

**SUNDAY 7 JUNE 2026**  
**Hieromartyr Theodotos of Ankyra C4**  
**1<sup>st</sup> Sunday Tone 8 & Eothinón 1**  
**+ All Saints**

**VESPERS**

**Lord I have cried**

Tone 8

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

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

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

S9: The just will wait for me until you reward me.  
O Lord *our* Lord, do not banish us from your face, but be pleased to  
have mercy on us by the resurrection.

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
Rejoice, O holy Zion, mother of the churches, dwelling place of God!  
For you were the first to receive remission of sins by the resurrection.

S7: Let your ears note the voice of my plea.  
The Word of God the Father, begotten before the ages, was incarnate  
in the latter times from the *woman* who was ignorant of marriage.  
He willingly endured crucifixion until death. By his resurrection he  
has saved man who was dead from the past.

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
O Christ, we glorify your resurrection from the dead by which you  
have freed the race of Adam from the tortures of Hades. As God you  
have granted the world eternal life and great mercy.

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
Glory to you, O Saviour Christ, only begotten Son of God! You  
were nailed to the cross and raised from the tomb on the third day!

Tone 8

S4: Let Israel hope in the Lord from morning watch until night,  
from morning watch.  
The Saviour's inspired disciples became instruments of the Spirit  
through faith. They were scattered to the ends of the earth and sowed  
the glad news of the true faith. The army of martyrs blossomed in  
grace from their divine garden. They became images of Christ's  
saving passion, enduring every kind of torture, scourging and fire.  
Now they boldly pray for our souls.

S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
The noble martyrs were ablaze with the love of the Lord, laughed at  
the fires and were consumed like burning coals. Through Christ they  
burnt the dry arrogance of error. They quietened the roaring of  
beasts with the voice of their prayers. At their beheading they  
decapitated the demonic hosts. At the shedding of their blood, they  
watered the Church with faith.

S2: Every nation, praise the Lord;  
every people, acclaim him!  
The heroic martyrs wrestled with beasts and were torn by their claws.  
They were dismembered, slashed with swords and shot with arrows.

1

They were consumed in the flames and pierced with spears. All this  
they willingly endured, for already they saw their unfading crowns  
and the glory of Christ before whom they boldly pray for our souls.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
Come and praise the heroes of our faith, the apostles, martyrs, holy  
priests and noble women. They fought for the faith in every part of  
the earth. Although they were born on earth, they were united with  
the heavenly hosts. Through their sufferings they triumphed over  
evil by the grace of Christ. They illuminate our hearts as unfading  
lights and boldly pray for our souls.

Glory: Tone 6

O divine ranks of martyrs, you are the pillars of the Church and the  
fulfilment of the gospel. You have fulfilled the Saviour's words by  
your deeds. You have closed the gates of Hades and defended the  
Church. The shedding of your blood has dried up the libations  
before idols and your sacrifice has nourished the body of the faithful.  
When you stood crowned before God, you amazed the angels. Pray  
continually to him to save our souls.

Glory: Both now: Tone 8

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

**Phos Ilarón**

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

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

**Prokeimenon**

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

*The prophecies are from the LXX.*

**Prophecy 1**

From the Prophecy of Isaiah (43:9-14)  
Thus says the Lord: All the nations have been gathered together and  
princes will be assembled from them. Who will declare these things  
among them? Or who will declare to you things from the beginning?  
Let them bring out their witnesses and be justified. Let them listen  
and declare the truth. <sup>10</sup> Be my witnesses and I also am a witness,  
says the Lord God, as also my servant whom I have chosen, so that  
you may know, believe and understand that I AM. Before me there  
was no other God and after me there will be no other. <sup>11</sup> I am God  
and beside me there is no Saviour. <sup>12</sup> I have declared and have saved;  
I have rebuked and there was no strange god among you. You are  
my witnesses and I am the Lord God. <sup>13</sup> Even from the beginning I  
AM. There is no one who can deliver from my hands. I will achieve  
and who can turn it back? <sup>4</sup> Thus says the Lord God who redeems  
you, the Holy One of Israel.

**Prophecy 2**

From the Wisdom of Solomon (3:1-9)  
The souls of the just are in the hand of God and no torment will  
touch them. <sup>2</sup> In the sight of the foolish they seemed to die and their  
departure is taken for misery, <sup>3</sup> and their going from us to be utter  
destruction, but they are in peace. <sup>4</sup> For although they may be

punished in the sight of men, yet their hope is full of immortality. <sup>5</sup> Having been a little disciplined, they will be greatly rewarded, for God tested them and found them worthy for himself. <sup>6</sup> Like gold in the furnace he has tried them and received them as a burnt offering. <sup>7</sup> In the time of their visitation they will shine, and run to and fro like sparks among the stubble. <sup>8</sup> They will judge the nations, have dominion over the people, and their Lord will reign for ever. <sup>9</sup> Those who put their trust in him will understand the truth. Those who are faithful in love will live with him, for grace and mercy *belongs* to his saints and he visits his chosen.

