

SUNDAY 12 JULY 2026
Martyrs Proklos and Ilarion of Ankyra C2
6th Sunday Tone 5 & Eothinón 6

VESPERS

Lord I have cried

Tone 5

10: Bring my soul out of prison
that I may acknowledge your name.

O Christ, you have put the Devil to shame by your precious cross. You have blunted the sting of sin and saved us from the gates of death by your resurrection. We glorify you, only begotten *Lord*.

9: The just will wait,
until you reward me.

Christ was led like a sheep to the slaughter in order to grant resurrection to the human race. The princes of Hades were frightened by this, for the gates of sorrow were raised. Christ the King of glory had entered. He said to those in chains, "Go out," and to those in darkness, "Come to the light."

8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.

O great wonder! The Creator of invisible matter suffered in the flesh in his love for the human race and rose again as immortal *Lord*. O families of nations, come and worship him. We have been rescued from error by his compassion and have learnt to sing about one God in three persons.

6: O Lord *our* Lord, if you mark offences,
who will stand?

But there is forgiveness with you.

O unfading Light, we offer you our evening worship. You shone on the world in the flesh in these last days as though in a glass. You even descended to Hades to banish its darkness. You have revealed the light of the resurrection to the nations. Glory to you, O Lord, Giver of light, glory to you!

5: O Lord, I have waited for you for the sake of your name;
my soul has waited for your word,

my soul has hoped in the Lord.

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.

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

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 1

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

He will redeem Israel
from all his offences.

O Proklos and Ilarion, you suffered countless tortures and have received your holy crowns together. Therefore we worthily celebrate your memory and zealously ask that you will intercede for us.

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

O Proklos, blessed *martyr*, your body was torn apart, but you obtained eternal glory. Now that you are in the eternal light of Paradise, pray that we who sing to you may also see it.

1: For he has strengthened his mercy over us
and the truth of the Lord remains for ever.

O Proklos and Ilarion, victorious athletes of the Lord, you give light to the whole creation like two stars by the radiance of your miracles. You dispel the darkness of the passions. Therefore we sing to you while we joyfully remember you.

Glory: Both now:

In the Red Sea of old, a type of the virgin Bride was prefigured. There Moses divided the waters; here Gabriel assisted in the miracle. There Israel crossed the sea without getting wet; here the Virgin gave birth to Christ without seed. After Israel's passage, the sea remained impassable; after Emmanuel's birth, the spotless *Lady* remained a virgin. O eternally-existing God, O Lord appearing as man, have mercy on us.

Phos Ilarón

P/D: Wisdom! Stand upright!

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

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

Prokeímenon

P/D: The Evening Prokeimenon

R: The Lord reigns *and* is clothed with majesty.

S1: The Lord has put on power and clothed himself.

S2: He founded the world, which will not be moved.

Ektení

Prayer

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

Plirotiká

Prayer

P: Peace be with you all. R: And with your spirit

D: Bow down your heads to the Lord. R: To you, O Lord.

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

Amen.

Aposticha

Tone 5

O Christ, incarnate Saviour, you were not parted from the heavens. We glorify you with songs of praise, for you accepted the cross and death for the sake of our race. O Lord, Lover of the human race, you overthrew the gates of Hades and rose on the third day to save our souls.

¹ The Lord reigns *and* is clothed with majesty;

the Lord is covered and enveloped with power. Ps 92

O Giver of life, you have poured out streams of forgiveness, life and salvation for everyone by being pierced in the side. You have granted us immortality by accepting death in the flesh. You have freed us by being placed in the tomb and, as God, have raised us with you in glory.

Therefore we cry out, “Glory to you, O Lord, Lover of the human race!”

^{1b} For he established the world

which will not be moved. Ps 92

O Lover of the human race, your crucifixion and descent into Hades are awesome. You have captured it and raised the ancient prisoners with you, for you are God in glory. You have opened Paradise and commanded it to take them back. Grant us, who glorify your resurrection on the third day, purification of sins. Make us worthy to be citizens of Paradise, for you alone are merciful.

