SUNDAY 11 OCTOBER 2026
Fathers of Seventh Council 787AD
Apostle of the Seventy and Deacon Philip C1
Hymnographer Theophánis of Nikéa C9
19th Sunday Tone 2 & Eothinón 8

VESPERS

Lord I have cried

Tone 2

10: Bring my soul out of prison
that I may acknowledge your name.
Come and worship the Word of God *who was* begotten by the Father before all ages and became incarnate from the Virgin Mary. When he had endured the cross, he was buried, as he himself desired. When he rose from the dead, he saved me, for I had strayed.

9: The just will wait,
until you reward me.
Christ our Saviour nailed the bond against us to the cross; he made it of no effect and destroyed the power of death. We fall down before his resurrection on the third day.

8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
Together with the archangels, let us praise the resurrection of Christ. He is our Saviour and Redeemer. He is coming with awesome glory and mighty power to judge the world which he formed.

Tone 6

S6: O Lord *our* Lord, if you mark offences, who will stand?
But there is forgiveness with you.
The honourable councils of the fathers were held at various times, but they were now brought together under canon in good order by the Patriarch Yermanós the New who established and recorded their teaching. They offer themselves as watchful intercessors to the Lord for our salvation and are shepherds of the fold with him.

S5: O Lord, I have waited for you for the sake of your name;
my soul has waited for your word,
my soul has hoped in the Lord.
The book of the Law worthily honoured the seventh day for Israel, which lived in the shadow of grace. But you, O fathers, through your participation in the Seventh Council, and through the inspiration of God who completed the world in six days and blessed the seventh, have honoured it more greatly by laying down the bounds of faith.

S4: Let Israel hope in the Lord from the morning watch until night,
from the morning watch.
O thrice-blessed fathers, you have enabled all men to come to the knowledge of the Trinity by its works, for you have appeared as champions of the Orthodox word in your mystical speech and proved that the Trinity is truly the Creator of the world.

S3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel from all his offences.
It would have been enough for Elias the prophet to have bent only once to give life to the dead son of the woman; but he knelt and bent seven times. In his foresight he prophesied your gathering which revived in the Church the incarnation of the Word of God, but put to death the Arian heresy.

S2: Every nation, praise the Lord; every people, acclaim him!
O venerable fathers, in your wisdom you mended the garment of Christ which had been torn by howling dogs, for you could not bear to observe the nakedness of his body, but like Shem and Japheth of old, you confounded those who would not respect their own Father and foolishly followed the teachings of Arius.

S1: For he has strengthened his mercy over us
and the truth of the Lord remains for ever.
The Macedonians, Nestorians, Ephtychians, Dioskorons, Appolinarians, Savellions and Severians were devouring wolves while clothed in the skins of lambs. O fathers, you expelled the vicious heretics from the Saviour's fold. O faithful shepherds, truly you have done well to expose the wicked people. Therefore we all glorify you!

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 errors of Arius and upheld the Orthodox faith. They always plead with the Lord to have mercy on our souls.

Both now: Tone 2

The shadow of the Law passed when grace came. As the bush burned, yet was not consumed, so also the Virgin gave birth, yet remained a virgin. The Sun of justice has risen instead of a pillar of flame, and Christ, the salvation of our souls, instead of Moses.

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

R: The Lord reigns *and* is clothed with beauty.
V: The Lord is clothed and surrounded with power.
V: He established 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 Melchízedek 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.*

Aposticha

Tone 2

O Christ our Saviour, your resurrection has enlightened the whole inhabited earth and recalled your creation. O almighty Lord, glory to you!

[1] The Lord reigns *and* is clothed with majesty;
the Lord is covered and enveloped with power. Ps 92

O Saviour, you destroyed the curse of the tree by the tree and killed the majesty of death by your burial. You have enlightened our race through your resurrection. O Giver of life, Christ our God, glory to you!

[1b] For he established the world
which will not be moved. Ps 92

O Christ, when you were observed as you were nailed to the cross, you restored the beauty of your creatures. The soldiers showed their inhumanity when they pierced your side with a spear. The Hebrews, who did not understand your power, asked for your tomb to be sealed, but you accepted the grave and rose on the third day in the mercy of your compassion. O Lord, glory to you!

