

**SUNDAY 24 MAY 2026**  
**Fathers of Nikéa**  
**Siméon the Younger of the Wonderful Mountain C6**  
**7<sup>th</sup> Sunday after Pascha - Tone 6 & Eothinón 10**

**VESPERS**

**Lord I have cried**

Tone 6

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison that I may acknowledge your name.  
O Christ, you were victorious over Hades. You ascended the cross  
and raised with you those who sat in the shadow of death, for you are  
free among the dead and pour out life from your light. O almighty  
Saviour, have mercy on us.

S9: The just will wait for me, until you reward me.  
Today Christ has trampled on death, for he has risen as he said and  
granted joy to the world, so that we may all sing this hymn, "O  
unapproachable Light, Source of life, almighty Saviour, have mercy  
on us."

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

O Lord listen to my voice.

O Lord, where shall we sinners flee from you, for you are in all  
creation? In Heaven? It is there that you live. In Hades? It is there  
that you trampled on death. In the depths of the sea? Even there is  
your hand, O Master. As we flee to you and fall down before you,  
we pray, "You rose from the dead; have mercy on us."

Tone 6

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

The Lord ascended to heaven in order to send the Advocate into the  
world. The heavens prepared his throne and the clouds his royal  
mount. The angels were amazed when they saw a man exalted. The  
Father awaits the Son who is eternally in his bosom. The Holy Spirit  
commands the angels, "O gates, lift up your heads! All you nations,  
clap your hands, for Christ has ascended to where he was before."

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

But there is forgiveness with you.

The Cherubim were amazed by your ascension when they saw the  
God of angels ascending on clouds. We glorify you, for your mercy  
is good; glory to you, O Lord!

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, the splendour of the Father's glory, we praise the likeness  
of your appearance as we witness your ascension from the mount.  
We bow in worship before your passion and honour your  
resurrection. We glorify your glorious ascension. O Lord, have  
mercy on us.

Tone 6

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

You were begotten from the Father before the Morning Star, but  
Arius wrongfully taught that you were created. In his ignorance he  
designated you as a creature, yet the fathers of the council  
proclaimed you as Son of God, enthroned with the Father and the  
Holy Spirit.

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

He will redeem Israel from all his offences.  
O Saviour, who has torn your spotless clothing? Who has challenged  
the unity of the triune Divinity? It is Arius, for he denied that you  
are equal to the Father. Those who follow him do not believe that  
God took flesh for our sake, but the fathers of the council proclaimed  
you as Son of God, enthroned with the Father and the Holy Spirit.

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

Arius fell into the abyss of sin. He simulated blindness so that he  
could not see the Light. Through his wilfulness he became the image  
of Judas, but the council at Nikea proclaimed you as Son of God,  
enthroned with the Father and the Holy Spirit.

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

The foolish Arius blasphemed the Holy Trinity when he divided the  
Persons into three different and unequal Beings, but the God-clothed  
fathers denounced his confusion. They assembled with the zeal of  
Ilias, destroyed error with the sword of the Spirit and were directed  
by the inspiration of God.

Glory: Tone 6

Today let us praise the mystical trumpets of the Spirit, the God-  
bearing fathers, who stand in the midst of the Church. They sing true  
theology and praise the immutable Trinity. They laid low the errors  
of Arius and upheld the Orthodox faith. They always plead with the  
Lord to have mercy on our souls.

Both now: Tone 6

Most holy Virgin, who will not bless you? Who will not sing about  
your most pure childbearing? O pure *Lady*, the only-begotten Son  
shone timelessly from the Father, but was ineffably incarnate from  
you. He was God by nature, but became man for our sake. He was  
not divided into two persons, but known as one in two natures. O  
honoured and all-blessed Lady, plead with him to have mercy on our  
souls.

**Phos Ilarón**

P/D: Wisdom! Stand upright!

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

For it is right at all times to worship you

with voices of praise,

O Son of God *and* Giver of life.

