

SUNDAY 1 FEBRUARY 2026

+Forefeast
+Tax collector and Pharisee
 Martyr Tryphon of Kampsada in Syria C3
34th Sunday Tone 1 & Eothinón 1

VESPERS

Lord I have cried

Tone 1

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 holy Lord, accept our evening prayers and grant us remission of sins, for you alone have revealed the resurrection to the world

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

O people, encircle Zion and surround her. Give glory in her to the *Lord* who rose from the dead, for he is our God, who has rescued us from our offences.

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

O Lord listen to my voice.

O people, come, praise and fall down before Christ as we glorify his resurrection from the dead, for he is our God, who has rescued the world from the deceit of the enemy.

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

Let the heavens, be glad and the foundations of the earth sound trumpets. Let the mountains sing with joy. See Emmanuel has nailed our sins to the cross. The Giver of life has killed death and raised Adam, for he is the Lover of the human race.

Tone 1

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

But there is forgiveness with you.

O Brothers, do not let us pray like the Pharisee for the one who exalts himself will be humbled. Let us prepare to abase ourselves by fasting and cry aloud with the voice of the Tax Collector, “O God, forgive us sinners.”

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 Pharisee went up to the Temple with a proud and empty heart, while the Tax Collector bowed himself in repentance. O Master, they both stood before you. The one lost his reward through boasting, while the other won your blessing with tears and sighs. O Christ our God, strengthen me as I weep in your presence, for you are the Lover of the human race.

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

Let us praise the Word who is co-eternal with the Father. He came ineffably from the virgin womb and willingly accepted the cross and death for our sake. He was raised in glory. We say, “Glory to you, O life-giving Lord, *for you are* the Saviour of our souls!”

Tone 4

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

The honourable Temple prepares to receive within herself the Lord who comes as an infant. She spiritually illuminates the faithful and God-loving assembly with grace. She cries out, “O Word, you became an infant in the flesh for my sake. You are my glory, boast and adornment of my fullness.

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

The most splendid bridal-chamber, the all-honourable Tabernacle, the holy and spacious Temple, carries the Lord into the chambers of the Temple. She betrothes him beforehand to his honourable Church. She prays to him that those who rightly glorify her as the Theotokos, may be rescued from corruption and dangers.

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

Let us now offer Christ the praise of the Forefeast as we glorify his condescension, for he is brought as an infant in the arms of the Virgin. He comes to lie in the arms of Simeon who prophesies to the whole human race that, as Benefactor and Lord, he will make its nature divine.

Glory: Tone 8

O almighty Lord, I know the value of tears. They saved Hezekiah from the gates of death and rescued the prostitute from repeated sins. Tears justified the Tax Collector instead of the Pharisee. O Lord, I pray to you, "Number me with the former and have mercy on me.

Both now: Tone 1

Let us praise the Virgin Mary, the gate of heaven, the glory of the world, the song of the angels and the beauty of the faithful. She was born from man, yet gave birth to God; she was revealed as heaven and the temple of the Divinity. She destroyed the middle wall of enmity. She commenced the peace and opened the palace of the King. Because we have her as the anchor of faith, our defender is the Lord whom she bore. Courage, courage, O people of God! For Christ will destroy our enemies since he is all-powerful.

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 1

O Christ, we have been freed from passions by your passion and have been rescued from corruption by your resurrection. O Lord, glory to you!

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

Let creation rejoice! Let the heavens be glad! Let the nations clap their hands with joy! For Christ our Saviour has nailed our sins to the cross. He has given life by slaying death and raised fallen Adam, *for he is the Lover of the human race.*

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

O incomprehensible *Lord*, you were willingly crucified because of your love for the human race as King of heaven and earth. Hades was angry when it met you below. Adam rose when he saw you, the Creator, under the earth. Wonder! How has the Life of all tasted death? He wished to enlighten the world which cries, "O Lord, who rose from the dead, glory to you!"

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

The myrrh-bearing women came speedily and tearfully to your tomb. They did not find your most pure body, but learnt about the new and glorious wonder from the angel. They told the apostles, "The Lord is risen and has granted the world great mercy."

Glory: Tone 5

O Lord, the weight of my offences burdens my eyes and I cannot lift my gaze to the heights of heaven; accept me in repentance, as you accepted the Tax Collector. O Saviour, have mercy on me.

Both now: Tone 2

The holy Lord is brought to the Temple and offered by the Virgin. Simeon received him in his outstretched arms with great joy. He cried out, “O Master, now let your servant depart in peace, for my eyes have seen your salvation.”

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

APOLYTÍKIA

Tone 1

O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, “Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!”

Tone 1

The heavenly choir of angels has come down to the earth to see the First-born of creation, who had been born from an unwedded mother, while he was being brought into the Temple as an infant. The angels join us in our hymn of preparation.