[5b] O Lord, holiness is correct for your house
to length of days. Ps 92

O Christ, Giver of life, you willingly endured the passion for the sake of the dead. You descended into Hades as the mighty *Lord* to save those who waited for your coming and granted them the life of Paradise instead of Hades. Grant also to us, who glorify your resurrection on the third day, cleansing from our sins and great mercy.

Glory: Tone 4

All you Orthodox churches, come and let us celebrate today with faith and true worship the yearly memorial of the divinely-clothed fathers who gathered at Nikea from the whole world! There they refuted the heresy invented by Arius and banished him by a decree of the Council from the Catholic Church. They taught everyone openly to acknowledge the Son of God as consubstantial and co-eternal with the Father. They proclaimed this with precision and true worship in the canon of faith. Therefore, as we faithfully follow their divine doctrine, let us worship the Father, the Son and the most Holy Spirit, the consubstantial Trinity in one Divinity.

Both now:

O blameless *Lady*, observe the pleas of your servants. Halt all the terrible attacks against us and free us from every affliction, for we have only you as our sure and firm anchor. O Lady, do not let us be put to shame, for we call on you as our intercessor. Hurry to pray for those who call out in faith, "Hail, O Lady, help of all! You are the joy, shelter 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

Apolytíkia

Tone 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, 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.

Apolytíkia

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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 2

The noble Joseph took down your most pure body from the tree and wrapped it in fine linen. He anointed it with spices and laid it for burial in a new tomb. But, O Lord, you rose on the third day and granted the world great mercy.

Glory:

The angel stood at the tomb and cried to the myrrhbearing women, "Myrrh is correct for the dead, but Christ has revealed himself a stranger to corruption, so proclaim that the Lord is risen and grants the world great mercy."

Both now:

O Virgin Theotokos, you are most glorious. We praise you, for Hades has been laid low and death has been slain through the cross of your Son. We were dead in sin, but have risen and been granted life. We have obtained Paradise, our former delight, therefore we thank and glorify Christ our God, for he alone is mighty and great in mercy.

Kathísma 2

You did not prevent the stone of the tomb from being sealed; you rose and granted the rock of faith to everyone. O Lord, glory to you.

Glory:

The choir of the disciples, joined the myrrhbearing women and rejoiced in unison. Therefore, together with them, we keep the feast to glorify and honour your resurrection. O Lord and Lover of the human race, grant your people great mercy through them.

Both now:

O Virgin Theotokos, you are most blessed, for Hades has been captured through the *Lord* who was born from you. Adam has been recalled, the curse has been annulled, Eve has been set free, death has been slain and we have been granted life. Therefore we cry, "Blessed is Christ our God, who was so well-pleased! Glory to you!

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, the women went to the grave in order to anoint your body after the Passion. They saw angels in the tomb and were afraid, for they heard them say, "The Lord has risen and grants the world great mercy.

Anaváthmi Tone 2

Antiphon 1 Ps 122

O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.
O my Christ, have mercy on us,
for we frequently and at every hour give you grief;
give us the means to turn back to you before the end.
Glory: Both now:
The rule, blessing and control of creation are the Holy Spirit's
for he is God, consubstantial with the Father and the Word.

Antiphon 2 Ps 123

If the Lord were not among us,
who could be protected from the murderous enemy?
O Saviour, do not hand over your servant to their teeth.
They move against me like a lion,
for they also are my enemies.
Glory: Both now:
The first cause of life and regal honour is the Holy Spirit's,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antiphon 3 Ps 124

Those who put their trust in the Lord are like the Holy Mountain;
they are never shaken by the attacks of Beliar.
Do not let those who live for God
stretch out their hands to lawless deeds,
for Christ will not set aside the rod for his inheritance.
Glory: Both now:
All wisdom streams from the Holy Spirit.
Grace comes from him to the Apostles;
the Martyrs are crowned for their struggles
and the Prophets are given vision.

Prokeímenon Ps 7

R: O Lord my God, rise at the order which you have commanded.
and an assembly of people will gather round you.
S: O Lord my God, I have hoped in you.

