

SUNDAY 5 JULY 2026
+God-bearing Father Athanasios of Athos C9-10
Wonderworker Lampadōs of Athos C10
Sergios of Radonezh C15
5th Sunday Tone 4 & Eothinón 5

VESPERS

Lord I have cried

Tone 4

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

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

² Let my prayer be directed before you like incense,
the raising of my hands be an evening sacrifice.
O Lord, listen to me.

S10: Lead my soul from prison that I may acknowledge your name.
O Christ our God, we always honour your life-giving cross and glorify your resurrection on the third day. O almighty *Lord*, you have renewed the corrupt nature of the human race and revealed our way to heaven through it, for you are good and the Lover of the human race.

S9: The just will wait for me until you reward me.
O Saviour, you abolished the penalty of the tree of disobedience by being nailed willingly to the tree of the cross. O almighty *Lord*, you broke the bonds of death as God by descending to Hades. Therefore we adore your resurrection from the dead and sing in joy, "Glory to you, O almighty Lord!"

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O Lord, you smashed the gates of Hades and demolished the kingdom of death by your death. You rescued the human race from corruption and granted the world life, incorruption and great mercy.

S7: Let your ears note the voice of my plea.
O people, come and sing about the Saviour's resurrection on the third day. We have all been freed by it from the unbreakable bonds of Hades; we have received life and incorruption. Therefore we cry in unison, "You were crucified, buried and rose again. Unique Lover of the human race, save us by your resurrection."

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
We glorify the Author of our salvation. The world was saved from deceit by his resurrection from the dead. The choir of angels rejoices as the error of demons takes flight. Fallen Adam rises as the Devil is overthrown.

S5: O Lord, I have waited for you for your name's sake;
my soul has waited for your word,
my soul has hoped in the Lord.
The guards were instructed by the lawless people, "Hide the resurrection of Christ; take money and say, 'The body was stolen from the tomb while we were asleep.' But who has heard of a body being stolen, a body anointed and naked, with its grave clothes left behind in the tomb? O Jews, do not be deceived, study the words of the prophets and understand that he is truly the Redeemer of the world and all-powerful.

Tone 6

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

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

He will redeem Israel from all his offences.

O Athanasios, what praises are correct for you? Your virtues are your true adornment and you were filled with grace through the light emanating from God. You are a sword to chop down the rebellious

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passions, a brilliant pillar of divine contemplation, a flame of abstinence which kindled on the lamp-stand of your soul the divine commandments of *the Lord* who gives life to the whole human race.
X2

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

O Athanasios, what praises are correct for you? You are an eagle soaring on the wind who is supported like a heavenly being on the wings of divine contemplation. You are a stronghold of humility, an immovable fortification of discernment, truly splendid in the nobility of your soul and an intercessor before Christ our God so that he may protect your spiritual children in his compassion.

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

O father Athanasios, wise in God, you are like a morning star in the radiance of your gifts and guide those who are blinded by passions towards the unfading Light. Christ made you a physician of souls because you increased the talent entrusted to you. You are able to lance festering wounds with the scalpel of your words; you restore health to the faithful who turn to you.

Glory Both now: Tone 4

O Virgin, the prophet David was a forefather of God through you. He spoke beforehand about you in songs to the *Lord* who worked wonders in you, "At your right hand stood the queen." God, who was well-pleased to be incarnate from you without a father, announced you as mother and source of Life. He wanted to renew his fallen image, which had been corrupted by passion, so he found the lost sheep wandering on the mountain, placed it on his shoulders and brought it to his Father. He joined it to the heavenly powers by his own will. O Theotokos, Christ who has great and rich mercy, has saved the world.

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.

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 4

O Lord, you have annulled our ancestral curse by ascending the cross. You have freed those in chains throughout the ages by descending to Hades and have granted incorruption to the human race. Therefore we glorify your life-giving and saving resurrection with hymns.

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

Uniquely-powerful Lord, you made the whole creation quake by hanging on the tree. You have raised those who lived in the tombs by being laid in the tomb; you have granted life and incorruption to the human race. Therefore we glorify your resurrection on the third day with hymns.

