

SUNDAY 20 SEPTEMBER 2026
+Afterfeast
Martyr Efstáthios with Wife and Sons of Rome C2

16th Sunday Tone 7 & Eothinón 5

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 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.
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!

Tone 1

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.

The tree of our salvation, the wood on which Christ determined to be nailed in order to give life to the inhabited earth, invites every believer to bow down before the footstool of our God with hymns of praise on the day of its exaltation. X2

S2: Every nation, praise the Lord;

every people, acclaim him!

O faithful, as we celebrate the memory of the dedication of the Church of the Holy Resurrection, which caused the great light of eternal life shine on those who sat in darkness, let us approach to exalt the life-giving wood of the cross and fall down before Christ our Saviour.

S1: For his mercy is strengthened over us

and the truth of the Lord remains for ever.

The great Moses once raised his arms in the form of a cross on Mount Sinai. O Christ our God, he prefigured your cross which is exalted today and sanctifies all the faithful on earth who worship your holy crucifixion.

Glory: Tone 4

O Christ, Moses prefigured the power of the precious cross when he put to flight Amalek, his adversary in the wilderness of Sinai, for when he stretched out his arms in the form of a cross the people became strong again. Now the fulfilment of these images has come to pass for us. Today the cross is exalted and the devils put to flight. Today all creation is set free from corruption. For every gift of grace shines on us through the cross, so we all fall before you with rejoicing and cry, "O Lord, how wonderful are your works; glory to you!"

Both now:

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.

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.

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: Both now: Tone 6

Today the wood of the cross was seen. Today the plots of the godless were destroyed. Today the rulers of the Orthodox brought about the triumph of our faith. Although Adam once fell through a tree, the demons are now filled with fear through the tree of the cross. Glory to you, all-powerful Lord, glory to you!

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 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 Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

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 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 Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

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: Tone 1

O Lord, O Christ our Saviour, you revealed the holy cross as your footstool, although, as God, you have the heavens as your throne and the earth as your stepping stone. We all bow before it in accordance with the teaching of David the psalmist. We claim it as our help and protection as we glorify it in the fervour of our faith.

Kathísma 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: Tone 4

O Christ, after the sad fall from Paradise which had been brought about by the bitter advice of the enemy, you raised me and removed the ancient curse through your cross. You killed the serpent whose cunning had murdered me and gave me the gift of life. Glory to your divine crucifixion, O Christ.

Evlogitária

Blessed are you, O Lord; teach me your statutes.

The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.

The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

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

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

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

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

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

Small Litany

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

Ypakói

Read without note

O Christ 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.”

Synaxáron

Today we remember the holy great martyr Efstáthios, his wife Theopisti and their children, Agápinos and Theopistos of Rome. They lived in the Second Century. Efstáthios had been a pagan army officer who persecuted Christians before his conversion. On the Twentieth they were slaughtered like cattle, but triumphed and discovered salvation in the presence of the Word.

Together with them we remember:

Hieromartyr Ypátios of Ephesus C8

Archbishop Efstáthios of Antioch C12

New Martyr Iilarion of Crete C19

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

Katavasías

1: Moses inscribed the invincible weapon of the cross on the waters and marked a straight line before him with his staff. He divided the Red Sea and opened a path for Israel who went over dry shod. Then he marked a second line across the waters, united them in one and overwhelmed the

chariots of Pharaoh. Therefore let us sing to Christ our God, for he has been glorified.

3: The rod of Aaron is an image of this mystery; it comes into bud to show who should be priest. So also the wood of the Cross has now flowered in the Church that once was barren. It has filled her with strength and steadfastness.

4: O Lord, I have heard the mystery of your dispensation. I have considered your works and glorified your divinity.

5: O three times blessed tree, on which Christ the King and Lord was stretched, the beguiler who tempted the human race with the tree fell because of you. He was caught in the trap set by God who was crucified on you in the flesh and grants peace to our souls.

6: Jonah stretched out his hands in the form of a cross within the belly of the whale and plainly prefigured your redeeming passion. He was cast out after three days and foreshadowed the mighty resurrection of Christ our God who was crucified in the flesh and enlightened the world by his rising on the third day.

7: The senseless decree of the wicked tyrant confused the people and breathed out threats and blasphemy hateful to God. Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three children. As they stood together in the flame and were fanned by the wind which brought refreshment like the dew, they sang, "Blessed are you and praised above all, our God and the God of our fathers!"

8: Let us praise, bless and worship the Lord.
O children, equal in number to the Trinity, bless God the Father and Creator. Sing the praises of the Word who descended and changed the fire to dew and exalt above all for ever the most Holy Spirit who gives life to all.

Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen.*

R: Let everything with breath praise the Lord. *X3*

Praise God in his saints;

praise him in his mighty firmament. *Ps 50*

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

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

P: A reading from the Holy Gospel according to John.

