

SUNDAY 19 JULY 2026
+ Fathers of the Fourth Oecumenical Council
Venerable Mother Makrina of Kappadokia C4
Venerable father Dios
[Relics of Holy Seraphim of Sarov C20]

7th Sunday Tone 6 & Eothinón 7

VESPERS

Lord I have cried

Tone 6

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

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

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, you were victorious over Hades. You ascended the cross
and raised with you those who sat in the shadow of death, for you are
free among the dead and pour out life from your light. O almighty
Saviour, have mercy on us.

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

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.

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

S7: Let your ears note the voice of my plea.
O Christ, we glory in your cross. We sing and honour your
resurrection. For you are our God and we know no one else apart
from you.

Tone 6

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

S5: O Lord, I have waited for you for your name's sake;
my soul has waited for your word,
my soul has hoped in the Lord.

O Word of God, Lover of the human race, infinite, ineffable in your
incarnation for us, the honourable assemblies of the fathers
announced that you are perfect Man and perfect God, one Person in
two perfect Natures, with two perfect Wills. Therefore we
acknowledge that you are one God with the Father and the Holy
Spirit. While we sing a hymn of praise to the fathers, we worship
you. X2

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 glorious fathers of the Councils, you showed that Pyrrhos, Sérgios,
Onórios and Dioskoros were in error alongside Nestórios in their
teaching about Christ. You rescued the flock by proclaiming the true
belief that Christ is one divine Person in two Natures. We worship
him as perfect God and perfect Man; he is united with the Father and
the Holy Spirit. O holy fathers, we honour you and sing you a hymn
of praise. X2

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

The fathers of the Councils were inspired by God to proclaim and
enunciate that there is a divine Energy and a divine Will in Christ
which is uncreated and infinite. There is also a human energy and a
human will in the Son of Man. Therefore they proclaimed that Christ
is one divine Person with two Natures, divine and human. Therefore
we the faithful honour these fathers every year and glorify Christ
who glorified them.

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

Today the fathers of the Councils preach to us that the eternal Trinity
is one God and one Lord. They explain to us that he is one in Nature,
consubstantial, one in Will and Energy. He is not divided or shared,
but exists in the simplicity of divine Being. They define that this
divine Will and Energy have no beginning and will never have an
end. Therefore we the faithful glorify these fathers as equals to the
apostles, for they educated the entire human race in the true teaching
about God.

Glory: Tone 6

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

Both now: Tone 6

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

Phos Ilarón

P/D: Wisdom! Stand upright!

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

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

Prokeimenon

P/D: The Evening Prokeimenon

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

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

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

Prophecy 1

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

Abram, having heard that Lot his nephew had been taken captive,
numbered his own home-born servants three hundred and eighteen,
and pursued them to Dan. ¹⁵ Then he came to them by night, he and
his servants; he struck them and pursued them as far as Hoba, which
is on the left of Damascus. ¹⁶ Then he recovered all the cavalry of
Sodom, and he recovered Lot his nephew, and all his possessions,
and the women and the people. ¹⁷ The king of Sodom went out to
meet him, after he returned from the slaughter of Chedorlaómer, and
the kings with him, to the valley of Saby; this was the plain of the
kings. ¹⁸ And Melchizedek king of Salem brought out loaves and
wine, and he was the priest of the most high God. ¹⁹ He blessed
Abram, and said: Blessed be Abram of the most high God, who made
heaven and earth, ²⁰ and blessed be the most high God who delivered
your enemies into your power. Then Abram gave him the tithe of all.

Prophecy 2

From the Book of Deuteronomy (1:8-11, 15-17)

Moses spoke to the sons of Israel: See, God has delivered the land before you; go in and inherit the land, which I swore to your fathers, Abraham, Isaac and Jacob, to give them and to their seed after them. ⁹ I spoke to you at that time, saying: I will unable by myself to bear you. ¹⁰ The Lord your God has increased you, and, see, you are today like the stars of heaven for multitude. ¹¹ May the Lord God of your fathers add to you a thousand-fold more than you are, and bless you as he has spoken to you. ¹⁵ So I took from you wise, understanding and prudent men, and I set them to rule over you as rulers of thousands, rulers of hundreds, rulers of fifties, rulers of tens and officers for your judges. ¹⁶ I ordered your judges at that time, saying: Hear causes between your brothers, and judge rightly between a man and his brother, and the stranger who is with him. ¹⁷ You must not respect status in judgment, but must judge small and great equally. You must not shrink from the standing of a man, for the judgment is God's.

