

31 MAY 2026
+ PENTECOST
Martyr Ermías of Komána C2
8th Sunday after Pascha

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.
S9: The just will wait for me, until you reward me.
Let us celebrate Pentecost. It is the coming of the Spirit, the
promised day, the fulfilment of our hope and the mystery which is as
great as it is precious. Therefore we cry to you, "Glory to you, O
Creator of all and Lord!" X2

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O Christ, you have renewed your disciples with the tongues of fire so
that they might preach about the eternal Word and God who grants
our souls great mercy.

S7: Let your ears note the voice of my plea.
Everyone is given the Holy Spirit. He is the source of prophecy and
the fulfilment of the priesthood. He taught wisdom to those *who*
were without learning and revealed the fishermen as theologians. He
assembles all the councils of the Church. Glory to you, O Advocate!
You are equal to the Father in Being and majesty!

Tone 2

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
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.

We have seen the true Light and received the heavenly Spirit. We
have found the true faith and worship the undivided Trinity who has
saved us. X2

S4: Let Israel hope in the Lord from morning watch until night,
from morning watch.
O Saviour, you have shown us the way of salvation through the
prophets. The grace of your Spirit has shone in your apostles. You
are God from the beginning, for time to come and for ever. Truly
you are our God.

S3: For there is mercy with the Lord
and abundant redemption with *him*.
He will redeem Israel from all his offences.
O Saviour of the world, I offer praise in your house and worship your
invincible power in the bending of my knees. O Lord, I bless you in
the evening, morning, noon and at all times.

S2: Every nation, praise the Lord;
every people, acclaim him!
O Lord, we believers bend the knees of our soul and body in your
house. We praise you as the Father without beginning, the Son,
equally without beginning and the most Holy Spirit who is co-eternal
with you. He illuminates and sanctifies our souls.

S1: For his mercy is strengthened over us
and the truth of the Lord remains for ever.
Let us sing to the undivided Trinity, Father Son and Holy Spirit.
This is the preaching of the prophets, apostles and martyrs.

Glory: Both now: Tone 8

O people, come and worship the Divinity in three persons. He is the
Son in the Father with the Holy Spirit, for the Father timelessly
begets the co-reigning and co-eternal Son. The Holy Spirit was in
the Father and glorified equally with the Son. *There is one Power,*
one Being and one Divinity. Let us all say as we worship him, "Holy
God, for you made all things through the Son with the co-operation
of the Spirit. Holy Mighty, for through you we know the Father and
the Holy Spirit came into the world through you. Holy Immortal, the
comforting Spirit, for you proceed from the Father and rest on the
Son. O Holy Trinity, glory to you!

P/D: Wisdom! Stand upright!

Phos Ilarón

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.

P/D: The Evening Prokeimenon

Prokeimenon

P/D: The Evening Prokeimenon
R: The Lord reigns *and* is clothed with majesty.
S1: The Lord has put on power and clothed himself.
S2: He founded the world, which will not be moved.

Prophecy 1

From the Book of Numbers (11:16-17, 24-29)
The Lord said to Moses: Assemble seventy men before me from the
elders of Israel, whom you yourself know that they are the elders of
the people, and their scribes. You must bring them to the tabernacle
of witness and they will stand there with you. ¹⁷ Then I will go down
and speak there with you. I will take from the spirit that is on you and
will put it on them. They will bear together with you the burden of
the people and you will not bear them alone. ²⁴ So Moses went out
and spoke the words of the Lord to the people. He assembled seventy
men from the elders of the people and he set them around the
tabernacle. ²⁵ Then the Lord came down in a cloud, spoke to him,
took some of the spirit that was on him, and put it on the seventy
men that were elders. And when the spirit rested on them, they
prophesied and ceased. ²⁶ But there were two men left in the camp,
the name of the one was Eldad, and the name of the other Medad;
and the spirit rested on them, and these were of the number of those
who were enrolled, but they did not come to the tabernacle; they
prophesied in the camp. ²⁷ And a young man ran, told Moses, and
spoke, saying: Eldad and Medad prophesy in the camp. ²⁸ And
Joshua the son of Nun, who waited on Moses, the chosen one, said:
My lord Moses, forbid them. ²⁹ But Moses said to him: Are you
jealous on my account? Would that all the Lord's people were
prophets, whenever the Lord puts his spirit on them.