P/D: Let us attend

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

Eothinón Gospel 5

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

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

Christ should suffer these things and enter into his glory?" ²⁷ And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. ²⁸ So they drew near to the village to which they were going. He appeared to be going further, ²⁹ but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. ³⁰ When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. ³¹ And their eyes were opened and they recognized him; and he vanished out of their sight. ³² They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" ³³ And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, ³⁴ who said, "The Lord has risen indeed, and has appeared to Simon!" ³⁵ Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

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

Resurrection Ode

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

Psalm 50

O God, have mercy on me in your abundant mercy
and wipe out my offence through your great pity.
⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,
⁵ for I know my lawlessness
and my sin is always before me.
⁶ I have sinned against you alone
and done what is evil before you
^{6b} so that you might be right in your words
and overcome when you are judged,

- ⁷ for see, I was conceived in lawlessness
and my mother desired me in sin,
⁸ for see, you have loved truth
and shown me the mysteries and secrets of your wisdom.
⁹ You will sprinkle me with hyssop and I will be clean;
you will wash me and I will become whiter than snow.
¹⁰ You will make me hear about joy and gladness;
humbled bones will rejoice.
¹¹ Turn your face from my sins
and wipe out all my lawlessness.
¹² O God, make a pure heart within me
and renew an upright spirit within me.
¹³ Do not banish me from your presence
or remove your Holy Spirit from me.
¹⁴ Restore your saving joy to me
and strengthen me with your directing Spirit.
¹⁵ I will teach the lawless your ways
and the ungodly will return to you.
¹⁶ O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.
¹⁷ O Lord, you will open my lips
and my mouth will announce your praise,
¹⁸ for if you had wanted sacrifice, I would have given it;
you will not be pleased with burnt offerings.
¹⁹ Sacrifice for God is a broken spirit;
God will not despise a broken and humbled heart.
²⁰ O Lord, be good to Zion in your pleasure
and let the walls of Jerusalem be built,
²¹ then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;
then they will offer calves on your altar.

Glory: Tone 6

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

Both now:

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

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

Intercession

Short form

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the Great Martyr Efstathios and his Family, 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: O Theotokos, you are a mystical Paradise in which Christ blossomed.
Through him the life-bearing wood of the Cross was planted on earth.
Now at its elevation we bow in worship before it and glorify you.

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.

Expostelária

Tone 5

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

Tone 2

The cross is the guardian of the whole earth! The cross is the beauty of the
Church! The cross is the strength of kings! The cross is the support of the
faithful! The cross is the glory of angels and the wounder of demons!

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 2

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.

When we see the wood of the cross raised high, let us glorify our God who in his goodness was crucified on it in the flesh. X2

S2: Exalt the Lord our God

and worship at his footstool, for he is holy. Ps 98

O Word, your Church is resplendently clothed like a bride with the water which flows from your side and with your blood. She sings about the glory of your cross.

S1: God *was* our king in the past;

he has accomplished salvation in the midst of the earth. Ps 73

Let us acclaim the spear and the cross as well as the nails which pierced the life-giving body of Christ. Let us honour them as we bow down before them.

Glory: Tone 5

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

Both now: Tone 2

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

Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

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

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

⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;

have mercy on us,

for you take away the sin of the world.

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

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

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

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

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

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

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

¹² O Lord, you have been our refuge
from generation to generation. Ps 89

I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40

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

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

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

Triságion

Resurrection Troparion

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

LITURGY

Antíphon 1 Ps 21 Tone 2

S1: O God, my God, be attentive to me;
why have you forsaken me?

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

S2: The words of my offences are far from my salvation.

S3: My God, I will cry by day, *but* you will not listen.

S4: O Praise of Israel, you will live in the sanctuary.

S5: Glory: Both now:

Antíphon 2 Ps 73 Own Tone

S1: O God, why have you completely banished us?

R: Save us, O Son of God.

You arose from the dead.

We sing to you, “Alleluia!”

S2: Remember your assembled people

whom you have purchased from the beginning.

S3: This is Mount Zion on which you have settled.

S4: God *was* our king in the past;

he has accomplished salvation in the midst of the earth.

S5: Glory: Both now:

Monogenes

Antíphon 3 Ps 98 Tone 1

S1: The Lord reigns; let the peoples rage.

R: O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

S2: He sits on the cherubim; let the earth be shaken.

S3: The Lord is great in Zion and high over all the peoples.

S4: Let them acknowledge your great name
for *it* is terrible and holy.

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 Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

Of the Church

Kontákion

Tone 4

O Christ our God, since you were willingly raised on the cross, grant mercies to your new community called by your name. Make firm our faithful rulers with your power and grant them victories over their enemies. May your help be a weapon of peace and an invincible trophy.

Triságion

Prokeímenon 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 – Sunday after Exaltation

From the Letter of Paul to the Galatians (2:16-20)

Brothers, we know that a man is not made just by works of the law, but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be made just by faith in Christ, and not by works of the law, because no one will be made just by works of the law. ¹⁷ But if, in our endeavour to be made just in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! ¹⁸ But if I build up again those things which I tore down, then I prove myself an offender. ¹⁹ For I died to the law through the law, so that I might live for God. ²⁰ I have been crucified with Christ; it is no longer I who live, but Christ who lives in me. The life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

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.

Gospel – Sunday after Exaltation

From the Holy Gospel according to Mark (8:34-9:1)

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. ³⁵ For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. ³⁶ For what does it profit a man, to gain the whole world and forfeit his life? ³⁷ For what can a man give in return for his life? ³⁸ For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." ¹ And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."

Communion Ps 148

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