### Prophecy 3

From the Wisdom of Solomon (5:15-6:3)

The just live for evermore and their reward is with the Lord, and their care is with the most High. <sup>16</sup> Therefore they will receive a glorious kingdom and a beautiful crown from the Lord's hand, for he will shelter them with his right hand, and protect them with his arm. <sup>17</sup> He will take his fervour to himself for complete armour, and make the creature his weapon for revenge on his enemies. <sup>18</sup> He will put on justice as a breastplate, and judgment as a helmet. <sup>19</sup> He will take holiness for an invincible shield. <sup>20</sup> He will sharpen his severe wrath for a sword; the world will fight with him against the foolish. <sup>21</sup> Then rightly-aimed thunderbolts will go out; from the clouds, as though from a well-drawn bow, they will fly to the mark. <sup>22</sup> Hailstones full of wrath will be fired as though from a stone bow, the water of the sea will rage against them and the rivers will cruelly drown them. <sup>23</sup> Truly a mighty wind will rise against them, and like a storm will blow them away. Therefore lawlessness will lay waste the whole earth, and ill-dealing will overthrow the thrones of the mighty. <sup>1</sup> Hear therefore, O kings, and understand; learn, you who are judges of the ends of the earth. <sup>2</sup> Give ear, you who rule many people and glory in the throng of nations. <sup>3</sup> For might is given to you from the Lord, and sovereignty from the Most High.

### Ektení

#### Prayer

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

### Plirotiká

#### Prayer

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

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

### Apósticha

Tone 8

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

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

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

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

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

S3: O Lord, holiness is right for your house to length of days. Ps 92  
O Master of all, incomprehensible Creator of heaven and earth, you have brought about existence for me without passion by your passion on the cross. You accepted burial, rose in glory and raised Adam with you by your all-powerful hand. Glory to your resurrection on the third day through which you have granted us eternal life and cleansing of sins, for you are the only compassionate *Lord!*

Glory: Tone 6

O believers, come and celebrate in song today as we glorify the memory of all the saints. Hail, O glorious apostles, prophets, martyrs and bishops! Hail, O company of all the just! Hail, O ranks of holy women! Pray that Christ will grant our souls great mercy.

Both now:

Most pure Virgin, my Maker and Redeemer, Christ the Lord, was born from you. He freed Adam from his ancient curse through accepting my nature. We continually glorify you as the Mother of God. Hail, O celestial joy! Hail, O Lady, protection, intercession and salvation for our souls.

### 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 8

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

Tone 4

Your Church has been adorned with your martyrs' blood which has been shed throughout the whole world as though with fine porphyry and royal purple. O Christ our God, she cries to you, "Send your bounties to your people. Grant peace to your inheritance and great mercy to our souls."

Tone 4

O Theotokos, the mystery hidden from eternity and unknown to the angels, is revealed to those on earth through you. God was incarnate from you in a union without confusion and of his own will freely endured the cross for us. He raised the first-formed man and has saved our souls from death.

### 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

Tone 8

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**Small Litany**

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

**Kathísma 1**

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

## Glory:

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

## Both now:

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

**Kathísma 2**

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

## Glory:

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

## Both now:

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

**Evlogitária**

Blessed are you, O Lord; teach me your statutes. The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes. The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes. The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes. The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them: Why do you number the Living among the dead? As God he has risen from the tomb."

## Glory:

We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

## Both now:

O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)  
O our God and our hope, glory to you.

**Small Litany**

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

**Ypakóí***Read without note*

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

**Anaváthmi**

## Antiphon 1 Ps 122

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

## Glory: Both now:

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

## Antiphon 2 Ps 123

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

## Glory: Both now:

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

## Antiphon 3 Ps 124

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

## Glory: Both now:

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

**Prokeímenon Ps 145**

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

**Small Litany**

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

**Kontáktion***Read without note*

Tone 8

O Lord and Creator, the inhabited earth offers you the God-bearing martyrs as the first-fruits of creation. Establish your Church in peace through the Theotokos and through their prayers.

**Íkos**

Today, those who were martyrs in every part of the earth, are gathered here with us. They followed in the sufferings of Christ, and take away the sufferings of our passions. As the first-fruits of creation, they cry to you, Lord and Creator: through the Theotokos, establish your Church in peace.

**Synaxarion**

Today we remember the transfer of the relics of the great martyr Theodoros, General of the Armies, in the Fourth Century. The body was transferred from Amasja to the city of the Efchaïta a little before the Fifth Century. The main feast is on 8 February. On the Eighth his body entered to the sound of trumpets while he made a gift of blessings from heaven.

**Together with him we also remember:**  
**Patriarch Ephrem of Antioch C6**

**Ypómnia**

In pursuing the teaching of the divine Scriptures and apostolic traditions, we honour the dear saints of God, respecting them as keepers of God's commandments, shining examples of virtue and benefactors of humanity. Because of their great number, which will continually increase until the end of the world, the Church sets aside one day on which the memory of all the saints is celebrated. We place their lives before our eyes and ask them to plead with God for us, so that his grace and boundless mercy will be with us all. 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 1**

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

At that time the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. <sup>17</sup> And when they saw him they worshiped him; but some doubted. <sup>18</sup> And Jesus came and said to them, "All authority in heaven and on earth has been given to me. <sup>19</sup> Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age." Amen.