^{5b} O Lord, holiness is correct for your house

to length of days. Ps 92

O Lover of the human race, you accepted death in the flesh for our sake and rose from the dead on the third day. Heal us from our earthly passions, restore us from our evil offences and save us.

Glory: Both now:

All-honoured Virgin, you are the gate, the temple, the palace and the throne of the King. From you Christ the Lord, my Redeemer, appeared to those who sat in darkness. He is the Sun of justice who desired to enlighten those whom he had created in his image with his own hand. Therefore, all praised *Lady*, pray continually that our souls may be saved, for you possess motherly boldness before him.

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.

Triságon Prayers

Apolytikia

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Hail, O gate of the Lord which no one can pass! Hail, O rampart and shelter of those who come to you! Hail, O undisturbed haven who never knew man! Since you gave birth in the flesh to your Maker and God, continually intercede for those who sing a hymn of praise to your Son and worship him.

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 5

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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 2

O Christ our God, as he caught the nations in his net, the apostle taught the very ends of the earth to fall before you, as well as before the Father and the Spirit. O *Lord* living among the saints, strengthen our faith through his prayers and send your blessing on the faithful.

Glory: Both now:

O Theotokos and Ever-virgin Mary, we have been able to share in the divine nature through you. You gave birth for us to God who was clothed with flesh. Therefore we correctly glorify you.

Kathisma 2

Tone 4

Christ who is the Sun of justice sent you to enlighten the whole world like a ray. O holy apostle James, illuminate all the faithful who celebrate your sacred memory with the unfading Light through your prayers before God.

Glory: Both now:

You are the hope which will never let those who trust in you be shamed. Only you marvellously gave birth in the flesh to Christ our God. Plead with him, together with the holy apostles, to grant the world forgiveness of sins and to give correction of life to all of us before the end.

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

The sight of the angel dazzled the minds of the myrrhbearing women and their spirits were enlightened by your divine Resurrection. They preached the good news to the Apostles, "Announce to the nations the Lord's Resurrection. He has worked wonders and grants us great mercy!"

Anaváthmi Tone 5

Antiphon 1 Ps 131

My Saviour, I sing to you like David in my trouble;
save my soul from crafty speech.

The life of those who live in the desert is blessed;
they are supported by divine passion.

Glory: Both now:

Everything seen and unseen is preserved by the Holy Spirit,
for he has power in himself as truly one of the Trinity.

Antiphone 2 Ps 120

My soul, let us ascend the mountains;
come to the place where help is found.

O Christ, let your right hand rush
to guard me from everything sinister.

Glory: both now:

As we speak about divine matters through the Holy Spirit,
we say, "You are God, life, desire, light and mind.
You are goodness and reign for ever.

Antiphon 3 Ps 121

I offer my prayer for those who said to me,
"Let us go to the courts of the Lord,

filled with great joy.”

Fearful things will be done to the house of David,
for a fire there will consume every shameful thought.

Glory: Both now:

The government of life belongs to the Holy Spirit
and every creature is given the breath of life through him
as also in the Father and the Word.

Prokeímenon Ps 9

R: O Lord my God, rise,
for you reign for ever.

S: O Lord, I will thank you with all my heart.

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

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.”

Ikos

The women set aside their weeping when they heard the words of the
angel and saw the resurrection with awe and joy. See, Christ drew near to
them and said, “Hail, take courage, for I have overcome the world and set
the prisoners free! Go quickly to the disciples and say that I will go before
you to Galilee in order to proclaim the good news.” Therefore we all cry
to you, “O Lord, save us!”

Synaxáron

Today we remember the holy martyrs Proklos and his uncle, Ilarion, of
Ankyra, who lived in the Second Century. At his trial Proklos said, “If
you are afraid to disobey the emperor’s commands and be punished, how
much more do Christians fear to disobey God’s commands and suffer

eternal punishment.” On the Twelfth they both arrived safe and sound in heaven.