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 1

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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*

Kathísmá 1

Tone 1

O Saviour, the soldiers who kept watch over your tomb fell down as dead at the lightning flash of the angel who appeared and proclaimed the resurrection to the women. We glorify you, *for you are* the destroyer of corruption. You alone are our God who rose from the tomb; we all fall down before you.

Glory:

O merciful *Lord*, you were willingly nailed to the cross. O Giver of life, you were laid in the tomb as though dead. Almighty *Master*, you wiped out the power of death by your death. The gatekeepers of Hades trembled before you. Only Lover of the human race, you raised with you the dead from all the ages.

Both now: Tone 1

The *Lord* who is enthroned with the Father has come to earth and was born from the Virgin. The infinite *God*, the timeless *Lord*, becomes a new-born Child. Simeon was filled with joy, received him into his arms and said to him, "O merciful Lord, now you can dismiss your servant in joy."

Kathísmá 2

The women who came early to your tomb trembled at the sight of the angel. The tomb shone with life and this wonder amazed them. They returned and announced the resurrection to the disciples, "Christ, *who is* alone mighty and powerful, has despoiled Hades. He has raised up all those who are in corruption and released the human race from fear of condemnation through the power of the cross."

Glory:

The Life of all was nailed to the cross. The immortal Lord, the Saviour who rose on the third day and raised Adam from corruption, was counted among the dead. Therefore, O Giver of Life, the powers of heaven cry out, "Glory to your resurrection! Glory to your condescension, only Lover of the human race!"

Both now: Tone 4

O Simeon, you carried Christ our God in your aged hands; he had been born as a Child in the flesh from the unwedded Mother. You magnificently received both the news of your departure and the inexhaustible grace of miracles. Therefore we all rightly glorify 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 Thief stole Paradise through repentance. The wailing of the myrrh-bearing women brought joy to light, for you have risen and grant the world great mercy.

ANAVÁTHMI TONE 1

Antiphon 1 Ps 119

I call to the Lord in my distress,
"Listen to my grief."

The longing for God is unceasing for those in the desert;
they are removed from the emptiness of the world.

Glory: Both now:

Honour and glory are due to the Holy Spirit,
as also to the Father together with the Son
and so we praise the Trinity, one in might.

Antiphon 2 Ps 120

O God, you have exalted me to the hills of your laws;
make me shine with virtues so that I may praise you.
O Word, take me by your right hand; guard and keep me,
so that the fire of sin does not burn me.

Glory: Both now:

The whole creation is renewed in the Holy Spirit.
It returns to its pristine state,
for he is equal in might with the Father and the Word.

Antiphon 3 Ps 123

My soul rejoiced and my heart is glad
with those who said to me,
“Let us go to the courts of the Lord.” ^{Ps 123}
Great fear will be in the house of David for there,
when the thrones are placed,
every tribe and tongue of the earth will be judged.

Glory: Both now:

It is right to offer glory, might and power to the Holy Spirit,
as to the Father and the Son,
for the Trinity is one in being, but not in persons.

PROKEÍMENON Ps 11

R: I will rise now,” says the Lord;
“I will place them in safety *and* speak openly about it.”
S: The Lord’s promises are pure words.

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

Tone 1

You rose from the tomb as God in glory and raised the world with you. O Master, human nature praises you as God, for death has vanished. Adam exults and Eve rejoices, for she is freed from bondage and cries to you, “O Christ, you grant resurrection to everyone.”

Ikos

Let us sing the praises of the Almighty God, who rose on the third day. He shattered the gates of Hades and raised those who had been dead from all the ages. He appeared to the myrrh-bearing women in his good pleasure and told them first to rejoice. He sent them to bring the good news to the Apostles. They announced the signs of victory to the disciples. O Christ, Hades groaned and death lamented, while the world and all peoples rejoiced together, for you grant resurrection to everyone.

Synaxárion

Today we remember the holy martyr Tryphon of Campsada in Syria who lived in the Third Century. He was a humble peasant who tended flocks of geese. He refused to sacrifice to the pagan gods, was stripped, tortured, dragged through the city and beaten. Finally he was beheaded. Tryphon was enrolled as the First in February.

Together with him we remember:

Martyrs Perpetóúa of Carthage and Companions C3
Abbot Seiriol of Anglesey C6
Uny of Western Cornwall C6
Abbess Bridget of Kildare C6

Ypómnima

Today we commemorate the Parable of the Prodigal Son which comes in the Holy Gospel and which our divine fathers placed in the Triodion. May the one who is a wanderer like me approach with trust and peace, for the door of divine mercy has been opened to everyone. O Christ our God, have mercy on us in your ineffable love for the human race. Amen.

Katavasías

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 1

From the Holy Gospel according to Matthew (28:16-20)

At that time the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷ And when they saw him they worshiped him; but some doubted. ¹⁸ And Jesus came and said to them, "All authority in heaven and on earth has been given to me.

¹⁹ Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age." 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, Joachim and Anna, of the Holy Martyr Tryphon, 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.

