰ Peter turned and saw following them the disciple whom Jesus loved, who had lain close to his breast at the supper and had said, "Lord, who is it that is going to betray you?" ²¹ When Peter saw him, he said to Jesus, "Lord, what about this man?" ²² Jesus said to him, "If it is my will that he remain until I come, what is that to you? Follow me!" ²³ The saying spread abroad among the brothers that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, "If it is my will that he remain until I come, what is that to you?" ²⁴ This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. ²⁵ But there are also many other things which Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written. Amen.

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 among the saints Gregory the Theologian, 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: Those of us who are faithful see the outline in the shadow of the Law and in the Scriptures, “Every male child which opens the womb will be holy for God.” Therefore we also glorify the First-begotten Word, and Son of the Father who has no beginning, the First-born Son of the unwedded Mother.

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.

Exapostilaria

Tone 8

After his resurrection, the Lord established Peter as a shepherd for his sheep when he asked him three times, “Do you love me?” When Peter saw the disciple whom Jesus loved following them, he asked the Lord, “What about this man?” The Lord said, “Dear Peter, if I want him to remain until I come, what is that to you?”

Tone 2

O blessed theologian Gregory, you teach us to worship the three Persons who compose the Union of the perfect Trinity with its unique Divinity. You show us that the Father is Light, the Son is Light and the Holy Spirit is also Light. And yet there is only one radiance which has no division or confusion. You clearly explain that there is a unique triune God who is one in Being.

O blessed theologian Gregory, you were given great depth. Your learned teaching spoke clearly about the ineffable mysteries of Christ, and also about the lives of the saints and their achievements. Now that you have been made godlike in communion with God, rescue me and receive me into your temple.

O hierarch Gregory, as you stand before the unapproachable Trinity, together with the divine mother, the Virgin Mary, and together with the sanctified and great Basil, implore peace for the world, triumph for believers and mercy for those who honour you today.

Praises

Tone 8
Let everything with breath
praise the Lord.
Praise the Lord from the heavens;

praise him in the heights.
To you, O God, is due a song.

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

S8: This glory will be for all his holy ones.
O Lord, everything with breath glorifies you. For you, the only Lover of the human race, have destroyed death by your cross and revealed to the peoples your resurrection from the dead.

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

Do the Jews say that the soldiers who guarded the King destroyed him instead? Do they say that the stone did not preserve the Rock of life? Either let them give up the buried *Lord* or adore with us the one who *has* risen with us and say, “Glory to your great mercies! O Saviour, glory to you!”

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

O people, rejoice and be glad! An angel sitting on the stone has announced to us the glad news and said, “Christ, the Saviour of the world, has risen from the dead and filled everything with sweet fragrance.” O people, rejoice and be glad!

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

O Lord, before your conception an angel came with the greeting, “Hail!” to the *Lady* who was full of grace and an angel rolled the stone from your glorious tomb at your resurrection. The one announced the signs of joy in place of sorrow, the other proclaimed to us the life-giving Master in place of death. Therefore we cry out to you, “O Lord and Benefactor of all, glory to you!”

Tone 4

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

All-wise Gregory, enlightener of the Church, you cut through the gloominess of the letter and entered with the Spirit into the most heavenly light. From there, through the flood of light which you received, you enriched everyone with theology. You diminished the dark clouds of heresies with the lightning flashes of your words. Therefore, O companion of the angels, you live where there is the sound of those who celebrate and continually intercede for our souls to be saved.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.

Let everything with breath praise the Lord.

O Gregory, second theologian, initiate of divine illumination, brilliant writer about the Trinity, you supernaturally teach about the ineffable divine nature. Now, as you more clearly rejoice in God, remember those who honour you and defend the Church which you have assembled. For your fame has gone out to all the ends of the world. You clearly teach that the consubstantial Holy Trinity must be glorified.

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

O preacher of God, you cultivated the furrows of the heart and planted divine seed. You enriched the total fullness of the Church with the height of theology. Then you burnt the weeds of heresies with the fire of the Spirit. O father of fathers, pastor of pastors, glory of the faithful, enlightener of priests, all-blessed Gregory, you are the glory of the world and were nourished by the love of divine philosophy.

