SUNDAY 29 NOVEMBER 2026
Martyr Parámonos and Companions C3
Martyr Philóúmenos of Ankyra C3
26th Sunday Tone 1 & Eothinón 4

VESPERS

Lord I have cried

Tone 1
O Lord, I have cried to you, listen to me;
O Lord, listen to me.
O Lord, I have cried to you, listen to me;
Note the voice of my plea when I cry to you.
O Lord, listen to me.

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

S10: Lead my soul from prison that I may acknowledge your name.
O holy Lord, accept our evening prayers and grant us remission of sins, for you alone have revealed the resurrection to the world

S9: The just will wait for me until you reward me.
O people, encircle Zion and surround her. Give glory in her to the *Lord* who rose from the dead, for he is our God, who has rescued us from our offences.

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O people, come, praise and fall down before Christ as we glorify his resurrection from the dead, for he is our God, who has rescued the world from the deceit of the enemy.

S7: Let your ears note the voice of my plea.
Let the heavens, be glad and the foundations of the earth sound trumpets. Let the mountains sing with joy. See Emmanuel has nailed our sins to the cross. The Giver of life has killed death and raised Adam, for he is the Lover of the human race.

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
Let us praise *the Lord* who was willingly crucified in the flesh for us. He suffered and was buried, but rose from the dead. We say, "O Christ, confirm your Church in Orthodoxy and grant peace for our life, since you are the gracious Lover of the human race."

5: 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 our God, we stand unworthily before your life-bearing tomb and offer glory to your ineffable compassion. O sinless *Lord*, you have accepted the cross and death in order to grant resurrection to the world as the Lover of the human race.

S4: Let Israel hope in the Lord from the morning watch until night,
from the morning watch.
Let us praise the Word who is co-eternal with the Father. He came ineffably from the virgin womb and willingly accepted the cross and death for our sake. He was raised in glory. We say, "Glory to you, O life-giving Lord, *for you are* the Saviour of our souls!"

Tone 4
S3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel from all his offences.
Most blessed Parámonos, you were plainly illuminated by the brightness of the Spirit of God; you despised the total darkness of idolatry. O most blessed *martyr*, when your time had come, you approached the suffering before you with a courageous mind. You were revealed as victorious and cast down the proud enemy of the whole human race when you glorified Christ. Implore him to save and enlighten our souls.

S2: Every nation, praise the Lord; every people, acclaim him!
O Parámonos. You witnessed a great crowd being slaughtered for the King and God of all and burned with divine zeal. You cried out, "I am always a true servant of Christ. O evil tyrants, understand, for see, I was summoned and now I come to be slain like an innocent lamb. Therefore, do not be deceived, for I am forced to become an acceptable sacrifice for the *Lord* who for my sake was freely slain in the flesh."

S1: For his mercy is strengthened over us
and the truth of the Lord remains for ever.
The honourable choir of athletes, three hundred and seventy in number, cast down the falsehood of the idolatry of the evildoers with faith. O Parámonos, you also were crowned with them. When you had struggled with a courageous mind, you joyfully joined the choirs of the bodiless hosts. Continually pray, together with them, that we, who honour and bless you, may be saved from every sorrow and danger.

Glory: Both now: Tone 1
Let us praise the Virgin Mary, the gate of heaven, the glory of the world, the song of the angels and the beauty of the faithful. She was born from man, yet gave birth to God; she was revealed as heaven and the temple of the Divinity. She destroyed the middle wall of enmity. She commenced the peace and opened the palace of the King. Because we have her as the anchor of faith, our defender is the Lord whom she bore. Courage, courage, O people of God! For Christ will destroy our enemies since he is all-powerful.

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 1

O Christ, we have been freed from passions by your passion and have been rescued from corruption by your resurrection. 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
Let creation rejoice! Let the heavens be glad! Let the nations clap their hands with joy! For Christ our Saviour has nailed our sins to the cross. He has given life by slaying death and raised fallen Adam, *for he is* the Lover of the human race.

S2: For he founded the world which will not be moved. Ps 92
O incomprehensible *Lord*, you were willingly crucified because of your love for the human race as King of heaven and earth. Hades was angry when it met you below. Adam rose when he saw you, the Creator, under the earth. Wonder! How has the Life of all tasted death? He wished to enlighten the world which cries, "O Lord, who rose from the dead, glory to you!"

S3: O Lord, holiness is right for your house to length of days. Ps 92
The myrrh-bearing women came speedily and tearfully to your tomb. They did not find your most pure body, but learnt about the new and glorious wonder from the angel. They told the apostles, "The Lord is risen and has granted the world great mercy."

Glory: Both now:
See Isaiah's prophecy is fulfilled, for the Virgin gave birth, yet remained a virgin. God was born and so nature was renewed. O Mother of God, do not despise the pleas of your servants which we offer you in your temple. Since you carried in your arms the compassionate *Lord*, take pity on your servants and pray that our souls may be saved.