S2: For he founded the world which will not be moved. Ps 92
O Christ, a lawless people handed you over to Pilate and condemned you to be crucified, therefore they proved themselves ungrateful before their Benefactor. You willingly endured burial, rose by your own power on the third day and granted us eternal life and great mercy, for you are God.

S3: O Lord, holiness is right for your house to length of days. Ps 92
The women reached your tomb with tears, searched for you, but did not find you. They cried out with grief, "Woe to us! Our Saviour, King of all, how were you stolen? What place can hold your life-bearing body?" But an angel replied to them, "Do not weep but go and proclaim that the Lord has risen and grants us joy, for he is the uniquely-compassionate *Lord.*"

Glory: Tone 8

O Sergios our father, instructor of crowds of monks, we honour you. We have truly learnt to walk correctly in your footsteps. You are blessed, for while you laboured for Christ, you denounced the power of the enemy. You converse with the angels and are a companion of the venerable and just *saints.* Together with them plead with the Lord to grant mercy to our souls.

Both now:

O unwedded Virgin, you ineffably conceived God in the flesh. O Mother of the most high God, blameless *Lady,* accept the cries of your servants and grant cleansing from offences to everyone. Receive our prayers and pray 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.

Triságion Prayers

Apolytikia

Tone 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

Tone 3

O Athanasios, the angels were amazed at your deeds as you faced spiritual struggles and overcame the devils. You are worthy of all praise and Christ rewarded you with abundant grace. O father, intercede with Christ God to save our souls.

Tone 3

O virgin Theotokos, we praise you as mediator for the salvation of our race. For your Son and our God accepted suffering on the cross in the flesh which he took from you. He has set us free from corruption, for he is the Lover of the human race.

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.

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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 4

The myrrh-bearing women looked at the entrance of the tomb. They were unable to bear the sight of the flaming angel, trembled with wonder and said, "Can it be that the one who opened Paradise to the Thief has been stolen? Or is he risen, who before his passion proclaimed his resurrection? Christ is risen indeed; he grants life and resurrection to those in Hades."

Glory:

O Saviour, you suffered the cross by your free will. Mortal men laid you in a new tomb, although you are the *Lord* who founded the ends of the earth with your word. Therefore the alien was held in bondage and death was plundered without mercy. Everyone in Hades cried out at your life-bearing resurrection, "Christ, the Giver of life, is risen and will remain for ever!"

Both now:

O Theotokos, your seedless conceiving was beyond nature; Joseph was struck with wonder and called to mind the fleece wet with dew, the bush which burned, yet was not consumed, and the rod of Aaron which budded. In witness to these things, your betrothed guardian cried to the priests, "A Virgin bears a child and after childbearing remains a virgin."

Kathisma 2

O Saviour, Christ our God, you rose from Hades as immortal and raised the world with you by your resurrection. O Merciful *Lord,* you have broken in pieces the dominion of death and revealed the resurrection to everyone. Therefore we glorify you, only Lover of the human race.

Glory:

Gabriel came down from above and approached the stone where the Rock of Life lay. He was clothed in white and cried out to the mourners, "Stop your tears and wailing, for you have Mercy with you for ever. Take courage, for the *Lord* whom you seek with tears has truly woken. Therefore cry out to the Apostles that the Lord has risen."

Both now:

O Pure Virgin, all the choirs of angels were struck with wonder at the dread mystery of your conceiving. "How was it that the one whose hand held everything firm with a mere nod, was held in your arms as a mortal man? How was it that the *Lord* who was before the ages, was born from you? How was it that the one who feeds everything with breath was suckled at the breast?" They glorify you with hymns as the true Theotokos.

Evlogitária

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

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

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

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

Glory:

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

Both now:

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

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

Small Litany

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

Ypakói

Read without note

O Christ, the Myrrh-bearers hurried to announce to the Apostles the glad news of your all-glorious resurrection. They proclaimed that you had risen as God and granted the world great mercy.

Anaváthmi Tone 4

Antiphon 1 Ps 128

My Saviour, many passions have fought against me from my youth, but help and save me.

May those who hate Zion be shamed by the Lord;
they will be withered like grass by fire.

