

SUNDAY 26 JULY 2026
+Hieromartyr Ermolaos and Companions of Nikomedja C4
+Great martyr Paraskevi of Rome C2
8th Sunday Tone 7 & Eothinón 8
Matthew 8

VESPERS

Lord I have cried

Tone 7

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

Tone 7

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;
be attentive to the voice of my plea when I cry to you.
O Lord, listen to me.

² Let my prayer be presented 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.
Come, let us rejoice in the Lord who destroyed the dominion of death
and enlightened the human race. Let us sing to him with the bodiless
hosts, "Our Maker and Saviour, glory to you!"

S9: The just will wait for me, until you reward me.
O Saviour, you endured the cross and burial for our sake. As God
you destroyed death by your death. We fall down before your
resurrection on the third day. O Lord, glory to you!

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
When the Apostles saw the resurrection of the Maker, they were
amazed and sang the angelic praise, "This is the glory of the Church;
this is the wealth of the kingdom." O Lord who suffered for our
sake, glory to you!

S7: Let your ears note the voice of my plea.
O Christ, you were held by lawless men, but you are my God and I
am not ashamed. You were struck on the cheek, but I do not deny
you. You were nailed to the cross and I do not conceal it, for I
glorify your resurrection and your death is my life. O almighty Lord,
Lover of the human race, glory to you!

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
Christ fulfilled the prophecy of David and revealed his own greatness
in Zion to the disciples. He is praised and always glorified, together
with the Father and the Holy Spirit. At first, as the Word, he was
bodiless, but later he took flesh and was killed for our sake as man.
He rose with power, *for he is* the Lover of the human race.

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 Christ, you descended into Hades as you freely determined; you
overthrew death as God and Master. You rose on the third day and
with you raised Adam from the bonds of Hades and from corruption.
Glory to your resurrection, only Lover of the human race!

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

1

3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel
from all his offences.

O amazing wonder! O holy Paraskevi, you fought the good fight and
courageously defeated the arrogance of Antonios. You deserved the
prize and crown of your heavenly calling. Now that you stand before
the Lord, remember your servants who venerate your faith *and ask*
that he will be merciful to us. X2

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

O renowned martyr of Christ, you loved the Lord with all your soul
and patiently endured the grievous beatings. You were lacerated by
the whip, underwent every torture for the sake of your dear *Lord* and
received the crown which you deserved. Therefore we praise you as
blessed before God.

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

O renowned and famous martyr, who can speak about your
sufferings or valiant miracles in your struggles? Who can speak
about the patience and humility which you showed as though you
were a bodiless power? Therefore, O Paraskevi, bride of the King
and holy vessel of the Spirit, you became a companion of the angels
in heaven.

Glory: Tone 6

O renowned Paraskevi, O virgin, O martyr in combat, ask that those
who worthily celebrate your passion may be rescued from trials,
affliction and future judgement through your prayers.

Glory: Both now: Tone 7

O Theotokos, you were revealed as a mother above nature, for you
remained a virgin beyond reason and understanding. No tongue can
speak about your wonderful childbearing, for the order of nature was
overruled by God. O pure *Lady*, your conceiving was most glorious.
O Virgin, the manner of your giving birth was ineffable. We know
that you are the Mother of God and pray fervently to you, "Plead
with him to save 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.

Prokeímenenon

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

Psalm 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. Dan 3
O Lord, let your mercy be on us,
for we have hoped in you. Ps 32
Blessed are you, O Lord;
teach me your statutes. Ps 118

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. *Ps 137*
 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 7

O Saviour of the world, you rose from the tomb and raised the human race with your body. O Lord, glory to you!

S1: The Lord reigns *and* is clothed with majesty;
 the Lord has put on power and clothed himself. *Ps 92*
 Come and worship *the Lord* who rose from the dead. He has enlightened all creation and saved us from the torments of Hades by his death. He has granted us eternal life and great mercy through his third-day resurrection.

S2: For he founded the world which will not be moved. *Ps 92*
 O Christ, you descended into Hades and captured death. O Lord, Lover of the human race, you rose again on the third day and have raised us who glorify your all-powerful resurrection.

S3: O Lord, holiness is right for your house to length of days. *Ps 92*
 O Lord, when you were placed in the tomb like someone asleep, you appeared awesome. But, when you rose on the third day as the almighty *Lord*, you raised Adam with you. Glory to your resurrection, only Lover of the human race!

Glory: Tone 6

All you ends of the earth, come and form a choir spiritually to praise the martyr of Christ. Let us say, "Hail, O venerable Paraskevi, cherished by God! Hail, O companion of holy nuns! You stand among the ranks of martyrs. Together with them intercede for the salvation of our souls.

Both now:

O Theotokos, you are the true vine which is loaded with the Fruit of life. Therefore, O Lady, we implore you to intercede, together with the martyrs and all the saints, that we may obtain mercy for 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.

Triságon Prayers

Apolytikia

Tone 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

Tone 1

O blessed Paraskevi, victorious in battle, when you had justified your name of *Preparation* by your diligent life, you inherited the permanent possession of a faith which is always ready. Therefore you arrange acts of healing and pray for our souls.