Therefore the world glorifies you.

**Prokeímenon Ps 92 Tone 6**

P/D: The Evening Prokeímenon

R: The Lord reigns

*and* is clothed with beauty.

S1: The Lord is covered

and surrounded with power.

S2: He founded the world

which will not be moved.

**Prophecy 1**

From the Book of Genesis (14:14-20)

In those days when Abram heard that his kinsman had been taken  
captive, he led forth his trained men, born in his house, three hundred  
and eighteen of them, and went in pursuit as far as Dan. <sup>15</sup>And he  
divided his forces against them by night, he and his servants, and  
routed them and pursued them to Hobah, north of Damascus. <sup>16</sup>Then  
he brought back all the goods, and also brought back his kinsman Lot  
with his goods, and the women and the people. <sup>17</sup>After his return  
from the defeat of Ched-or-lao'mer and the kings who were with him,  
the king of Sodom went out to meet him at the Valley of Shaveh (that  
is, the King's Valley). <sup>18</sup>And Mel-chiz'edek king of Salem brought  
out bread and wine; he was priest of God Most High. <sup>19</sup>And he  
blessed him and said, "Blessed be Abram by God Most High, maker

of heaven and earth; <sup>20</sup>and blessed be God Most High, who has delivered your enemies into your hand!"

### Prophecy 2

The Reading from Deuteronomy (1:8-11, 15-17)

Thus says the Lord: See, I have set the land before you; go in and take possession of the land which the Lord swore to your fathers, to Abraham, to Isaac, and to Jacob, to give to them and to their descendants after them.<sup>9</sup> "At that time I said to you, 'I am not able alone to bear you; <sup>10</sup>the Lord your God has multiplied you, and behold, you are this day as the stars of heaven for multitude. <sup>11</sup>May the Lord, the God of your fathers, make you a thousand times as many as you are, and bless you, as he has promised you! <sup>15</sup>So I took the heads of your tribes, wise and experienced men, and set them as heads over you, commanders of thousands, commanders of hundreds, commanders of fifties, commanders of tens, and officers, throughout your tribes. <sup>16</sup>And I charged your judges at that time, 'Hear the cases between your brethren, and judge righteously between a man and his brother or the alien that is with him. <sup>17</sup>You shall not be partial in judgment; you shall hear the small and the great alike; you shall not be afraid of the face of man, for the judgment is God's; and the case that is too hard for you, you shall bring to me, and I will hear it.'

### Prophecy 3

The Reading from Deuteronomy (10:14-21)

Thus says the Lord: See, to the Lord your God belong heaven and the heaven of heavens, the earth with all that is in it; <sup>15</sup>yet the Lord set his heart in love upon your fathers and chose their descendants after them, you above all peoples, as at this day. <sup>16</sup>Circumcise therefore the foreskin of your heart, and be no longer stubborn. <sup>17</sup>For the Lord your God is God of gods and Lord of lords, the great, the mighty, and the terrible God, who is not partial and takes no bribe. <sup>18</sup>He executes justice for the fatherless and the widow, and loves the sojourner, giving him food and clothing. <sup>19</sup>Love the sojourner therefore; for you were sojourners in the land of Egypt. <sup>20</sup>You shall fear the Lord your God; you shall serve him and cleave to him, and by his name you shall swear. <sup>21</sup>He is your praise; he is your God, who has done for you these great and terrible things which your eyes have seen.

### 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.*

### Lití

Tone 3

The holy fathers are the renowned keepers of the apostolic tradition. These saints rightly taught about the undivided Trinity. Their assembly dethroned Arius and those with him. The Macedonians who rejected the authority of the Church were convicted. Nestorios, Eftymios, Dioskoros, Savellios and Severus were judged. O Lord, we implore you to rescue us from these powers and to preserve our lives in peace.

### Apósticha

Tone 6

O Christ our Saviour, the angels in heaven sing hymns to your resurrection. Enable us who are on earth to glorify you with purity of heart.

