

SUNDAY 29 MARCH 2026
+ Sunday of Mary of Egypt
Hieromartyr Mark and Companions of Arethousia C4
42nd Sunday Tone 1 & Eothinón 9

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.

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

But there is forgiveness with you.

Let us praise *the Lord* who was willingly crucified in the flesh for us. He suffered and was buried, but rose from the dead. We say, “O Christ, confirm your Church in Orthodoxy and grant peace for our life, since you are the gracious Lover of the human race.”

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 Christ our God, we stand unworthily before your life-bearing tomb and offer glory to your ineffable compassion. O sinless *Lord*, you have accepted the cross and death in order to grant resurrection to the world as the Lover of the human race.

Tone 6

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

O wise *saint* of God, after you had set your hope on heavenly things, you stood before the doors of the church. You were polluted with evil and unable to enter. You were accused by your conscience, but converted to a better way of life. O mother Mary, as you looked at the icon of the blessed Mother of God, you condemned all your past sins and went to bow before the precious cross. X2

S2: Every nation, praise the Lord;

every people, acclaim him!

After you had worshipped with great joy at the holy places, you received saving grace for your journey of virtue. You quickly set out to follow the narrow path, crossed the river Jordan and went to live where the Baptist had lived. You tamed the savagery of the passions through self-denial. You broke the rebellion of your flesh through violence and seized the kingdom of God by force.

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

You lived alone in the wilderness. As you erased the images of sin from your soul, God marked it with the imprint of holiness. O blessed mother, you were filled with the Spirit and walked on the surface of the waters. You ascended from earth to heaven by your prayers. O glorious Mary, since you stand before Christ, boldly plead with him to save our souls.

Glory: Tone 4

O Christ, the power of your cross has worked a wonder. By means of it a prostitute became a champion of the ascetic life. She cast aside her weakness and bravely fought the Devil. Now that she has won the prize of victory, she ceaselessly prays for our souls.

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 2

You cut down the corrupt desires of your soul and the passions of your flesh with the sword of abstinence. You strangled your sinful words and thoughts with the silence of the wilderness. You watered the desert with the streams of your tears. You made the fruits of repentance grow for us. O holy *woman*, we celebrate your memory.

Both now:

A new miracle surpasses all ancient miracles. Who knows of a mother who gave birth without a man and carried her Creator in her arms? This birth is the will of God. O most pure One, since you carried him as an infant in your arms and since you possess motherly boldness before him, continually pray for us who honour you, that he may be bountiful and save our souls.

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 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 8

O mother, the image of God was truly preserved in you, for you took up your cross and followed Christ. In doing this, you taught us to disregard the flesh, for it passes away, but to care for the soul, for it is immortal. Therefore your spirit, O Mary, rejoices with the angels.

O good *Lord*, you were born from a virgin for us. You suffered crucifixion, plundered death through death and, as God, you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful *Lord*, reveal your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, *for she is an intercessor*, and save your despairing people.

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

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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*

Kathísma 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:

We know you are the Theotokos and we all yearn to seek refuge in your goodness. After childbirth you remained truly a virgin. Only pure *Lady*, we sinners truly have you for protection, and as our salvation in temptation.

Kathísma 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:

O Mary, exalted vessel of the Master, raise us who have fallen into a bottomless pit of despair, sin and affliction, for you are the salvation, aid and powerful protection of sinners; you save your servants.

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 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.”

Íkos

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.

Synaxarion

Today we remember the holy martyrs Mark, Bishop of Arethousia, his deacon Kyril, and their companions who lived in the Fourth Century. He destroyed a pagan temple and was ordered to restore it by Emperor Julian the Apostate. Initially he fled from the city, but then returned. He was stripped, beaten and stabbed by the pagan crowd, then covered in honey and hung up to be attacked by bees and wasps. The emperor did not want a martyr and ordered his release. On the Twenty Ninth the saints entered the heavenly gates.

Together with them we remember:

Bishop and Confessor Efstáthios of Vithynia C9

Ypómnia

On the fifth Sunday of the Fast we commemorate our just mother, Mary the Egyptian. The anniversary of this devout soul occurs on the first of April when the records of her life were compiled. Her remembrance today towards the end of these Forty Days is made to arouse the slothful and to urge sinners to repentance by emulating her example. Therefore, O God, have mercy on us and save us through her intercessions. Amen.

Katavasías

1: I will open my mouth and be filled with the spirit. I will sing a song to the Queen and Mother. I will come, rejoice in the feast and praise all her glory.

3: O Theotokos, living and inexhaustible fountain, in your divine glory spiritually establish your choir which is assembled in chorus. Make them worthy *to receive* crowns of glory in your mercy.

3: O Theotokos, living and inexhaustible fountain, strengthen those who are united in spiritual fellowship and who sing your praises. Make them worthy *to receive* crowns of glory in your divine glory.

4: The counsel of God cannot be scrutinised. The Most High was incarnate from a Virgin. The prophet Habakkuk foresaw this and cried, “Glory to your power, O God!”

5: O Virgin, all creation was amazed at your divine glory, for you knew no man. You held thee God of all in your womb and gave birth to the eternal Son. You order salvation for all those who praise you.

6: O devout people, come and clap hands while we observe this divine and most precious feast of the Mother of God. Let us glorify God who was born from her.