Prophecy 3

From the Book of Deuteronomy (10:14-18, 20-21)

Moses said to the sons of Israel: See, the heaven and the heaven of heavens *belong* to the Lord your God, the earth and everything in it. ¹⁵ Also the Lord chose your fathers to love them, and he chose their seed after them, even you, beyond all nations, as on this day. ¹⁶ Therefore you must circumcise the hardness of your heart and you must not harden your neck. ¹⁷ For the Lord our God, he is the God of gods, and the Lord of lords, the great, mighty and terrible God, who does not show favouritism, nor will he by any means accept a bribe. ¹⁸ He executes judgment for the stranger, orphan and widow, and he loves the stranger, giving him food and clothing. ²⁰ You must fear the Lord your God, serve him alone, cling to him and swear by his name. ²¹ He is your boast, and he is your God, who has accomplished in the midst of you these great and glorious events, which your eyes have seen.

Ektení

Prayer

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

Plirotiká

Prayer

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

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

Apósticha

Tone 6

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

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92
You destroyed the gates of brass, broke the chains of Hades and raised the fallen human race, for you were almighty God. Therefore we cry out in unison, "O Lord, glory to you who rose from the dead!"

S2: For he founded the world which will not be moved. Ps 92
Christ who desired to restore us after our fall, was nailed to the cross and placed in a tomb. The myrrhbearing women sought him with

tears and cried, "Woe to us, O Saviour! How do you stoop to live in the tomb? What place can hide your life bearing body? Come to us as you promised; take away our lamentation and tears." Then the angel appeared to them and cried, "End your lamentation. Go and proclaim to the apostles that the Lord has risen; he grants us pardon and great mercy."

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

Glory: Tone 3

O holy fathers of the Councils, you are the faithful keepers of the Apostolic tradition. When you proclaimed that the Three Persons of the Holy Trinity are one and consubstantial, you refuted the blasphemy of Arius. When you taught that the Holy Spirit is a distinct Person, united with the Father and the Son, you shamed Makedónios, Nestórios, Eftychís, Dióskoros, Savvélios and the headless Sevíros. Therefore we implore you to free us and guard our lives as we keep faith.

Both now:

Without seed you conceived the Son of God from the Holy Spirit according to the will of the Father. He was born from the Father before time without a mother, but now for our sake he came from you without a father. Therefore continually plead with him to rescue our souls from dangers.
, shelter, intercession and 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 6

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

Tone 8

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

Tone 8

O good *Lord*, you were born from a virgin for our sake. You suffered crucifixion, despoiled death through death and as God you revealed the resurrection. Do not despise those whom you have created with your own hand, but, O merciful One, show forth your love for the human race. O Saviour, receive the Theotokos, who gave birth to you, as an intercessor and save your despairing people.

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 6

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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

Tone 6

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

Glory:

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

Both now:

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

Kathísma 2

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

Glory:

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

Both now:

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

Evlogítaria

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

Anaváthmi Tone 6

Antiphon 1 Ps 122

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

Glory: Both now:

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

Antiphon 2 Ps 123

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

Glory: Both now:

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

Antiphon 3 Ps 124

Those who trust in the Lord are fearful to their enemies
and objects of wonder to everyone,
for their vision is above.
O Saviour, the land of the just has you for helper
and will not extend its hands to do wrong.

Glory: Both now:

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

Prokeímenon Ps 79

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

S: O Shepherd of Israel, listen.

Small Litany

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

Kontákion

Without note

The preaching of the apostles and the teaching of the fathers established a single and unified faith in the Church. Therefore because she is clothed with the truth of a theology inspired by heaven, she explains and announces the great mystery of Christ with certainty.

Íkos

Listen to the Church of God as she cries out to us with a heavenly proclamation, "Let the one who is thirsty come to me and drink. I have mixed my wine in the cup of wisdom. I have prepared it with the word of truth. I pour out the water which does not lead to discord, but rather of unity in faith." The new Israel drinks from it and sees God who says, "Look and see! I am the same. I am God for ever. There is no god apart from me." Those who share will be satisfied and praise the great mystery of faith.

Synaxáριον

Today we remember our renowned mother Makrīna who lived in the Fourth Century. She lived in poverty after the death of her mother and deeply influenced her younger brothers, Basil the Great of Caesarea and Gregory of Nyssa. O glory of the hermits, on the Nineteenth the angels carried you up to the vision of God.

On the same day we remember the venerable father and wonderworker Dīos, who lived in the Fifth Century. He was an abbot in Antioch. O blessed saint, you were marvellous in your name and still more marvellous in your achievements.

On the same day we also commemorate Holy Seraphim who lived in the wilderness near Sarov in Russia during the Twentieth Century. His life of steadfast devotion guided many along the Christian road.

Together with them we remember:

Bishop Theodoros of Edessa C8

King Stephen of Serbia and mother Militsa C15

Ypóm̄nima

Today we also remember the 630 holy and God-bearing fathers who assembled at Chalcedon for the Fourth Oecumenial Council. O Christ our God, have mercy on us through the prayers of our holy fathers.