Tone 1

O Virgin, O sacred ark, when Gabriel greeted you with "Hail!" he cried out like the just David, for the Master of all was incarnate in you. You were revealed as more spacious than the heavens, for you carried your Creator. Glory to the *Lord* who lives in you! Glory to the one who comes from you! Glory to the one who frees us through your Child!

Dismissal

ORTHROS

God is the Lord Ps 117

R: God is the Lord, and has shone over 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 7

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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 7

After the Life had been laid in the tomb and the seal had been placed on the stone, the soldiers guarded Christ like a sleeping King. The angels glorified him as the immortal God and the women cried out, "The Lord has risen and granted the world great mercy."

Glory:

You have despoiled death by your three days' burial in the tomb. You have raised corrupt man by your life-bearing resurrection. Glory to you, O Christ our God, Lover of the human race!

Both now:

O Virgin-Theotokos, continually pray to Christ our God to save our souls, for he was crucified, rose for us and destroyed the power of death.

Kathisma 2

O Christ our God, while the sepulchre was sealed, you rose from the tomb as Life. While the doors were closed, you stood in the midst of

your disciples. O Resurrection of all, you renew a right Spirit within us through them, for you are great in mercy.

Glory:

O King of all, the women ran to the tomb with tears and carried spices, while the soldiers kept their watch over you. They said to one another, "Who will roll away the stone for us?" The Angel of Great Counsel has risen and tramples down death. Glory to you, almighty Lord!

Both now:

Hail, O virgin Theotokos, full of grace, harbour and protection for the race of men! The Rescuer of the world was made flesh through you. Only you are both mother and virgin, ever-blessed and glorified. Plead with Christ our God to grant peace to the world.

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*

Υπακοί

Read without note

O Christ our God, you have put on our human form and endured the cross in the body. Save me by your resurrection, for you are the Lover of the human race.

Anaváthmi Tone 7

Antiphon 1 Ps 125

O Saviour, since you turned the captivity of Zion from error, make me also live and raise me from slavery to passions. The man who sows tribulation in the South with tears of fasting will reap sheaves of eternal life-giving food.

Glory: Both now:

The fountain of divine treasury is in the Holy Spirit, from whom come wisdom, understanding and fear; praise, honour, glory and might are his due.

Antiphon 2 Ps 126

If the Lord does not build the house of the soul, we labour in vain, for no work or word is perfected without him. The saints from the fruit of the womb, who are spiritually moved, produce the fatherly teaching of adoption as sons.

Glory: Both now:

Everything has its being through the Holy Spirit, for he is God before all, Master of all, unapproachable Light and Life of all.

Antiphon 3 Ps 127

Those who fear the Lord and find the way of life are blessed with undefiled glory both now and forever. As you see your offspring like saplings around your table, rejoice and exult when you offer them to Christ, the Chief Shepherd.

Glory: Both now:

An abundance of graces, the wealth of glory and the great depth of judgments are in the Holy Spirit. We must worship him with the same glory as the Father and the Son.

Prokeímenon Ps 9

R: O Lord my God, arise, let your hand be raised; *and never forget the needy.*

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

Read without note

The dominion of death can no longer hold the human race captive, for Christ descended; he shattered and destroyed its powers. Hades is bound, while the prophets rejoice and cry with one voice, "The Saviour has come to those with faith; O faithful, enter the resurrection."

Íkos

Today death, Hades and the lowest depths of the earth quake with terror at the presence of one of the Trinity. The earth shakes and the gatekeepers of Hades are struck with terror at seeing you. But all creation rejoices with the prophets and sings a song of victory to you, our Redeemer and God, for you destroyed the power of death. Let us also shout and cry aloud to Adam and to those who are sprung from him, "He has introduced the cross to him; O faithful, enter the resurrection."

Synaxáριον

Today we remember the holy hieromartyrs Ermolaos, Ermippos and Ermokratis of Nikomedía who lived in the Fourth Century. On the Twenty Sixth the evil sword captured the head of Ermolaos and the others.

On the same day we commemorate the holy and renowned martyr Paraskeví of Rome who lived in the Second Century. She lived an ascetic life in poverty and simplicity. On the Twenty Sixth, although the iron struck loudly at your last hour, you were able to listen to the angelic choirs of heaven.

Together with them we remember:

Missionary Presbyter Iakov of the Eskimoes C19

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

Katavasías

I: 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 8

From the Holy Gospel according to John (20:11-18)

At that time Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; ¹² and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. ¹³ They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid him." ¹⁴ Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. ¹⁵ Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." ¹⁶ Jesus said to her, "Mary." She turned and said to him in Hebrew, "Rabboni!" (which means Teacher). ¹⁷ Jesus said to her, "Do not hold me, for I have not yet ascended to the Father; but go to my brothers and say to them, I am ascending to my Father and your Father, to my God and your God." ¹⁸ Mary Magdalene went and said to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

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 renowned martyr Paraskevi, 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 8

Mary was truly amazed when she saw two angels in the tomb. She
did not recognise Christ, but thought he was the gardener and said to
him, "Sir, where have you placed the body of Jesus?" But she knew
from his voice that he was the Saviour and obeyed him when he said,
"Do not touch me, for I have not yet ascended to the Father, but go
and tell my brothers."