7: The devout youths worshipped the Creator rather than created things. They courageously trampled on the threatening fire and joyfully sang, “Blessed are you, most praised Lord, the God of our fathers.”

8: Let us praise, bless and worship the Lord. The *Lord* who was born from the Theotokos saved the holy children in the furnace. The one who was then prefigured has now been born on earth and gathers the whole inhabited earth to sing, “All you works of the Lord, bless the Lord 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 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." ²⁰ When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. ²¹ Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." ²² And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. ²³ If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." ²⁴ Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. ²⁵ 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." ²⁶ 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." ²⁷ 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." ²⁸ Thomas answered him, "My Lord and my God!" ²⁹ Jesus said to him, "Have you believed because you have seen me, Thomas? Blessed are those who have not seen and yet believe." ³⁰ Now Jesus did many other signs in the presence of the disciples, which are not written in this book; ³¹ 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 Life-giver, open the doors of repentance to me, for my spirit rises early to pray towards your holy Temple, as I carry the temple of my body all defiled. But purify me by the loving kindness of your mercy in your compassion.

Both now:

O Theotokos, lead me along the paths of salvation, for I have profaned my soul with shameful sins and wasted my life in laziness. But release me from every impurity through your intercessions.

Have mercy:

When I think about the many evil things which I have done, wretch that I am, I tremble at the fearful day of judgment. But since I trust in your loving kindness, I cry to you like David, “O God, have mercy on me according to your 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 holy mother Mary of Egypt, of the holy martyrs Mark, Bishop of Arethousia, his deacon Kyril, and their companions, 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. XI2

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: Let every earthborn mortal spiritually rejoice and carry lamps. be radiant and spiritually leap for joy. Let the ranks of angelic powers celebrate as they honour the sacred wonders of the Theotokos and cry, “Hail, O pure and blessed Ever-virgin who gave birth to God!”

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!”

O just Mary, we have taken you as an image of repentance. Implore Christ to grant us this repentance in the time of the Fast, so that we may praise you in songs with faith and desire.

O Virgin Mary, sweetness of the angels, light of the human race, protector of the world, rescue from sin the faithful who sing to you as the Theotokos.

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*.

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 Christ, we praise you and glorify your divine condescension. You were born from a virgin, yet did not part from the Father. You suffered as man and willingly endured the cross. You rose from the grave as though from a bridal chamber so that you might save the world. O Lord, glory to you!

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

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

O wise *saint* of God, after you had set your hope on heavenly things, you stood before the doors of the church. You were polluted with evil and unable to enter. You were accused by your conscience, but converted to a better way of life. O mother Mary, as you looked at the icon of the blessed Mother of God, you condemned all your past sins and went to bow before the precious cross. *X2*

S2: I truly waited for the Lord;
 he was attentive to me and listened to my plea.

After you had worshipped with great joy at the holy places, you received saving grace for your journey of virtue. You quickly set out to follow the narrow path, crossed the river Jordan and went to live where the Baptist had lived. You tamed the savagery of the passions through self-denial. You broke the rebellion of your flesh through violence and seized the kingdom of God by force.

S1: He set my feet on a rock
and guided my steps.

You lived alone in the wilderness As you erased the images of sin from your soul, God marked it with the imprint of holiness. O blessed mother, you were filled with the Spirit and walked on the surface of the waters. You ascended from earth to heaven by your prayers. O glorious Mary, since you stand before Christ, boldly plead with him to save our souls.

Glory: Tone 1

The kingdom of God is not food and drink, but truth and abstinence in holiness, so the rich will not enter it, but only those who place gifts in the hands of the poor. This also is the teaching of David the prophet, “The just man is merciful all the day; he delights in the Lord. Walking in the light he will not stumble.” This is recorded for our instruction so that we might complete the fast with good works and the Lord will reward us.

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 8

O mother, the image of God was truly preserved in you, for you took up your cross and followed Christ. In doing this, you taught us to disregard the flesh, for it passes away, but to care for the soul, for it is immortal. Therefore your spirit, O Mary, rejoices with the angels.

Of the Church

Kontákion

Tone 8

O Theotokos, champion commander, I your city, saved from calamities, ascribe to you songs of victory and hymns of thanksgiving. Since you possess invincible might, free us from every danger, so that we may cry to you, “Hail, O bride unwedded!”

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.

Apóstolos

From the Letter of Paul to Hebrews (9:11-14)

Brothers, when Christ appeared as a high priest of the good things that

have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) ¹² he entered once for all into the Holy Place. He did not take the blood of goats and calves, but his own blood and therefore secured an eternal redemption. ¹³ For if the sprinkling of defiled persons with the blood of goats and bulls, and with the ashes of a heifer, sanctifies for the purification of the flesh, ¹⁴ how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

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 Mark (10:32-45)

At that time Jesus was taking his twelve disciples and began to tell them what was to happen to him, ³³ saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; ³⁴ and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." ³⁵ And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." ³⁶ And he said to them, "What do you want me to do for you?" ³⁷ And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." ³⁸ But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" ³⁹ And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; ⁴⁰ but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." ⁴¹ And when the ten heard it, they began to be indignant at James and John. ⁴² And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. ⁴³ But it shall not be so among you; but whoever would be great among you must be your servant, ⁴⁴ and whoever would be first among you must be slave of all. ⁴⁵

For the Son of man also came not to be served but to serve, and to give his life as a ransom for many.”

Communion Ps 148

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