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

You destroyed the gates of brass, broke the chains of Hades and raised the fallen human race, for you were almighty God. Therefore we cry out in unison, "O Lord, glory to you who rose from the dead!"

S2: For he founded the world which will not be moved. Ps 92  
Christ who desired to restore us after our fall, was nailed to the cross and placed in a tomb. The myrrhbearing women sought him with tears and cried, "Woe to us, O Saviour! How do you stoop to live in the tomb? What place can hide your life bearing body? Come to us as you promised; take away our lamentation and tears." Then the angel appeared to them and cried, "End your lamentation. Go and proclaim to the apostles that the Lord has risen; he grants us pardon and great mercy."

S3: O Lord, holiness is right for your house to length of days. Ps 92  
O Christ, you have been crucified as you determined and you captured death by your burial. You rose on the third day as God in glory, and have granted the world eternal life and great mercy.

Glory: Tone 4

Today we celebrate the annual memory of the God-bearing fathers who assembled at Nikea. They laid low the godless doctrines of Arius, drove him from the unity of the Catholic Church and teach us now to acknowledge the consubstantial and co-eternal Son of God. They expressed this clearly in the symbol of faith and we follow their divine doctrines since we believe in and serve the Son with the Father and the all-Holy Spirit, the consubstantial Trinity and unique Divinity.

Both now: Tone 4

O Lord, the mystery hidden from the nations before the ages was fulfilled when you brought your disciples to the Mount of Olives. Your mother was present and her maternal suffering at your passion now granted her eternal joy. O Master, we also share in your ascension to heaven and glorify the great mercy which you have shown us.

### Song of Simeon

B/P: O Master, now let your servant depart in peace  
according to your word,  
<sup>2</sup> for my eyes have seen your salvation,  
which you have prepared before all peoples,  
<sup>3</sup> a light of revelation for *the* nations  
and *the* glory of your people Israel.

### Triságion Prayers

#### Apolytikia

Tone 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 8

O Christ our God, you are most glorious, for you have established the holy fathers as lights on the earth. Through them you have guided us to the true faith. Glory to you, O greatly compassionate *Lord!*

Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

### 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*

### Kathisma 1

Tone 6

When the tomb was opened, Hades lamented and Mary cried to the Apostles *who were* in hiding, "O workers of the vineyard, come out and proclaim the word of the resurrection, 'The Lord has risen and grants the world great mercy.'"

Glory:

Mary Magdalene stood beside your tomb and, because she thought that you were the gardener, said with loud lamentation, "Where have you hidden the Eternal Life? Where have you laid the one who sits on the throne of the Cherubim? Those who were guarding him have died with fright. Either give me my Lord or cry out with me, 'Glory to you, for you were among the dead, yet you made the dead rise!'"

Both now:

O Theotokos, Gideon foreshadowed your conceiving and David revealed your childbearing, for the Word descended into your womb like rain on the fleece. O holy *Lady*, full of grace, you brought into flower without seed the Salvation of the world; *he is* Christ our God.

### Kathisma 2

Tone 6

Life lay in the tomb and the seal lay over the stone. The soldiers guarded Christ like a sleeping King. When he had invisibly struck his enemies, the Lord rose.

Glory:

O immortal Lord, Jonah prefigured your burial and Simeon foretold your divine resurrection. For you went down as a corpse into the tomb and shattered the gates of Hades. O Christ our God, Enlightener of those in darkness, you rose as Master without corruption for the salvation of the world.

Both now:

O Virgin Theotokos, pray to your Son, Christ our Lord, who was willingly nailed to the cross and rose from the dead so that he might save our souls.

### 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

O Christ, you have shattered the gates of Hades as God and have opened to us the former Paradise by your voluntary and life-giving death. You have saved our lives from corruption by rising from the dead.

### Anaváthmi

Antíphon 1

O Word, I raise my eyes to you in heaven;  
have pity on me so that I may live for you. *Ps 122*  
O Lord, have mercy on us who are of no worth  
and restore your vessels for service.