Tone 3

O holy martyr, because you were strengthened by the cross of the
Lord, you shattered the audacity of tyrants when you courageously
fought the good fight. You have received the reward of victory from
Christ. O marvellous Paraskevi, intercede with him for the faithful
who truly honour you.

O Virgin Mary, you are indeed the golden censer and the dwelling
place of the boundless Trinity, for the Father was well-pleased with
you, the Son took up his home in you and you were overshadowed
by the Holy Spirit as he made you the Theotokos.

Praises

Tone 7

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.
Christ is risen from the dead; he has shattered the chains of death. O
earth, proclaim great joy; O heavens, praise the glory of God.

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

Now that we have seen the resurrection of Christ, let us worship the
holy Lord Jesus, the only sinless *being*.

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

We continually praise the resurrection of Christ, for the holy Lord
Jesus, who has revealed the resurrection, has saved us from our sins.

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

What shall we give to the Lord in return for all his bounty to us? For
our sake God came and lived among men. The Word became flesh
and lived among us because of our corrupt nature. He is the
Benefactor of the ungrateful, the Rescuer of captives, the Sun of
justice of those sitting in darkness, the passionless *Lord* on the cross,
the Light in Hades and the Resurrection for the fallen. Let us cry out
to him, "Our God, glory to you!"

Tone 1

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

O renowned martyr Paraskevi, you rejoice in the dwellings of the
Lord in company with the wise virgins. You received the power to
heal illnesses and banish impure spirits from the faithful who turn to
you.

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

Let everything with breath praise the Lord.

O renowned martyr Paraskevi, you rejoice in the dwellings of the
Lord in company with the wise virgins. You received the power to
heal illnesses and banish impure spirits from the faithful who turn to
you.

¹ I truly waited for the Lord;

he was attentive to me and listened to my plea. Ps 39

O martyr, when you had crushed the ungodly power of tyrants and
had begun your flight to God, you were not frightened of the lead-
tipped whips, the tearing of your flesh, the boiling cauldrons, the fire
or the sword which took away your life.

^{3b} He set my feet on a rock
and guided my steps. Ps 39

O resplendent virgin and martyr for Christ, you consumed your body
with asceticism and prepared your heart for combat. You appeared
before everyone like a sword which had been forged in heaven and
like gold which had been purified in the crucible of tortures.

Glory: Tone 8

O Jesus, Mary's ardent tears were not shed in vain. See, she has been
worthy to learn from the angels and to gaze at your face. O Christ,
she was weak, thought of earthly things and was held back from
touching you. Yet she was sent to proclaim the good news to the
disciples and to speak about your ascension to the heavenly kingdom.
O Lord, together with her, make us worthy of your appearing.

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: You destroyed death by your cross, opened Paradise to the thief
and changed the weeping of the myrrh-bearers into joy. O Christ our
God, you commanded your disciples to proclaim that you have risen
and grant 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 7**

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

Tone 1

O blessed Paraskevi, victorious in battle, when you had justified your name *of Preparation* by your diligent life, you inherited the permanent possession of a faith which is always ready. Therefore you arrange acts of healing and pray for our souls.

*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**Prokeimenon Ps 28 Tone 7**

- R: The Lord will give strength to his people;
the Lord will bless his people with peace.
- S: Bring to the Lord, O sons of God;
Bring to the Lord glory and honour.

Apóstolos

From the First Letter of Paul to the Corinthians (1:10-17)
Brothers, I appeal to you in the name of our Lord Jesus Christ, that you all agree, that there are no disagreements among you and that you are united with the same mind and the same judgement. ¹¹ For it has been reported to me by Chl e's people that there is quarrelling among you, my brothers. ¹² What I mean is that each one of you says, "I belong to Paul," or "I belong to Ap llos," or "I belong to C phas," or "I belong to Christ." ¹³ Is Christ divided? Was Paul crucified for you? Or were you baptised in the name of Paul? ¹⁴ I am thankful that I baptised none of you except Crispus and G ius; ¹⁵ in case anyone should say that you were baptised in my name. ¹⁶ (I did baptise also the household of St phanas. Beyond that, I do not know whether I baptised anyone else.) ¹⁷ For Christ did not send me to baptise, but to preach the gospel, and not with eloquent wisdom, in case the cross of Christ be emptied of its power.

Alleluia Ps 91 Tone 7

- S1: It is good to thank the Lord,
and make music to your name, O Most High,
- S2: To announce your mercy in the morning
and your truth at night.

From the Holy Gospel according to Matthew (14:14-22)

At that time Jesus saw a great throng; and he had compassion on them, and healed their sick. ¹⁵ When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." ¹⁶ Jesus said, "They need not go away; you give them something to eat." ¹⁷ They said to him, "We have only five loaves here and two fish." ¹⁸ And he said, "Bring them here to me." ¹⁹ Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. ²⁰ And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. ²¹ And those who ate were about five thousand men, besides women and children. ²² Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

Communion Ps 148

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