Together with them we remember:

Veronica, who haemorrhaged and was healed by the Saviour

Martyr Serapion C2-C3

Holy Michael of Maleinos C10

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, 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 6

From the Holy Gospel according to Luke (24:36-53)

At that time, when Jesus rose from the dead, he stood in the midst of his disciples, and said to them, "Peace be with you!" ³⁷ But they were startled and frightened, and supposed that they saw a spirit. ³⁸ And he said to them, "Why are you troubled, and why do questionings rise in your hearts? ³⁹ See my hands and my feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have." ⁴¹ And while they still disbelieved for joy, and wondered, he said to them, "Have you anything here to eat?" ⁴² They gave him a piece of broiled fish, ⁴³ and he took it and ate before them. ⁴⁴ Then he said to them, "These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled." ⁴⁵ Then he opened their minds to understand the scriptures, ⁴⁶ and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, ⁴⁷ and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. ⁴⁸ You are witnesses of these things. ⁴⁹ And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high." ⁵⁰ Then he led them out as far as Bethany, and lifting up his hands he blessed them. ⁵¹ While he blessed them, he parted from them, and was carried up into heaven. ⁵² And they returned to

Jerusalem with great joy, ⁵³ and were continually in the temple blessing God. 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.

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 the holy martyrs Proklos and his uncle, Ilarion, and of all the saints. We ask you, only merciful Lord, “Listen to us sinners as we pray to you, and have mercy on us.”

Lord have mercy. XI2

Through the mercy, compassion and love for the human race of your only-begotten Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

Ode 9

My soul glorifies the Lord
and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim
and beyond compare more glorious than the Seraphim.
You gave birth to God the Word without defilement;
O true Theotokos, we glorify you.

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

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

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

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

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

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

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

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

Small Litany

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

Holy is the Lord

Holy is the Lord our God. *X3*

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

Exaposteilária

Tone 6

O Saviour, when you rose from the grave, you revealed yourself as human by nature. You stood in the midst of the disciples, ate with them, and taught them about the baptism of repentance. Then you ascended to your heavenly Father after promising to send them the Advocate. Glory to your resurrection, most divine and incarnate God!

Glory: Both now:

O holy Virgin, the Author of creation and God of all, took flesh from your pure body. He renewed our corrupt nature, yet preserved you after giving birth as you were before. Therefore we all praise you in faith and cry out, “Hail Lady, Sovereign of the world.”

Praises

Tone 5

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, you came out from the grave, which had been sealed by lawless men, just as you were born from the Theotokos. Your bodiless angels did not know how you were incarnate; the soldiers did not see the moment of your resurrection. These two marvels were concealed from curious minds, but were revealed to those who worshipped with faith the mystery about which we sing. Grant us joy and great mercy as we offer you praise.

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

O Lord, you demolished the eternal bars and broke apart the chains of the grave. You rose from the tomb and left your wrappings in the grave as a witness to your three-day burial. You left the guards watching at the tomb and went before your disciples to Galilee. O incomprehensible Saviour, great is your mercy; have mercy on us!

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

O Lord Christ, you suffered for us and the women hurried to your tomb to see you. When they approached with fear, they saw an angel sitting on the stone which had been rolled away. He cried to them "The Lord is risen. Go and tell the disciples that the Saviour of our souls has risen from the dead."

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

O Lord, you came into the midst of your disciples, although the doors were shut, just as you came from the sealed tomb. O long-suffering Saviour, you revealed the sufferings of the body which you had accepted, for you endured wounds as the Seed of David, but saved the world as Son of God. O incomprehensible Saviour, your mercy is great; have mercy on us.

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

O Lord, King of the ages and Creator of all, you accepted crucifixion and burial in the flesh for our sake in order to rescue us all from Hades. You are our God and we do not know anyone apart from you.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.