Glory: Both now:

The cause of salvation is in the Holy Spirit;  
if he decides to breathe on one of these,  
he quickly raises him from earthly things, gives him wings,  
makes him grow and gives him standing above.

Antíphon 2

If the Lord had not been among us,  
none of us could have firmly struggled with the enemy,  
but the victors will be exalted. *Ps 123*  
O Word, do not let my soul be taken like a sparrow in their teeth.  
Alas! How can I, a lover of sin, be set free from the enemies?

Glory: Both now:

Everyone is made divine  
and given joy, peace and blessing through the Holy Spirit,  
for he is equally active with the Father and the Lord.

Antíphon 3

Those who trust in the Lord are fearful to their enemies  
and objects of wonder to everyone,  
for their vision is above. *Ps 124*

O Saviour, the land of the just has you for helper  
and will not extend its hands to do wrong.

Glory: Both now:

The power over everyone is vested in the Holy Spirit;  
the hosts of heaven worship him as also every earthly breath.

### Prokeímenon Ps 79

R: O Lord, stir up your power and come to save us.

S: O Shepherd of Israel, be attentive.

### 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

*Without note*

The preaching of the Apostles and the teaching of the Fathers strengthened the one faith of the Church, for, because she wore the robe of truth, which was woven from the heavenly divine meditation, she rightly discerns and glorifies the great mystery of true religion.

### Íkos

Let us listen to the Church of God as she cries aloud with noble proclamation, "Let the one who is thirsty come to me and drink; the bowl that I carry is the bowl of truth, for I have mixed its drink with the word of truth, and have not poured in it the water of controversy but of confession. The new Israel, when he drinks from it, sees God who declares, 'See, see, it is I; I have not changed. I am God the first and the last, and apart from me there is no one else. Those who partake from it will be filled and praise the great mystery of true religion.'"

### Synaxáron

Today we remember our renowned father and stylite Simeon the Younger, hermit of the Marvellous Mountain near Antioch. He lived a long life of prayer and penitence in the Sixth Century. On the Twenty Fourth he entered the home of the heavenly spirits.

Together with him we remember:  
Martyrs Melétios and Companions of Galatía C2  
Holy Serapíon of Egypt C5  
Holy Vincent of Lerins C5

### Ypómnima

Today is the seventh Sunday after Pascha. We celebrate the First Ecumenical Council at Nikea. O Christ our God have mercy on us through the prayers of the 318 God-bearing fathers. Amen.

### Katavasías

1: *The man* who had been slow in speech proclaimed the Law written by God when he was covered with divine darkness. He shook the dust away from the eyes of the wise as they saw the Existing *Lord*. After they had attained the knowledge of the Spirit, they praised him with divine songs.

3: Hannah, the prophetess of old, was drawn with a contrite spirit to the mighty God of wisdom; she undid the bonds of an infertile womb and the rebukes of her rival, for she gave birth to a child by her prayer alone.

4: O King of kings, unique Word coming from the only Father without beginning, O Lord, as Benefactor you have sent the Holy Spirit who is equal to you in might, to the disciples who glorify your power.

5: O renowned children of the Church, receive the fiery dew of the Spirit which brings perfect purification from sin, for now the Law has come from Zion. The grace of the Spirit is like tongues of fire.

6: O Master Christ, you are our purification. You have appeared to us from the Virgin and come like the prophet Jonah from the belly of the whale. You rescue all the fallen sons of Adam.

7: Instruments once resounded in harmony in honour of the lifeless golden idol, but the life-bearing grace of the Advocate moves believers to cry, "Blessed are you, O Trinity in Unity! You are without beginning and equal in power!"

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

The three-fold radiance of the Divinity moistened the flames with dew and loosened the bonds. Therefore the youths sang to the Creator of all, "Blessed is our only Benefactor and Saviour."