Exapostolária

Tone 1

Let us gather with the disciples on the mountain in Galilee. Let us see Christ in faith and hear him say, "All authority in heaven and on earth has been given to me." Let us learn to baptize every nation in the name of the Father and of the Son and of the Holy Spirit and to know how he is with us always, even to the close of the age.

Tone 3

O holy *martyr*, you are filled with the amazing and heavenly blessedness; you have become a companion of the holy angels although you once herded sheep in the valleys. O holy and great-martyr Tryphon, you have received the power to heal the sick from God, and to banish weakness and illness from the human race.

When the all-pure Virgin carried her infant into the sanctuary to fulfil the Law, the just Simeon received him in his arms and said to the Virgin, "This Child is set for the fall and rising again of many, and for a sign to the world."

Praises

Tone 1

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 Christ, we praise your saving passion and glorify your resurrection.

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

O Lord, you have endured the cross, made death of no effect and have risen from the dead. Grant peace in our lives, for you are the only almighty *Lord*.

Tone 2

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

You have plundered Hades and raised man by your resurrection. O Christ, make us worthy to praise and glorify you with purity of heart.

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

O gates of heaven, open wide, for Christ is offered as a baby to God the Father in the Temple by the virgin Mother.

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

O Simeon, receive the Lord of glory whom you were promised by the Holy Spirit; see now he comes.

Tone 1

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

Let everything with breath praise the Lord.

O Brothers, do not let us pray like the Pharisee for the one who exalts himself will be humbled. Let us prepare to abase ourselves by fasting and cry aloud with the voice of the Tax Collector, "O God, forgive us sinners."

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

A Pharisee overcome with pride, and a Tax-Collector, prostrate in repentance, came to you, the only Master. The one boasted and was deprived of blessings. The other was silent, but accounted worthy of gifts. O Christ our God, strengthen me in his cries of sorrow, for you love the human race.

Tone 3

S1: O Lord, I will thank you with all my heart;

I will recount all your wonders.

let your hand be exalted *and* do not always forget the poor.

O my soul, now that you see the difference between the Pharisee and the Tax Collector, flee from the pride of such a boaster. Emulate instead the prayer of repentance and cry aloud, "O God, be merciful to me, a sinner."

Glory: Tone 8

O Lord, you have condemned the Pharisee, who justified himself by boasting about his deeds. You have justified the tax-collector, who abased himself and pleaded for mercy with sorrowful cries. For you reject arrogant imaginings, but you do not despise a contrite heart. Therefore we fall down before you in humiliation, for you have suffered for us, "Grant us forgiveness and great mercy."

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 144.2

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 32.22

¹⁶ Blessed are you, O Lord!

Teach me your statutes. X3 Ps 118.12

¹² O Lord, you have been our refuge

from generation to generation. Ps 89.1

I said, "O Lord, have mercy on me;

heal my soul, for I have sinned against you." Ps 40.5

¹⁴ O Lord, I have fled to you;

teach me to do your will, for you are my God. Ps 142.10

¹⁵ For with you is the source of life

and in your light we will see light. Ps 35.10

¹⁶ Stretch out your mercy

to those who know you. Ps 35.11

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

Antiphon 3 Ps 94

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

R: O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, “Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!”

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 1

O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, “Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!”

Tone 4

O Lord our God, your holy martyr Tryphon has received an incorruptible crown from you because of his struggle. For since he had your strength, he laid low the tyrants and shattered the powerless audacity of demons. Save our souls through his prayers.

Tone 1

The heavenly choir of angels has come down to the earth to see the First-born of creation, who had been born from an unwedded mother, while he was being brought into the Temple as an infant. The angels join us in our hymn of preparation.

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

Prokeímenon Ps 75 Tone 8

R: Make vows and repay them to the Lord our God.

S: God is known in Judah;
his name is great in Israel.

Apostolos

From the Second Letter of Paul to Timothy (3:10-15)

My son Timothy, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness,¹¹ my persecutions, my sufferings, what befell me at Antioch, at Ico'num, and at Lystra, *and* what persecutions I endured; yet the Lord rescued me from them all.¹² Indeed all those who desire to live a godly life in Christ Jesus will be persecuted,¹³ while evil men and impostors will go on from bad to worse, deceivers and deceived.¹⁴ But as for you, continue in what you have learnt and have firmly believed. Recognise from whom you learnt it¹⁵ and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

Alleluia Ps 94 Tone 8

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

S2: Let us enter his presence with thanksgiving.

Gospel

From the Holy Gospel according to Luke (18:9-14)

The Lord spoke this parable: Two men went up into the temple to pray, one a Pharisee and the other a tax collector.¹¹ The Pharisee stood and prayed thus with himself, 'God, I thank thee that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector.¹² I fast twice a week, I give tithes of all that I get.'¹³ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!'¹⁴ I tell you, this man went down to his house justified rather than the other; for every one who exalts himself will be humbled, but he who humbles himself will be exalted.

Communion Ps 148

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