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 7

From the Holy Gospel according to John (20:1-10)

On the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. ² So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." ³ Peter then came out with the other disciple, and they went toward the tomb. ⁴ They both ran, but the other disciple outran Peter and reached the tomb first; ⁵ and stooping to look in, he saw the linen cloths lying there, but he did not go in. ⁶ Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, ⁷ and the napkin, which had been on his head, not lying with the linen cloths but rolled up in a place by itself. ⁸ Then the other disciple, who reached the tomb first, also went in, and he saw and believed; ⁹ for as yet they did not know the scripture, that he must rise from the dead. ¹⁰ Then the disciples went back to their homes.

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 the Holy Fathers of the Seventh Council, our renowned mother Makrjna of Holy Seraphim who lived in the wilderness of Sarov, 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.

Exaposteilária

Tone 7

When Mary said, "They have taken away my Lord," Simon Peter and the other disciple, the anointed of Christ whom Jesus loved, went quickly to the grave. They came and found the grave clothes in the tomb, together with the napkin which had covered his head lying near them. Therefore they waited until they also had seen the Christ.

Tone 2

All-compassionate Lord, today as we celebrate the memory of our holy fathers, we plead with you to rescue your people from every heresy and error through their prayers. O Lord, make us worthy to glorify the Father, the Word and the Holy Spirit.

Tone 3

All-blameless *Lady*, in an ineffable way you gave birth to God in two Natures, two Wills and one Person. Through his own volition he humbled himself, accepted crucifixion and granted us the riches of his Divinity by his resurrection from the dead.

Praises

Tone 6

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

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

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

O Lord, your cross is life and resurrection for your people. We place our trust in it and praise you as our risen God. Have mercy on us.

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

O Master, your burial has opened Paradise for the human race. We have been rescued from corruption and praise you, our risen God. Have mercy on us.

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

Let us praise Christ, together with the Father and the Spirit, *for he* has risen from the dead. Let us cry to him, "You are our Life and Resurrection, have mercy on us."

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

O Christ, you rose from the grave on the third day according to the Scriptures; you raised our forefather with you. Therefore the whole human race glorifies you and praises your resurrection.

Tone 6

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

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

Let everything with breath praise the Lord.

The holy fathers, as they meditated in the Holy Spirit, through divine influence wrote the blessed symbol of faith. In it they openly proclaim that the Word is co-eternal with the Father who begot him and is consubstantial. In this they follow the teaching of the divine apostles. X2

S2: O Lord God of our fathers, you are blessed;
your name is praised and glorified for ever. Dan 3

When the holy fathers had received the light of the Holy Spirit, through divine inspiration they announced the mystery of faith in a few words which were rich in meaning. As messengers of Christ they were inspired by the teaching of the Holy Gospel and Holy Tradition. They received brilliant revelation from above. While they were splendid with radiance they set out divine teaching.

S1: Assemble before him, O holy ones *of the Lord*,
for you have made a covenant with him in sacrifices. Ps 49

Because they united their pastoral understanding and were moved by just indignation, the holy shepherds used the rod of the Spirit to banish the devouring harmful wolves who had entered the fullness of the Church with an incurable fatal disease. Therefore the holy fathers acted as noble servants of Christ and initiates of the divine message.

Glory: Tone 8

The council of the holy fathers gathered from the ends of the earth. They believed in one substance and nature of the Father, Son and Holy Spirit. They defined the mystery plainly as they spoke to the Church with theology. Therefore we bless and praise them in faith, "O soldiers of God's army, shining lights of the eternal firmament, invincible towers of the heavenly Zion, scented flowers of Paradise, golden lamps of the Word, treasure and delight of the inhabited earth, continually pray for our souls."

Glory: Tone 7

O Mary, why did you stand at the grave to see the dawn and break of day? Your mind was covered with a great darkness and you asked him, "Where have they placed Jesus?" See how the disciples went quickly to the tomb, believed his resurrection because of the clothes and the napkin lying in the grave, and remembered what was predicted about him in the Scriptures. O Christ, Giver of life, we have believed through them and, together with them, also praise 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. After he had 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: The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed.

You met the Virgin and granted life. O Lord, you rose from the dead; glory to you!

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 6

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

Tone 8

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

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 4

R: O just, be glad in the Lord and rejoice.

S: Blessed are those whose lawless deeds have been forgiven

Apóstolos

From the Second Letter of Paul to Titus (3:8-15)

My son Titus, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. ⁹But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. ¹⁰As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, ¹¹knowing that such a person is perverted and sinful; he is self-condemned. ¹²When I send Artemas or Tych'icus to you, do your best to come to me at Nicop'olis, for I have decided to spend the winter there. ¹³Do your best to speed Zenas the lawyer and Apol'los on their way; see that they lack nothing. ¹⁴And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. ¹⁵All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all.

Alleluia Ps 43 & 33 Tone 4

S1: O God, we have heard with our ears.

S2: You saved us from our afflictions.

Gospel

From the Holy Gospel according to Matthew (5:14-19)

The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. ¹⁵Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. ¹⁶Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. ¹⁷Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfil them. ¹⁸For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the

law until all is accomplished. ¹⁹Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

Communion Ps 148

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