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

**Resurrection Ode**

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

**Psalm 50**

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

<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, make 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 XXX, 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: 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

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

Let us correctly crown with our hymns the Baptiser and Forerunner, the apostles, prophets, martyrs, bishops, just *saints*, ascetics, hieromartyrs, women companions of Christ and the just of every age, together with the choir of angels. Let us pray to them that we may obtain the same glory as they have before Christ our Saviour.

Most pure Virgin, the one who is glorified by the angels as God, has descended from heaven without leaving the bosom of the Father and is united to us below. You obtained salvation for us when you gave birth from your chaste womb to the one who is beyond all human nature. Intercede with him for us so that he will grant us forgiveness for our sins.

### Praises

Tone 8

Let everything with breath  
praise the Lord.

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

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

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

O Lord, everything with breath glorifies you. For you, the only Lover of the human race, have destroyed death by your cross and revealed to the peoples your resurrection from the dead.

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

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

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

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

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

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

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 Lord has filled his saints who live on earth with his favour. In their flesh they have taken on the marks of his passion which have become their adornment; they shine brightly with the beauty of God. We also praise them with our hymns, for they are flowers which cannot wither, spiritual holocausts and the star-filled firmament of the Church. X2

S2: The just cried and the Lord heard them;  
he released them from all their afflictions. Ps 33

Receive our praise in holy hymns, O citizens and heirs of the Kingdom above and of the new Paradise. You are the prophets, divine apostles, blessed saints, teachers, bishops, just ones from all the ages, holy women, martyrs who have struggled in the arena and who have lived lives of ascetic struggle. *We honour you together with the whole crowd of just and holy people.*

S1: May the Lord God of Israel be blessed  
who alone accomplishes wonders. Ps 71  
The holy martyrs have transformed the earth into a new heaven by the splendour of their perfection. They have imitated the sufferings and death of Christ on the path which leads to eternal life. They have washed us from our deadly passions by grace. Their great courage in struggle throughout all the world deserves our songs of praise.

Glory: Tone 1

The Lord truly appeared to the disciples and went to the mountain to ascend from earthly things. They worshipped him and learnt from him about the power permitted to him in every place. They were sent to every place under heaven to preach his resurrection from the dead and ascension into heaven. He truly promised to be with them always, for he is Christ our God, the Saviour of our souls.

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!

<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 always praise your name for ever and ever. Ps 144

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

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

<sup>10</sup> O Lord, let your mercy *be* on us,  
for we have hoped in you. Ps 32.

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

<sup>12</sup> O Lord, you have been our refuge  
from generation to generation. Ps 89  
I said, "O Lord, have mercy on me;  
heal my soul, for I have sinned against you." Ps 40

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

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

<sup>16</sup> Stretch out your mercy  
to those who know you. Ps 35

### Triságon

#### Resurrection Troparion

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

### LITURGY

#### Antiphon 1 Ps 91

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

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

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

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

S4: Glory: Both now:

#### Antiphon 2 Ps 92

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

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

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

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

*Monogenes*

#### Antiphon 3 Ps 94

Tone 8

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

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

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 8

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

Tone 4

Your Church has been adorned with your martyrs' blood which has been shed throughout the whole world as though with fine porphyry and royal purple. O Christ our God, she cries to you, "Send your bounties to your people. Grant peace to your inheritance and great mercy to our souls."

*Of the Church*

**Kontákion**

Tone 8

O Lord and Creator, the inhabited earth offers you the God-bearing martyrs as the first-fruits of creation. Establish your Church in peace through the Theotokos and through their prayers.

**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 the Hebrews (11:33 – 12:2)

Brothers all the saints through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. Women received back their dead, raised to life again. Others were tortured and refused to be released, so that they might gain a better resurrection. Some faced jeers and flogging, while still others were chained and put in prison. They were stoned; they were sawn in two; they were put to death by the sword. They went about in sheepskins and goatskins, destitute, persecuted and ill-treated - the world was not worthy of them. They wandered in deserts and mountains, and in caves and holes in the ground. These were all commended for their faith, yet none of them received what had been promised. God had planned something better for us so that only together with us would they be made perfect. Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of 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 of Matthew (10:32-33, 37-38, 19:27-30)

The Lord said to his disciples: "Whoever acknowledges me before men, I will also acknowledge him before my Father in heaven. But whoever disowns me before men, I will disown him before my Father in heaven. "Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; and anyone who does not take his cross and follow me is not worthy of me. Peter answered him, "We have left everything to follow you! What then will there be for us?" Jesus said to them, "I tell you the truth, at the renewal of all things, when the Son of Man sits on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And everyone who has left houses or brothers or sisters or father or mother or children or fields for my sake will receive a hundred times as much and will inherit eternal life. But many who are first will be last, and many who are last will be first.

**Communion Ps 32**

O just *people*, rejoice in the Lord;

praise is correct for the upright. Alleluia!