Glory: Both now:

Every soul lives through the Holy Spirit;
it is exalted through purity

and illuminated by the Triune Unity in a sacred mystery.

Antiphon 2 Ps 129

O Lord, I have cried fervently from the depths of my soul;
let your divine ears listen to me.

Everyone who has hoped in the Lord
is higher than everyone who grieves.

Glory: Both now:

The streams of grace gush through the Holy Spirit;
they water all creation to produce life.

Antiphon 3 Ps 130

O Word, let my heart be raised to you;
let none of the world's pleasures enchant me back to earth.

As each of us has affection for his mother,
so we must have even more ardent love for the Lord.

Glory: Both now:

The wealth of divine knowledge, heavenly vision and wisdom
comes from the Holy Spirit;
for the Word unveils all the Father's teaching through him.

Prokeímenon Ps 43

R: O Lord, rise and help us;
free us for your name's sake.

S: O God, we have heard with our ears.

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

My Saviour and Redeemer raised those born on earth from their chains, for he is God. He shattered the gates of Hades and has risen on the third day as Master.

Íkos

Let all of us who are born on earth sing the praises of Christ, the Giver of life. He rose from the dead, came from the tomb on the third day and today has smashed the gates of death by his strength. He set free Adam and Eve, killed Hades and destroyed the sting of death. Let us cry aloud in thanksgiving with our generous praise, for he alone is the mighty God and has risen on the third day as Master.

Synaxarion

Today we remember our renowned and God-bearing father Athanasios of the Great Lavra who lived in the Eleventh Century. Before his time Athos was entirely the preserve of hermits, but through imperial intervention he established the first cenobitic community there. On the Fifth Athanasios was carried by the angels into the City of God. We send our praises to him.

On this day we also commemorate our father among the saints Sergios of Radonezh who lived in the Fifteenth Century.

On this day we also commemorate our renowned father Lampados. His lamp was filled with the oil of virtues. The Bridegroom came and he went in with him to the festal choirs.

Together with them we remember:

Holy Morwenna of the Celtic Lands C6

Holy Stythian of the Celtic Lands C6

New Martyr Kyprianos of Athos C17

O God, have mercy on us through their holy prayers. *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.

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 5

From the Holy Gospel according to Luke (24:12-35)

At that time Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened. ¹³ That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, ¹⁴ and talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing together, Jesus himself drew near and went with them. ¹⁶ But their eyes were kept from recognizing him. ¹⁷ And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. ¹⁸ Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" ¹⁹ And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, ²⁰ and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. ²¹ But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. ²² Moreover, some women of our company amazed us. They were at the tomb early in the morning ²³ and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. ²⁴ Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see." ²⁵ And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! ²⁶ Was it not necessary that the Christ should suffer these things and enter into his glory?" ²⁷ And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. ²⁸ So they drew near to the village to which they were going. He appeared to be going further, ²⁹ but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. ³⁰ When he was at table with them, he took the bread

and blessed, and broke it, and gave it to them. ³¹ And their eyes were opened and they recognized him; and he vanished out of their sight. ³² They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" ³³ And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, ³⁴ who said, "The Lord has risen indeed, and has appeared to Simon!" ³⁵ Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

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

Resurrection Ode

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

Psalm 50

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

⁴ Wash me thoroughly from my lawless act and cleanse me from my sin,

⁵ for I know my lawlessness and my sin is always before me.

⁶ I have sinned against you alone and done what is evil before you

^{6b} so that you might be right in your words and overcome when you are judged,

⁷ for see, I was conceived in lawlessness and my mother desired me in sin,

⁸ for see, you have loved truth

and shown me the mysteries and secrets of your wisdom.

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

¹⁰ You will make me hear about joy and gladness; humbled bones will rejoice.

¹¹ Turn your face from my sins and wipe out all my lawlessness.

¹² O God, make a pure heart within me and renew an upright spirit within me.

¹³ Do not banish me from your presence or remove your Holy Spirit from me.

¹⁴ Restore your saving joy to me and strengthen me with your directing Spirit.

¹⁵ I will teach the lawless your ways and the ungodly will return to you.