Prophecy 2

From the Prophecy of Joel (2:23-32)
Thus says the Lord: Rejoice and be glad, O children of Sion, in the
Lord your God, for he has given you food fully, and he will rain on
you the early and the latter rain, as before. ²⁴ And the floors will be
filled with corn, and the presses will overflow with wine and oil. ²⁵ I
will recompense you for the years which the locust, the caterpillar,
the palmerworm and the cankerworm have eaten, even my great
army, which I sent against you. ²⁶ You will eat abundantly, be
satisfied and praise the name of the Lord your God for the things
which he has accomplished wonderfully with you and my people will
not be ashamed for ever. ²⁷ You will know that I am in the midst of
Israel, that I am the Lord your God and that there is no one else
beside me; my people will no longer be ashamed for ever. ²⁸ And it
will come to pass afterwards, that I will pour from my Spirit on to all
flesh; your sons and your daughters will prophesy, your old men will
dream dreams, and your young men will see visions. ²⁹ On my

servants and on my handmaids in those days I will pour from my Spirit. ³⁰ And I will show wonders in heaven, and on the earth: blood, fire and vapour of smoke. ³¹ The sun will be turned into darkness, and the moon into blood, before the great and glorious day of the Lord comes. ³² And it will come to pass that whoever calls on the name of the Lord will be saved, for on Mount Zion and in Jerusalem the saved one will be as the Lord has said, and those who have glad news preached to them, whom the Lord has called.

Prophecy 3

From the Prophecy of Ezekiel (36:24-28)

Thus says the Lord: I will take you from the nations, gather you from all the lands, and bring you into your own land. ²⁵ I will sprinkle clean water on you, and you will be cleansed from all your impurity, and from all your idols, and I will cleanse you. ²⁶ I will give you a new heart and put a new spirit within you. I will take away the heart of stone from your flesh, and give you a heart of flesh. ²⁷ I will put my Spirit within you, make you walk in my ordinances, keep my judgments, and do *them*. ²⁸ And you will live on the land which I gave to your fathers; you will be to a people for me, and I will be a God for you.

Ekteni

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 8

O Lord, when you sent your Spirit to the apostles, the Hebrew children were amazed, for they heard the apostles speak in foreign tongues in accordance with what the Spirit had given. Although the apostles were without education, they were filled with wisdom and brought the Gentiles to the faith by speaking about divine matters. Therefore we cry out to you, "Glory to you, O Lord, for you appeared on earth and saved us from error!"

Apósticha

Tone 6

O Lord, the Gentiles were ignorant about the power of the most Holy Spirit who came to the apostles. They mistook the gift of tongues as drunkenness. But we, who are made firm by them, continually cry out, "Only Lover of the human race, do not take your Holy Spirit from us who pray to you."

S1: O God, create a pure heart within me
and renew an upright Spirit within me. Ps 50

O Lord, the coming of the Holy Spirit filled your apostles and made them speak in foreign tongues. This miracle appeared to the unbelievers as drunkenness, but to the faithful, it is the cause of our salvation. Therefore, only Lover of the human race, we implore you to make us worthy of this illumination.

S2: Do not banish me from your presence
or take your Holy Spirit from me.

O heavenly King, Advocate and Spirit of truth, you are everywhere and fill all things. O Treasury of blessings and Giver of life, come and live in us. O good *Lord*, cleanse us from every impurity and save our souls.

Glory: Both now: Tone 8

The arrogance of those who built the tower caused the languages to be confused, but now the tongues have been made wise through the glory of knowing God. There the ungodly were condemned; now Christ has enlightened the fishermen with his Spirit. There the confusion of tongues was accomplished for retribution; now harmony is restored for the salvation of 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.

Trisagion Prayers

Apolytikion

Tone 8

Blessed are you, O Christ our God! You have revealed the fishermen to be most wise by sending down to them the Holy Spirit. Through them, you drew the world into your net. Glory to you, O Lover of the human race! X3

PENTECOST
8th Sunday after Pascha

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.