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

The Son who rose from the Father like the sun, was ineffably born in two natures from a woman. Because we have known him, we cannot deny the icon of his likeness, but rather portray and honour it with

faith. Therefore as it keeps the true faith the Church venerates the icon of the incarnate Christ.

Íkos

Because he wanted us continually to keep the memory of his incarnation, the compassionate God inspired men with the idea of representing his venerable features by painting icons. In this way as we see them with our eyes, we may believe what his word has taught us. We can clearly recognise the name, feature, work and actions of the holy people and of the Judge of every combat, Christ, who grants crowns to the holy martyred athletes. The Church has continued ever more clearly to keep the true faith through these images and venerates the icon of the incarnate Christ.

Synáxarion

Today we remember the holy apostle Philip who was numbered among the seven deacons. After the stoning of Stephen, (Acts 8) he preached to the Samaritans. Even Simon the magician was influenced by him. He was led by the Holy Spirit to meet the Ethiopian Eunuch in Gaza. O servant on the Eleventh you were given your wages in heaven.

On the same day we commemorate our renowned father and hymnographer Theophánis of Nikéa who lived in the Ninth Century. He saw his name inscribed in heaven at his death.

Together with him we remember:
Abbot Kenneth of Aghaboe C7
Abbess Ethelburga of Barking C7
Patriarch Philótheos of Constantinople C14

Ypómnima

Today we remember the holy and blessed fathers who assembled the second time in Nikea in the year 787. We also commemorate the just Constantine and Irini who loved Christ. The teaching about the holy icons was formulated.

Katavasías

1: I will open my mouth and be filled with the spirit. I will sing a song to the Queen and Mother. I will come, rejoice in the feast and praise all her glory.

3: O Theotokos, living and inexhaustible fountain, strengthen those who are united in spiritual fellowship and who sing your praises. Make them worthy *to receive* crowns of glory in your divine glory.

4: The counsel of God cannot be scrutinised. The Most High was incarnate from a Virgin. The prophet Habakkuk foresaw this and cried, “Glory to your power, O God!”

5: O Virgin, all creation was amazed at your divine glory, for you knew no man. You held thee God of all in your womb and gave birth to the eternal Son. You order salvation for all those who praise you.

6: O devout people, come and clap hands while we observe this divine and most precious feast of the Mother of God. Let us glorify God who was born from her.

7: The devout youths worshipped the Creator rather than created things. They courageously trampled on the threatening fire and joyfully sang, “Blessed are you, most praised Lord, the God of our fathers.”

8: Let us praise, bless and worship the Lord.
The *Lord* who was born from the Theotokos saved the holy children in the furnace. The one who was then prefigured has now been born on earth and gathers the whole inhabited earth to sing, “All you works of the Lord, bless the Lord and exalt him above all for ever.

Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*
P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen.*
R: Let everything with breath praise the Lord. *X3*
Praise God in his saints;
praise him in his mighty firmament. Ps 50
P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*
P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.
P: Peace be with you all. *And with your spirit*
P: A reading from the Holy Gospel according to John.
P/D: Let us attend
R: Glory to you, O Lord, glory to you.

Eothinón Gospel 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 Holy Fathers of the Seventh Councilof the Apostle Philip, of Hymnographer Theophánis**, 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 heavenly minded fathers gathered in the Seventh Council, continually raise your pleas to the Trinity to save from every heresy and eternal condemnation those who praise your divine assembly, so that they may receive the Kingdom of Heaven.

O Lord of great goodness, establish the Church through the prayers of your mother and the intercessions of the fathers of the seven councils. Confirm the faith and make us partakers of the Kingdom of Heaven when you come to earth to judge the whole creation.

Praises

Tone 2
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, everything with breath glorifies you. For you, the only Lover of the human race, have destroyed death by your cross and revealed to the peoples your resurrection from the dead.

S7: Praise God in his saints;
praise him in his mighty firmament.
Do the Jews say that the soldiers who guarded the King destroyed him instead? Do they say that the stone did not preserve the Rock of life? Either let them give up the buried *Lord* or adore with us the one *who has* risen with us and say, "Glory to your great mercies! O Saviour, glory to you!"