¹⁶ O God, God of my salvation, free me from bloodshed, *then* my tongue will rejoice in your justice.

¹⁷ O Lord, you will open my lips and my mouth will announce your praise,

¹⁸ for if you had wanted sacrifice, I would have given it; you will not be pleased with burnt offerings.

¹⁹ Sacrifice for God is a broken spirit; God will not despise a broken and humbled heart.

²⁰ O Lord, be good to Zion in your pleasure and let the walls of Jerusalem be built,

²¹ then you will be pleased with a just sacrifice, with an offering and burnt sacrifices; then they will offer calves on your altar.

Glory: Tone 6

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

Both now:

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

Have mercy:

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

Intercession

Short form

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

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

³ For the Almighty has accomplished great *things* for me
and his name is holy.

His mercy is from generation to generation
on those who fear him. R:

⁴ He has accomplished strength with his arm
and scattered the proud in the imagination of their hearts. R:

⁵ He has put down the mighty from *their* thrones
and exalted the humble.

He has satisfied the hungry with good *things*
and dismissed the rich with nothing. R:

⁶ He has helped his servant Israel
in remembering his mercy,
as he spoke to our fathers,
to Abraham and his seed for ever. R:

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

Small Litany

P: For all the powers of heaven praise you, and to you we send up
glory, to the Father and to the Son and to the Holy Spirit, now and
ever and to the ages of ages. *Amen*

Holy is the Lord

Holy is the Lord our God. X3
Exalt the Lord our God and worship at his footstool.
for he is holy.

Exposateilaria

Tone 5

Christ, the Way and the Life, accompanied Luke and Cleopas after
his resurrection. They recognised him at Emmaus in the breaking of
the bread. Their hearts were set on fire as he spoke to them on the
way. He interpreted to them everything in the Scriptures about his
suffering. Let us cry out with them, "The Lord is risen indeed and
has appeared to Peter."

Tone 2

O Athanasios, you rose from the east like a distant brilliant lamp and
you have given light to the lands of the west with the radiant ray of
your virtues. Continually pray for the whole world.

All-pure universal Queen, through the prayers of the honourable
Athanasios, shelter from tribulation the flock who sing to you as the
perpetual protector of the world.

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.

S8: This glory will be for all his holy ones.
Almighty Lord, you suffered the cross and death, and rose from the
dead. We glorify your resurrection.

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

O Christ, you have rescued us by your cross from the ancient curse
and suppressed by your death the Devil who was tyrannising our
nature. You have filled everything with joy by your resurrection.
Therefore we cry out to you, "O Lord, risen from the dead, glory to
you!"

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

O Christ *our* Saviour, lead us into your truth through your cross and
rescue us from the snares of the enemy; you have risen from the
dead. O Lord, Lover of the human race, extend your arm and, at the
prayers of your saints, raise us who have fallen because of sin.

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

O uniquely-fathered Word of God, in your love for the human race
you came to earth without leaving the bosom of the Father. You
became truly man, so that you could suffer the cross and death in the
flesh, although you are without passion in Divinity. You have
granted the human race immortality by your resurrection, for you
alone are all-powerful.

Tone 8

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

O Lord, the death of your holy monk is precious in your eyes. See,
your servant has produced a running stream of healings. After his
death he has banished every kind of illness and exiled the deadly
spirits whom he had totally resisted in his life.

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

O Lord, the death of your holy monk is precious in your eyes. See,
your servant has produced a running stream of healings. After his
death he has banished every kind of illness and exiled the deadly
spirits whom he had totally resisted in his life.

⁶ The death of his saints
is precious in the sight of the Lord. Ps 115

O Athanasios, the Lord made your relics a source of miracles and a
surge of gifts for the human race. They give sight to the blind and
cleanse lepers. They provide rescue and restoration to spiritual
health for those in chains.

¹ Blessed is the man who fears the Lord;

he will take great pleasure in his commandments. Ps 111
Hail, O jewel of ascetics, guiding star for monks and boast for pastors! Hail O father Athanasios, companion of all the upright in heaven! Hail, O source of innocence and love! Hail, O dwelling-place of the Holy Trinity! Hail, O light of discernment with brilliant gleam! Hail, O living pillar and pure example of virtue!