Apolytikion

Tone 8

Blessed are you, O Christ our God! You have revealed the fishermen to be most wise by sending down to them the Holy Spirit. Through them, you drew the world into your net. Glory to you, O Lover of the human race! *X3*

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 4

O believers, let us celebrate Pentecost with this feast which follows and concludes the feast. This is the pre-ordained fulfilment of the promise, for on this day, the fire of the Advocate descended to the earth in the form of tongues. He enlightened the disciples and revealed them as knowledgeable about heavenly things. The light of the Advocate has come and enlightened the world. *X2*

Kathisma 2

Tone 4

The Spring of the Spirit descended to the earth and mystically divided into flaming streams. It became a cloud and bedewed the apostles with the fire of enlightenment. Therefore we have obtained grace both by water and by fire. The light of the Advocate has come and enlightened the world. *X2*

Polyeleos

Kathisma 3

Tone 8

O Christ, O compassionate *Lord*, after you had risen from the tomb and had ascended to the celestial heights, you sent your glory to your disciples who saw your divinity. You renewed in them an upright Spirit. So, like a musical harp, they proclaimed their words mystically through the Instrument of your dispensation. *X2*

Anaváthmi Ps 128 Tone 4

¹ Many passions have fought against me from my youth,
but help me and save me, O my Saviour. *X2*
² Those who hate Zion will be shamed by the Lord;
they will be withered like grass by the fire. *X2*
Glory:
³ Every soul lives through the Holy Spirit, is exalted in purity
and illuminated by the Triune Unity in a sacred mystery.
Both now:
⁴ The streams of grace pour out through the Holy Spirit;
they water all creation and produce life.

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*

Prokeimenon Ps 142 Tone 4

R: Your good Spirit will guide me in the land of integrity.
S: O Lord, listen to my prayer.

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.

Gospel

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.

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, create 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:

O heavenly King, Advocate and Spirit of truth, you are everywhere
and fill all things. O Treasury of blessings and Giver of life, come
and live in us. O good *Lord*, cleanse us from every impurity and
save our souls.

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
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.*

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

Tone 8

When the Most High came down and confused the tongues, he
divided the nations, but when he distributed the tongues of fire, he
called all to unity. Therefore with one voice we glorify the all Holy
Spirit.

Synaxáron

Today we remember the holy martyr Ermias of Komána who lived in
the Second Century. Paul greeted him when he was in Rome.
(Romans 16:14) On the Twenty First a sword thrust liberated the
flow of his blood's indelible dye.

Together with him we remember:

Holy Winnow, Mancus and Myrbad of Cornwall C6

Ypómnima

The present feast is about the coming of the Holy Spirit into the
world, the fulfilment of the promise of Jesus Christ and the

completion of the hope of the undefiled disciples. It is the sequel and
the conclusion of the feasts of the great mystery of the Divine
Incarnation. On the Day of Pentecost those who were formerly
untaught fishermen became preachers of truth and teachers to the
whole world. From that day they began the work of their great
mission of which the first-fruit was the conversion of three thousand
souls. O Christ our God, have mercy on us at the prayers of the Holy
Apostles. Amen.

Katavasías

1: Let us praise the one who overwhelmed Pharaoh and his chariots
in the sea, and who crushed the enemy with a mighty hand, for he has
been glorified.

3: O Christ, you said to your disciples, "Remain in Jerusalem until
you are endowed with the Power from above, for I will send you
another Advocate like myself. *It is* my Spirit and that of the Father,
in whom you will be established.

4: O Christ, when the prophet saw your coming in the last days, he
cried out, "O Lord, I have heard about your power, for you have
come to save your anointed *people*."

5: O Lord, O Spirit of salvation, the fear of you was conceived in the
womb of the prophets and born on earth. It purifies the hearts of the
apostles and, as an upright Spirit, it is renewed in the faithful, for
your statutes are light and peace.

6: I travel on the sea of earthly cares, am thrown to the soul-
destroying beast and drown in my sins. O Christ, I cry to you like
Jonah, "Lead me from the abyss of death."

7: When they were cast into the fiery furnace, the God-fearing youths
transformed the fire into dew. O Christ, they cried out in song to
you, "Blessed are you, O Lord, God of our fathers!"

8: Let us praise, bless and worship the Lord.
The bush on Sinai, which the fire could not consume, revealed God
to Moses, the one who was slow of speech. In a similar way the zeal
for God of the three youths in the furnace has revealed them as
unharmful by the fire. They sing, "Every work of the Lord, praise the
Lord and exalt him throughout all the ages."

The Magnificat is not sung

Ode 9

Tone 7

O Mother, you have not known, yet you have conceived without
corruption and given flesh to the Word who created everything. You
became a vessel for the one who cannot be contained and the home
for the boundless Creator. O virgin Theotokos, we glorify you!