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 1
O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, "Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!"

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 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 1
O Saviour, the soldiers who kept watch over your tomb fell down as dead at the lightning flash of the angel who appeared and proclaimed the resurrection to the women. We glorify you, *for you are* the destroyer of corruption. You alone are our God who rose from the tomb; we all fall down before you.

Glory:
O merciful *Lord*, you were willingly nailed to the cross. O Giver of life, you were laid in the tomb as though dead. Almighty *Master*, you wiped out the power of death by your death. The gatekeepers of Hades trembled before you. Only Lover of the human race, you raised with you the dead from all the ages.

Both now:
We know you are the Theotokos and we all yearn to seek refuge in your goodness. After childbirth you remained truly a virgin. Only pure *Lady*, we sinners truly have you for protection, and as our salvation in temptation.

Kathísma 2

The women who came early to your tomb trembled at the sight of the angel. The tomb shone with life and this wonder amazed them. They returned and announced the resurrection to the disciples, "Christ, *who is* alone mighty and powerful, has despoiled Hades. He has raised up all those who are in corruption and released the human race from fear of condemnation through the power of the cross."

Glory:
The Life of all was nailed to the cross. The immortal Lord, the Saviour who rose on the third day and raised Adam from corruption, was counted among the dead. Therefore, O Giver of Life, the powers of heaven cry out, "Glory to your resurrection! Glory to your condescension, only Lover of the human race!"

Both now:
O Mary, exalted vessel of the Master, raise us who have fallen into a bottomless pit of despair, sin and affliction, for you are the salvation, aid and powerful protection of sinners; you save your servants.

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 Thief stole Paradise through repentance. The wailing of the myrrh-bearing women brought joy to light, for you have risen and grant the world great mercy.

Anaváthmi Tone 1

Antiphon 1 Ps 119
I call to the Lord in my distress,
"Listen to my grief."
The longing for God is unceasing for those in the desert;
they are removed from the emptiness of the world.
Glory: Both now:
Honour and glory are due to the Holy Spirit,
as also to the Father together with the Son
and so we praise the Trinity, one in might.

Antiphon 2 Ps 120
O God, you have exalted me to the hills of your laws;
make me shine with virtues so that I may praise you.
O Word, take me by your right hand; guard and keep me,
so that the fire of sin does not burn me.
Glory: Both now:
The whole creation is renewed in the Holy Spirit.
It returns to its pristine state,
for he is equal in might with the Father and the Word.

Antiphon 3 Ps 123
My soul rejoiced and my heart is glad
with those who said to me,
"Let us go to the courts of the Lord." Ps 123
Great fear will be in the house of David for there,
when the thrones are placed,
every tribe and tongue of the earth will be judged.

Glory: Both now:
It is right to offer glory, might and power to the Holy Spirit,
as to the Father and the Son,
for the Trinity is one in being, but not in persons.

Prokeímenon Ps 11

R: I will rise now," says the Lord;
"I will place them in safety *and* speak openly about it."
S: The Lord's promises are pure words.

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

Tone 1
You rose from the tomb as God in glory and raised the world with you. O Master, human nature praises you as God, for death has vanished. Adam exults and Eve rejoices, for she is freed from bondage and cries to you, "O Christ, you grant resurrection to everyone."

Íkos

Let us sing the praises of the Almighty God, who rose on the third day. He shattered the gates of Hades and raised those who had been dead from all the ages. He appeared to the myrrh-bearing women in his good pleasure and told them first to rejoice. He sent them to bring the good news to the Apostles. They announced the signs of victory to the disciples. O Christ, Hades groaned and death lamented, while the world and all peoples rejoiced together, for you grant resurrection to everyone.

Synaxárion

Today we remember the suffering of the holy martyr Parámonos of Vithynía and the crowd who bore witness with him in the Third Century. He denounced the condemnation of 370 Christians as they were being led away. He was seized and martyred with them. On the Twenty Ninth he was pierced with a long blade.

On the same day we commemorate the holy martyr Philóúmenos who lived in the Third Century. His feet were pierced by nails, but death carried him to meet his dear Lord.

Together with them we remember:
Bishop Dionysios of Corinth C2
Hieromartyr Saturninos of Toulouse C3
Holy Brendan of Birr C6
Monk Aylwine of Athelney C7
O God, have mercy on us through their holy prayers. Amen.

Katavasías

1: Christ is born, glorify him! Christ is from heaven, receive him! Christ is on earth, be raised! All the earth, sing to the Lord! All you people, praise him with joy, for he has been glorified!

3: Let us cry out to Christ our God, to the Son begotten of the Father before all ages and incarnate from the Virgin without seed in these latter days, "O Lord, you have raised our horn and are holy."