Glory: Tone 5

O Christ, how wise are your judgments! You allowed Peter to understand your resurrection through the linen clothes alone, but you talked with Luke and Cleopas while you walked with them. You did not reveal yourself and were taunted as being the only stranger in Jerusalem who did not know what had happened there. Since you order all things in accordance with your creation, you explained to them what the prophets had taught about you. They recognised you in the breaking of the bread when their hearts were burning for your knowledge. When they found the disciples, they openly proclaimed the resurrection. Through it we plead with you to have mercy on us.

Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the One who was born of you, Hades has been captured and Adam recalled. The curse has been annulled, and Eve set free. Death has been slain, so we are given life. Blessed is Christ our God, whose good will it was. Glory to you!

Great Doxology

Glory to you who have shown us the light!
glory to God in the highest!
Peace on earth and goodwill to men!

² We praise you, we bless you, we worship you,
we glorify you, we thank you for your great glory,

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

⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;
have mercy on us,
for you take away the sin of the world.

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

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

⁷ I will bless you every day
and always praise your name for ever and ever. Ps 144

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

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

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

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

¹² 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

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

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

¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. When he destroyed death by death, he gave us victory and great mercy.

LITURGY

Antiphon 1 Ps 91

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

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

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

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

S4: Glory: Both now:

Antiphon 2 Ps 92

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

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

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

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

Monogenes

Antiphon 3 Ps 94 Tone 4

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

R: When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

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 4

When the women disciples of the Lord learnt from the angel the joyful message of your resurrection, they cast away the ancestral curse and elatedly told the Apostles, "Death is overthrown. Christ our God has risen and grants the world great mercy."

Tone 3

O Athanasios, the angels were amazed at your deeds as you faced spiritual struggles and overcame the devils. You are worthy of all praise and Christ rewarded you with abundant grace. O father, intercede with Christ God to save our souls.

Of the Church

Kontáktion

O unfailing protection of Christians and unchanging mediator before the Creator, do not despise the prayers of us sinners, but in your goodness extend your help to those of us who faithfully cry to you, "O Theotokos, you always protect those who honour you, so hurry to intercede for us and hasten to plead for us."

Triságion

Prokeímenon Ps 31 Tone 6

R: O just, be glad in the Lord and rejoice;
all you upright in heart, boast *in the Lord*.

S: Blessed are those whose lawless deeds have been forgiven

and whose sins have been covered.

Apóstolos

From the Letter of Paul to the Romans (8:14-21)

Brothers, all who are led by the Spirit of God are sons of God. ¹⁵ For you did not receive the spirit of slavery to fall back into fear, but you have received the spirit of sonship. When we cry, "Abba! Father!" ¹⁶ it is the Spirit himself bearing witness with our spirit that we are children of God, ¹⁷ and if children, then heirs, heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. ¹⁸ I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. ¹⁹ For the creation waits with eager longing for the revealing of the sons of God. ²⁰ For the creation was subjected to futility, not of its own will, but by the will of him who subjected it in hope, ²¹ because the creation itself will be set free from its bondage to decay and obtain the glorious liberty of the children of God.

Alleluia Pss 64 & 101 Tone 6

S1: Blessed are those whom you have chosen and taken, O Lord,
they will settle in your courts

S2: Their remembrance *is* from generation to generation.

Sunday Matthew 5

From the Holy Gospel according to Matthew (8:28-9:1)

At that time when Jesus came to the country of the Gadarenes, two demoniacs met him, coming out of the tombs, so fierce that no one could pass that way. ²⁹ And see, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" ³⁰ Now a herd of many swine was feeding at some distance from them. ³¹ And the demons begged him, "If you cast us out, send us away into the herd of swine." ³² And he said to them, "Go." So they came out and went into the swine; and see, the whole herd rushed down the steep bank into the sea, and perished in the waters. ³³ The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. ³⁴ And see, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighbourhood. ¹ And getting into a boat he crossed over and came to his own city.

Communion Ps 148

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