### 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 10

From the Holy Gospel according to John (21:1-14)

At that time Jesus revealed himself again to the disciples by the Sea of Tiberias; and he revealed himself in this way. <sup>2</sup> Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. <sup>3</sup> Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat; but that night they caught nothing. <sup>4</sup> Just as day was breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. <sup>5</sup> Jesus said to them, "Children, have you any fish?" They answered him, "No." <sup>6</sup> He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, for the quantity of fish. <sup>7</sup> That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. <sup>8</sup> But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. <sup>9</sup> When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. <sup>10</sup> Jesus said to them, "Bring some of the fish that you have just caught." <sup>11</sup> So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. <sup>12</sup> Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. <sup>13</sup> Jesus came and took the bread and gave it to them, and so with the fish. <sup>14</sup> This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

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

### Psalm 50

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

<sup>4</sup> Wash me thoroughly from my lawless act  
and cleanse me from my sin,

<sup>5</sup> for I know my lawlessness  
and my sin is always before me.

<sup>6</sup> I have sinned against you alone  
and done what is evil before you

<sup>6b</sup> so that you might be right in your words  
and overcome when you are judged,

<sup>7</sup> for see, I was conceived in lawlessness  
and my mother desired me in sin,

<sup>8</sup> for see, you have loved truth

and shown me the mysteries and secrets of your wisdom.

<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.

- <sup>10</sup> You will make me hear about joy and gladness;  
humbled bones will rejoice.
- <sup>11</sup> Turn your face from my sins  
and wipe out all my lawlessness.
- <sup>12</sup> O God, create a pure heart within me  
and renew an upright spirit within me.
- <sup>13</sup> Do not banish me from your presence  
or remove your Holy Spirit from me.
- <sup>14</sup> Restore your saving joy to me  
and strengthen me with your directing Spirit.
- <sup>15</sup> I will teach the lawless your ways  
and the ungodly will return to you.
- <sup>16</sup> O God, God of my salvation, free me from bloodshed,  
*then* my tongue will rejoice in your justice.
- <sup>17</sup> O Lord, you will open my lips  
and my mouth will announce your praise,
- <sup>18</sup> for if you had wanted sacrifice, I would have given it;  
you will not be pleased with burnt offerings.
- <sup>19</sup> Sacrifice for God is a broken spirit;  
God will not despise a broken and humbled heart.
- <sup>20</sup> O Lord, be good to Zion in your pleasure  
and let the walls of Jerusalem be built,
- <sup>21</sup> then you will be pleased with a just sacrifice,  
with an offering and burnt sacrifices;  
then they will offer calves on your altar.

Glory: Tone 6

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

Both now:

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

Have mercy:

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

### Intercession

*Short Form*

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

<sup>2</sup> For he has regarded his servant's humility;  
see, from now all generations will call me blessed. R:

<sup>3</sup> 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:  
<sup>4</sup> He has accomplished strength with his arm  
*and* scattered the proud in the imagination of their hearts. R:  
<sup>5</sup> 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:  
<sup>6</sup> 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: Hail, O Queen! You are the glory of mothers and virgins. No  
mouth, however sweet or fluent, is eloquent enough to praise you  
worthily. Every mind is overawed by your childbearing. Therefore  
we glorify you in unison.

### 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 6

The sons of Zebedee, together with Peter, Thomas, Nathaniel of  
Cana and two other disciples, were fishing in the Sea of Tiberius. At  
Christ's command they cast the net on the right side and hauled in  
many fish. Peter recognised him and swam to him. Then Jesus took  
bread and fish, and gave it to them. This was the third time that he  
was revealed to his disciples.

O compassionate Lord, as we celebrate today the memorial of the  
divine fathers, we implore you to rescue your people from the harm  
of every heresy through their intercessions, so that we may be made  
worthy to glorify the Father, Word and all-Holy Spirit.

O Christ, the disciples were watching your ascension to the throne of  
the Father. The angels cried, "Receive him, O gates, receive him, for  
the King has gone up to radiant glory!"