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

O Gregory, your holy lips approached the Vessel of wisdom and drew out the divine spring of theology. You abundantly imparted it to the faithful. You blocked the flow of heresies, deadly to souls and blasphemous to God. For the Holy Spirit found in you a helmsman able to steer safely through the fierce blasts of the ungodly as you preached the consubstantial Trinity.

Glory: Tone 8

O Saviour, when you showed yourself to the disciples after your resurrection, you appointed Simon as shepherd for the sheep. You asked him to tend the flock in order to renew his love. You said to him, “Peter, if you love me, feed my lambs, feed my sheep.” He at once asked about the other disciple as he revealed his love. Therefore, O Christ, keep your flock from devouring wolves through their prayers.

Both now: Tone 2

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

Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!
 Peace on earth and goodwill to men!

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

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

⁴ O Lord God, Lamb of God, Son of the Father,
 you take away the sin of the world;
 have mercy on us,
 for you take away the sin of the world.

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

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

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

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

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

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

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

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

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

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

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

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

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. After he had destroyed death by death, he

LITURGY

Antiphon 1 Ps 91

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

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

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

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

S4: Glory: Both now:

Antiphon 2 Ps 92

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

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

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

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

Monogenes

Antíphon 3 Ps 94

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

R: O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

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!"

Apolytíkia

Tone 8

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

Tone 1

The pastoral power of your theology vanquished the delusion of the orators, for you have sounded the depths of the Spirit of God and were granted the gift of eloquence as well. O father Gregory, plead with Christ God to save our souls.

Of the Church

Kontákion

Tone 1

O Christ God, you sanctified the Virgin's womb by your birth and blessed Simeon's hands; now you have come and saved us. Grant peace to your people in time of war and strengthen the rulers whom you have loved, for you are the only Lover of the human race.

Triságion**Prokeimenon Ps 48 Tone 1**

⁴ My mouth will speak about wisdom;
the meditation of my heart will be about understanding.

¹ All you nations, listen to these words;
all who live in the world, be attentive.

Apostolos

From the Letter of the Apostle Paul to the Hebrews (7:23-8:2)

Brothers, the former priests were many in number, because they were prevented by death from continuing in office; ²⁴but *Jesus* holds his priesthood permanently, because he continues for ever. ²⁵Consequently he is able for all time to save those who approach God through him, since he always lives to make intercession for them. ²⁶For it was correct that we should have such a high priest, holy, blameless, unstained, separated from sinners and exalted above the heavens. ²⁷He has no need, like those high priests, to offer sacrifices daily, first for his own sins and then for those of the people. He did this once for all when he offered himself. ²⁸Indeed, the law appoints men in their weakness as high priests, but the word of the oath, which came later than the law, appoints a Son who has been made perfect for ever. Now the point in what we are saying is this. We have such a high priest, one who is seated at the right hand of the throne of the Majesty in heaven, ²a servant in the sanctuary, the true tent which has been set up not by man but by the Lord.

Alleluia Ps 36 Tone 2

³⁰ The mouth of the just will meditate on wisdom
and his tongue speak about judgement

³¹ The law of his God is in his heart
and his footsteps will not falter.

Lk 15 Gospel

From the Holy Gospel according to Luke (19:1-10)

At that time Jesus entered Jericho and was passing through. ² And there was a man named Zacchaeus; he was a chief tax collector, and rich. ³ And he sought to see who Jesus was, but could not, on account of the crowd, because he was small of stature. ⁴ So he ran on ahead and climbed up into a sycamore tree to see him, for he was to pass that way. ⁵ And when Jesus came to the place, he looked up and said to him, "Zacchaeus, make haste and come down; for I must stay at your house today." ⁶ So he made haste and came down, and received him joyfully. ⁷ And when they saw it they all murmured, "He has gone in to be the guest of a man who is a sinner." ⁸ And Zacchaeus stood and said to the Lord, "See, Lord, the half of my goods I give to the poor; and if I have defrauded

anyone of anything, I restore it fourfold.” ⁹ And Jesus said to him, “Today salvation has come to this house, since he also is a son of Abraham. ¹⁰ For the Son of man came to seek and to save the lost.”

Communion Ps 148

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