Let everything with breath praise the Lord.

O Lord God, who will proclaim your radiant wonders or declare your divine mysteries? For you were willingly incarnate for our sake and revealed your powerful might. You opened Paradise to the thief by your cross. You crushed the bars and bolts of Hades by your death. You enriched all creation by your resurrection. O compassionate *Lord*, glory to you!

S2: O Lord God, rise; let your hand be exalted
and never forget the poor.

O immortal Word and God, the myrrhbearing women reached your tomb very early in the morning because they wanted to anoint you. O Life of all, after they had been instructed by the words of the angel, they turned back with joy to tell the Apostles clearly that you had risen, and granted the world forgiveness and great mercy.

S1: O Lord, I will thank you with all my heart;
I will recount all your wonders.

The guards of the tomb which had received God said to the Jews, "How deluded was the thought behind your plan! You laboured in vain as you tried to guard the boundless Lord. You appeared publicly because you wanted to hide the resurrection of the crucified *Lord*. How deluded was the thought of your assembly! Why do you consult together again to hide what cannot be hidden? Listen rather to us and choose to believe the truth of what has happened. A radiant angel came down from heaven and rolled away the stone. We were held fast through the dread of him as though we were dead. He raised his voice and spoke to the myrrh-bearing women, 'Do you not see the death of the guards, the rupturing of the seals and the emptying of Hades? Why do you search for the Lord who made the victory of Hades of no effect and smashed the sting of death as though he were mortal? Go quickly to the apostles and announce the good news of the resurrection. Cry without fear, "The Lord who has great mercy has truly risen.'"

Glory: Tone 6

O Christ, since you are the true peace of God to man, you granted peace to your disciples after your resurrection. You revealed their fear when they

thought they saw a spirit, but by showing them your hands and feet, you eased the anxiety of their souls. They still doubted, but you took food with them, reminded them about your teaching and opened their minds to understand the Scriptures. You made the eternal covenant with them. After blessing them, you rose and ascended into heaven. Therefore, together with them, we worship you. O Lord, glory to you!

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

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

R: O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

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 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Of the Church

Kontákion

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 11 Tone 5

R: O Lord, you will guard us;
 you will keep us from this generation for ever.
 S: O Lord, save me, for the devout man has failed;
 true words have become few among the sons of men.

Apóstolos

From the Letter of Paul to the Romans (12:6-14)

Brothers, since we have gifts that differ according to the grace given to us, let us use them. If *we have* prophecy, in proportion to our faith; ⁷ if service, in our serving; the one who teaches, in his teaching; ⁸ the one who urges, in his urging; the one who contributes, in liberality; the one who gives aid, with zeal; the one who accomplishes acts of mercy, with cheerfulness. ⁹ Let love be genuine; hate what is evil, hold fast to what is good. ¹⁰ Love one another with brotherly affection; outdo one another in showing honour. ¹¹ Never flag in zeal, be radiant with the Spirit *and* serve the Lord. ¹² Rejoice in your hope, be patient in affliction *and* be constant in prayer. ¹³ Contribute to the needs of the saints *and* practise hospitality. ¹⁴ Bless those who persecute you; bless and do not curse them.

Alleluia Ps 88 Tone 5

S1: O Lord, I will sing about your mercies for ever;
 I will announce your truth with my mouth to all generations.
 S2: For you have said: Mercy will be built up for ever;
 your truth will be prepared in the heavens.

Sunday Matthew 6

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

At that time, getting into a boat, Jesus crossed over and came to his own city. ² And see, they brought to him a paralytic, lying on his bed; and

when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." ³ And see, some of the scribes said to themselves, "This man is blaspheming." ⁴ But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? ⁵ For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? ⁶ But that you may know that the Son of man has authority on earth to forgive sins" -- he then said to the paralytic -- "Rise, take up your bed and go home." ⁷ And he rose and went home. ⁸ When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

Communion Ps 148

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