### Praises

Tone 6

Let everything with breath praise the Lord.  
Praise the Lord from the heavens;  
praise him in the heights.  
To you, O God, is due a song.

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

S8: This glory will be for all his holy ones.  
O Lord, your cross is life and resurrection for your people. We place  
our trust in it and praise you as our risen God. Have mercy on us.

S7: Praise God in his saints;  
praise him in his mighty firmament.  
O Master, your burial has opened Paradise for the human race. We  
have been rescued from corruption and praise you, our risen God.  
Have mercy on us.

S6: Praise him for his mighty deeds;  
praise him for the abundance of his majesty.  
Let us praise Christ, together with the Father and the Spirit, *for he*  
has risen from the dead. Let us cry to him, "You are our Life and  
Resurrection, have mercy on us."

S5: Praise him with the trumpet sound;  
praise him with lute and harp.  
O Christ, you rose from the grave on the third day according to the  
Scriptures; you raised our forefather with you. Therefore the whole  
human race glorifies you and praises your resurrection.

Tone 6

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.

When the noble fathers had welded together all the spiritual knowledge and carefully ordered everything in the Holy Spirit, they composed the symbol of faith in letters which were divinely inscribed. They clearly proclaimed that the Word was co-eternal and consubstantial with the Father. They followed the apostolic faith without error. X2

S2: Blessed are you, O Lord, God of our fathers,  
to be praised and greatly exalted for ever. Dan 3

The blessed preachers of Christ received the torch of the Holy Spirit. They spoke with divine inspiration and employed few words with great meaning. They boldly proclaimed the teaching of the gospel and the tradition of justice. Clearly they have been illuminated with truth from above. They have made the foundations of the faith as firm as a strong mountain.

S1: Assemble his saints to him.

The chosen servants of God were enlightened with the understanding of divine mysteries and expelled the devouring wolves from the sheepfold of the Church. They were faithful shepherds who were ablaze with the fury of just judgement. They have killed the destroyers with the mighty sword of the Spirit.

Glory: Tone 8

The council of holy fathers assembled from the ends of the earth. They believed in one Being and Nature of the Father, Son and Holy Spirit. They defined the mystery plainly when they spoke to the Church in theology. Therefore in faith we bless and praise them as: a divine army, as soldiers of the army of God, as shining lights of the eternal firmament, as invincible towers of the heavenly Sion, as scented flowers of Paradise, as golden lamps of the Word, and as the treasure and delight of the inhabited earth. Continually pray for our souls.

Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the *Lord* who was born from 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!

<sup>2</sup> We praise you, we bless you, we worship you,  
we glorify you, we thank you for your great glory,

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

<sup>4</sup> 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.

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

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

<sup>7</sup> I will bless you every day  
and praise your name for ever  
and to the ages of ages. Ps 144.2

<sup>8</sup> O Lord, allow us this day  
to be kept from sin.

<sup>9</sup> Blessed are you, O Lord God of our fathers!  
Praised and glorified is your name for ever. Amen Dan 3

<sup>10</sup> O Lord, let your mercy *be* on us,  
for we have hoped in you. Ps 32.22

<sup>16</sup> Blessed are you, O Lord!  
Teach me your statutes. X3 Ps 118.12

<sup>12</sup> O Lord, you have been our refuge

from generation to generation. Ps 89.1  
I said, "Lord, have mercy on me;  
heal my soul, for I have sinned against you." Ps 40.5

<sup>14</sup> O Lord, I have fled to you;

teach me to do your will, for you are my God. Ps 142:10

<sup>15</sup> For with you is the source of life  
and in your light we will see light. Ps 35.10

<sup>16</sup> Extend your mercy  
to those who know you. Ps 35.11

### Triságion

#### Resurrection Tropáion

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

#### Antíphon 1 Ps 46 Tone 2

S1: All you nations, clap your hands;  
shout to God with *the* sound of rejoicing.