The flaming chariot, which carried the Zealot in gladness, prefigured
the radiant Breath which now shines on the apostles and leads them
to reveal the Trinity to everyone.

When the disciples spoke, strange speech was heard, words which
were foreign to the laws of nature. They spoke with one voice by the
grace of the Spirit. Diverse peoples, tribes and nations heard about
the wonders of God, and learnt about the Trinity.

Tone 4

Hail, O Queen, 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 with one voice,
we glorify you.

It is good to praise the Life-giving Maiden; she alone carried in her
womb the Word who came to heal the diseased nature of the human
race. He is now sitting at the right hand of the Father and sends
down the grace of the Spirit.

The one on whom the Grace breathed by God has come is made
brilliant. He is radiant and marvellously changed in glory. We, who

have seen the Nature equal in might, indivisible, filled with wisdom, and three times radiant, always glorify him.

9: Hail, O Queen, 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 with one voice, we glorify you.

Exaposteilária

All Holy Spirit, you proceed from the Father and came through the Son to the uneducated disciples. Save those who acknowledge you as God and have mercy on us. X2

Glory: Both now:

The Father is light, the Son is light and the Holy Spirit is also light. He was sent to the apostles in fiery tongues; the whole world is enlightened and adores the Holy Trinity through him.

Praises

Tone 4

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.

Tone 4

S8: This glory will be for all his holy ones.

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

Today the nations have seen wonderful things in the city of David. When the Holy Spirit descended in fiery tongues, as the divine Luke records, "A sound like mighty rushing wind filled the house where the disciples of Christ were assembled. They began to utter strange teaching in foreign words, extraordinary doctrine about the Holy Trinity." X2

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

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

The Holy Spirit was, is, and always will be without beginning and without end, for he is always united and numbered with the Father and the Son. He is Life and life-creating, the Light and the Giver of light. He is good in himself and the Source of goodness through whom the Father is known and the Son is glorified. All acknowledge one power, one order and one worship of the Holy Trinity. X2

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.

The Holy Spirit is light and life, the living fountain of spiritual gifts, the Spirit of wisdom, and the Spirit of understanding. He is good, upright, intelligent and ruling. He purifies us from our sins. The Spirit is the deifying God, Fire proceeding from Fire. He speaks, acts and distributes gifts. By the Spirit the prophets, divine apostles and martyrs were crowned. Strange is this report! Strange is this sight! Fire is divided in order to grant gifts. X2

Glory: Both now: Tone 6

O heavenly King, Advocate and Spirit of truth, you are everywhere and fill all things. O Treasury of blessings and Giver of life, come and live in us. O good *Lord*, cleanse us from every impurity and save our souls.

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 praise your name for ever
and to the ages of ages. Ps 144.2

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

⁹ Blessed are you, O Lord God of our fathers!
Praised and glorified is your name for ever. Amen Dan 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, "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 Extend your mercy
to those who know you. Ps 35.11

Triságion

Apolytikion

Tone 8

Blessed are you, O Christ our God! You have revealed the fishermen to be most wise by sending down to them the Holy Spirit. Through them, you drew the world into your net. Glory to you, O Lover of the human race!

LITURGY

Antíphon 1 Ps 18 Tone 2

S1: The heavens declare the glory of God
and the firmament proclaims his handiwork.

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

S2: Day to day pours out speech
and night to night proclaims knowledge.

S3: There are no tongues or words
in which their voices are not heard.

S4: Their sound has gone out into all the earth
and their words to the ends of the world.

S5: Glory: Both now:

Antíphon 2 Ps 19 Own Tone

S1: May the Lord hear you on the day of affliction
and the name of the God of Jacob defend you.

R: O Holy Advocate, save us who sing to you, "Alleluia!"

S2: May he send you help from his sanctuary
and assist you from Zion.

S3: May he remember all your sacrifices
and fatten your offering.

S4: Glory: Both now:
Monogenes

Antíphon 3 Ps 20 Tone 8

S1: Lord, the king will be glad in your strength
and greatly rejoice in your salvation.

R: Blessed are you, O Christ our God! You have revealed the
fishermen to be most wise by sending down to them the Holy Spirit.
Through them, you drew the world into your net. Glory to you, O
Lover of the human race!

S2: You have granted him his heart's desire
and not denied him the requests of his lips.

S3: For you went before him with the blessings of goodness
and set a crown of precious stones on his head.