S6: Praise him for his mighty *deeds*;
praise him for the abundance of his majesty.
O people, rejoice and be glad! An angel sitting on the stone has announced to us the glad news and said, "Christ, the Saviour of the world, has risen from the dead and filled everything with sweet fragrance." O people, rejoice and be glad!

S5: Praise him with the trumpet sound;
praise him with lute and harp.
O Lord, before your conception an angel came with the greeting, "Hail!" to the *Lady* who was full of grace and an angel rolled the stone from your glorious tomb at your resurrection. The one announced the signs of joy in place of sorrow, the other proclaimed

to us the life-giving Master in place of death. Therefore we cry out to you, "O Lord and Benefactor of all, glory to you!"

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.
After they had united all spiritual knowledge and carefully pondered all things through the Holy Spirit, the noble fathers composed the symbol of faith in letters which were divinely inscribed. They clearly proclaim the Word as co-eternal and consubstantial with the Father and unerringly follow the apostolic faith. *X2*

S2: My mouth will speak about wisdom;
the meditation of my heart will be about understanding. Ps 48
The blessed preachers of Christ received the torch of the Holy Spirit. They spoke with divine inspiration and used few words with great meaning. They boldly proclaimed the doctrines of the Gospel and the traditions of justice. Clearly they have been illuminated with truth from above. They have made the foundations of the faith as firm as a strong mountain.

S1: I will clothe her priests with salvation
and her holy ones will rejoice with gladness. Ps 131
The chosen servants of God, after they had been enlightened with the understanding of divine mysteries, cast out the devouring wolves from the sheepfold of the Church. They were faithful shepherds who were ablaze with the fury of just judgment. They have slain the destroyers with the mighty sword of the Spirit.

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."

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

Antíphon 3 Ps 94 Tone 2

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

R: O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, 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!"

Apolytíkia

Tone 2
O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you

raised the dead, all the powers of heaven cried out, “O Giver of life, Christ our God, 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 3
O holy apostle Philip, pray to the merciful God to grant our souls forgiveness for their failings.

Tone 8
O Guide of Orthodoxy, teacher of reverence and holiness, star of the world, companion of bishops, divinely-inspired and wise Theophánis, you enlighten us all through your teaching. Intercede with Christ *our* God to save 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 Dan 3 Tone 4

R: Blessed are you, O Lord God of our fathers.
S: For you are just in everything that you have done for us.

Apostolos of Fathers

From the Letter of Paul to Titus (3:8-15)
My son, Timothy, this is a trustworthy saying. And I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good. These things are excellent and profitable for everyone. But avoid foolish controversies and genealogies and arguments and quarrels about the law, because these are unprofitable and useless. Warn a divisive person once, and then warn him a second time. After that, have nothing to do with him. You may be sure that such a man is warped and sinful; he is self-condemned. As soon as I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, because I have decided to winter there. Do everything you can to help Zenas the lawyer and Apollos on their way and see that they have everything they need. Our people must learn to devote themselves to doing what is good, in order that they may provide for daily necessities and not live unproductive lives. Everyone with me sends you greetings. 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: The just cried and the Lord heard them.

Gospel

Gospel according to Luke (8:5-15)
The Lord spoke this parable: "A sower went out to sow his seed. As he was scattering the seed, some fell along the path; it was trampled on, and the birds of the air ate it up. Some fell on rock, and when it came up, the plants withered because they had no moisture. Other seed fell among thorns, which grew up with it and choked the plants. Still other seed fell on good soil. It came up and yielded a crop, a hundred times more than was sown." When he said this, he called out, "He who has ears to hear, let him hear." His disciples asked him what this parable meant. He said, "The knowledge of the secrets of the kingdom of God has been given to you, but to others I speak in parables, so that, "`though seeing, they may not see; though hearing, they may not understand.' This is the meaning of the parable: The seed is the word of God. Those along the path are the ones who hear, and then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. Those on the rock are the ones who receive the word with joy when they hear it, but they have no root. They believe for a while, but in the time of testing they fall away. The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature. But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.

Communion Ps 148

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