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

S2: For the Most High Lord is terrible  
*and* a great King over all the earth.

S3: He has subdued *the* peoples under us  
*and the* nations under our feet.

S4: Glory: Both now:

#### Antíphon 2 Ps 47 Own Tone

S1: Great is the Lord and highly praised  
in the city of our God *and* on his holy mountain.

R: Save us, O Son of God.  
You ascended in glory from us to the heavens.  
We sing to you, "Alleluia!"

S2: God is known in her great houses  
when he comes to help her.

S3: For see, the kings of the earth have been assembled;  
they came together.

S5: Glory: Both now:  
*Monogenes*

#### Antíphon 3 Ps 48 Tone 4

S1: All you nations, listen to these words;  
all who live in the world, be attentive.

R: O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

S2: My mouth will speak about wisdom;  
the meditation of my heart will be about understanding.

S3: I will incline my ear to a parable  
*and* unfold my enigma with the lute.

#### Entrance Ps 46

Come let us worship  
and fall down before Christ our God.  
Save us, O Son of God.  
You arose from the dead.  
We sing to you, "Alleluia!"

### Apolytikia

Tone 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

Tone 8

O Christ our God, you are most glorious. You have established the holy fathers as lights on the earth. Through them you have guided us to the true faith. Glory to you, O greatly compassionate *Lord!*

*Of the Church*

### **Kontákion**

Tone 6

O Christ our God, when you had fulfilled the dispensation for our sake and united things on earth with things in heaven, you ascended in glory. You are not separated from anywhere, are constant without separation and cry to your loved ones, "I myself am with you and no one will be against you."

### **Triságion**

#### **Prokeímenon Daniel 3 Tone 8**

R: Blessed are you, O Lord God of our fathers!

S: For you are just in everything that you have done for us.

### **Apóstolos**

From the Acts of the Apostles (20:16 18, 28-36)

In those days Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. <sup>17</sup> And from Miletus he sent to Ephesus and called to him the elders of the church. <sup>18</sup> And when they came to him, he said to them: "You yourselves know how I lived among you all the time from the first day that I set foot in Asia. <sup>28</sup> Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. <sup>29</sup> I know that after my departure fierce wolves will come in among you, not sparing the flock; <sup>30</sup> and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. <sup>31</sup> Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. <sup>32</sup> And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. <sup>33</sup> I coveted no one's silver or gold or apparel. <sup>34</sup> You yourselves know that these hands ministered to my necessities, and to those who were with me. <sup>35</sup> In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, 'It is more blessed to give than to receive.'" <sup>36</sup> And when he had spoken thus, he knelt down and prayed with them all.

#### **Alleluia Ps 49 Tone 1**

S1: The God of gods, the Lord, has spoken and summoned the earth.

S2: Assemble before him, O holy ones.

### **Gospel**

From the Holy Gospel according to John (17:1-13)

At that time Jesus lifted up his eyes to heaven and said, "Father, the hour has come; glorify your Son that the Son may glorify you, <sup>2</sup> since you have given him power over all flesh, to give eternal life to all whom you have given him. <sup>3</sup> And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. <sup>4</sup> I glorified you on earth, having accomplished the work which you gave me to do; <sup>5</sup> and now, Father, glorify me in your own presence with the glory which I had with you before the world was made. <sup>6</sup> "I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. <sup>7</sup> Now they know that everything that you have given me is from you; <sup>8</sup> for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you sent me. <sup>9</sup> I am praying for them; I am not praying for the world but for those whom you have given me, for they are yours; <sup>10</sup> all mine are yours, and yours are mine, and I am glorified in them. <sup>11</sup> And now I am no more in the world, but they

are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. <sup>12</sup> While I was with them, I kept them in your name, which you have given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. <sup>13</sup> But now I am coming to you; and these things I speak in the world, that they may have my joy fulfilled in themselves.

#### **Communion Ps 148**

<sup>1</sup> Praise the Lord from the heavens;

praise him in the heights. Alleluia!