S4: He asked life from you
and you gave him length of days for ever and ever.

Entrance Ps 20

O Lord, be exalted in your strength;
we will sing and make music to your power.

O Holy Advocate,
save us who sing to you, "Alleluia!"

Apolytikion

Tone 8

Blessed are you, O Christ our God! You have revealed the fishermen
to be most wise by sending down to them the Holy Spirit. Through
them, you drew the world into your net. Glory to you, O Lover of
the human race!

Kontáktion

Tone 8

When the Most High came down and confused the tongues, he
divided the nations, but when he distributed the tongues of fire, he
called all to unity. Therefore with one voice we glorify the all Holy
Spirit.

Triságion Substitute

For as many as have been baptised into Christ,
have put on Christ. Alleluia!

Prokeímenon Ps 18 Tone 8

R: Their sound has gone out into all the earth.

S: The heavens declare the glory of God.

Apóstolos

From the Acts of the Apostles (2:1-11)

When the day of Pentecost had come, they were all together in one
place. ² And suddenly a sound came from heaven like the rush of a
mighty wind, and it filled all the house where they were sitting. ³
And there appeared to them tongues as of fire, distributed and resting
on each one of them. ⁴ And they were all filled with the Holy Spirit
and began to speak in other tongues, as the Spirit gave them
utterance. ⁵ Now there were dwelling in Jerusalem Jews, devout men
from every nation under heaven. ⁶ And at this sound the multitude
came together, and they were bewildered, because each one heard
them speaking in his own language. ⁷ And they were amazed and
wondered, saying, "Are not all these who are speaking Galileans?" ⁸
And how is it that we hear, each of us in his own native language? ⁹
Párthians and Medes and Elamítes and residents of Mesopotamia,
Judea and Kappadokía, Póntos and Asia, ¹⁰ Phrygia and Pamphylia,
Egypt and the parts of Libya belonging to Kyríni, and visitors from
Rome, both Jews and proselytes, ¹¹ Cretans and Arabians, we hear
them telling in our own tongues the mighty works of God."

Alleluia Ps 32 Tone 1

S1: The heavens were set up by the Lord's word.

S2: The Lord looked down from heaven to the earth.

Gospel

From the Holy Gospel according to John (7:37-52, 8:12)

On the last day of the feast, the great day, Jesus stood up and
proclaimed, "If anyone thirst, let him come to me and drink. ³⁸ He
who believes in me, as the scripture has said, 'Out of his heart shall
flow rivers of living water.'" ³⁹ Now this he said about the Spirit,
which those who believed in him were to receive; for as yet the Spirit
had not been given, because Jesus was not yet glorified. ⁴⁰ When

they heard these words, some of the people said, "This is really the
prophet." ⁴¹ Others said, "This is the Christ." But some said, "Is the
Christ to come from Galilee?" ⁴² Has not the scripture said that the
Christ is descended from David, and comes from Bethlehem, the
village where David was?" ⁴³ So there was a division among the
people over him. ⁴⁴ Some of them wanted to arrest him, but no one
laid hands on him. ⁴⁵ The officers then went back to the chief priests
and Pharisees, who said to them, "Why did you not bring him?" ⁴⁶
The officers answered, "No man ever spoke like this man!" ⁴⁷ The
Pharisees answered them, "Are you led astray, you also?" ⁴⁸ Have any
of the authorities or of the Pharisees believed in him?" ⁴⁹ But this
crowd, who do not know the law, are accursed." ⁵⁰ Nicodemus, who
had gone to him before, and who was one of them, said to them, ⁵¹
"Does our law judge a man without first giving him a hearing and
learning what he does?" ⁵² They replied, "Are you from Galilee too?
Search and you will see that no prophet is to rise from Galilee." ¹²
Again Jesus spoke to them, saying, "I am the light of the world; he
who follows me will not walk in darkness, but will have the light of
life."

Especially

O Mother, you have known no man, yet have conceived without
corruption and given flesh to the Word who created everything. O
virgin Theotokos, because you became a vessel for the uncontainable
Lord, a dwelling-place for the boundless Creator, we glorify you.

Communion Ps 142

Your good Spirit will guide me in the land of integrity. Alleluia!

O God, save your people

Tone 8

Blessed are you, O Christ our God! You have revealed the fishermen
to be most wise by sending down to them the Holy Spirit. Through
them, you drew the world into your net. Glory to you, O Lover of
the human race!