4: O Rod of the stem of Jesse and Flower which bloomed from a virgin, O all-praised Christ, you have come from the mountain covered with darkness. You have been made flesh from the one who did not know marriage. O God not formed from matter, O Lord, glory to your might!

5: God of peace and Father of mercies, you have sent us the Angel of great council who grants us peace. So we are guided to the light of the knowledge of God. O Lover of the human race, we wake early from the night and praise you.

6: The sea-monster spewed Jonah unharmed as it had received him, like a baby from the womb. When the Word came to live in the Virgin and was made flesh, he came out, yet preserved her incorrupt, for he himself was not subject to decay and kept his mother free from harm.

7: The children brought up together in godliness, despised the unjust command, and were not afraid of the threat of fire, but as they stood in the midst of the flames, they sang, "Blessed are you, O God of our fathers!"

8: Let us praise, bless and worship the Lord.

The furnace which was moist with dew, was the image of a wonder beyond nature, for it did not burn the children whom it had received, just as the Fire of Divinity did not consume the Virgin's womb when it entered. So let us raise the song, "Let the entire creation 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 4

From the Holy Gospel according to Luke (24:1-12)
On the first day of the week, at early dawn, the women went to the tomb, taking the spices which they had prepared. 2 And they found the stone rolled away from the tomb, 3 but when they went in they did not find the body. 4 While they were perplexed about this, behold, two men stood by them in dazzling apparel; 5 and as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? 6 Remember how he told you, while he was still in Galilee, 7 that the Son of man must be delivered into the hands of sinful men, and be crucified, and on the third day rise." 8 And they remembered his words, 9 and returning from the tomb they told all this to the eleven and to all the rest. 10 Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the apostles; 11 but these words seemed to them an idle tale, and they did not believe them. 12 But 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.

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 XXX, 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: I see a strange and most glorious mystery. Heaven is the cave and the cherubic throne is the Virgin. The manger is the place where Christ lay. *He* is the God who cannot be contained and whom we glorify in song.

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 4

Let us be radiant and shine with virtues while we see the angel in brilliant clothing as he stands inside the tomb. He brought life to the downcast faces of the myrrhbearing women. Let us learn about the resurrection of the Lord of heaven. Let us hurry to the tomb with Peter and wonder at the great event. Let us wait to see Christ the Life.

Glory: Both now:

O Lord, when you cried out, "Hail!" you redeemed our ancestors' sorrow; you brought joy to the world through your resurrection. Therefore, O Giver of life, send the light of compassion to shine in our hearts through the *Lady* who gave birth to you, so that we may cry out to you, the incarnate God, "Glory to your resurrection, O Lover of the human race."

Praises

Tone 1

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 Christ, we praise your saving passion and glorify your resurrection.

S7: Praise God in his saints;
praise him in his mighty firmament.
O Lord, you have endured the cross, made death of no effect and have risen from the dead. Grant peace in our lives, for you are the only almighty *Lord*.

S6: Praise him for his mighty *deeds*;
praise him for the abundance of his majesty.
You have plundered Hades and raised man by your resurrection. O Christ, make us worthy to praise and glorify you with purity of heart.

S5: Praise him with the trumpet sound;
praise him with lute and harp.
O Christ, we praise you and glorify your divine condescension. You were born from a virgin, yet did not part from the Father. You suffered as man and willingly endured the cross. You rose from the grave as though from a bridal chamber so that you might save the world. O Lord, glory to you!

S4: Praise him with cymbal and dance;
praise him with strings and flute.
When you were nailed to the tree of the cross, the power of the enemy was slain. Creation shook from the fear of you and Hades was despoiled by your might. You have raised the dead from their graves and opened Paradise for the Thief. O Christ our God, glory to you!

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.
Let everything with breath praise the Lord.
The honourable women came with speed and tears to your tomb, but found the grave unsealed. After they had heard the new and strange wonder from the angel, they announced to the Apostles, "The Lord is risen and grants the world his great mercy."

S2: O Lord God, rise; let your hand be exalted
and never forget the poor.
O Christ our God, we venerate the divine wounds of your passion and the noble sacrifice which now reveals God in Zion. For the Sun of Justice has shone on those who were sleeping in darkness and led them to the unfading Light. O Lord, glory to you!

S1: O Lord, I will thank you with all my heart;
I will recount all your wonders.
O troublesome race of Jews, where are those who went to Pilate? Let the soldiers who were watching say, "Where are the seals of the tomb? Where was the buried *Lord* taken? Where was the priceless one sold? How was the treasure stolen? O lawless Jews, why do you slander the Saviour's rising? The *Lord* who is free among the dead is risen and grants the world great mercy!

Glory: Tone 4

O Christ, the women came to your tomb at early dawn, but did not find your precious body. As they wondered, two angels stood beside them in shining clothes and said, "Why do you seek the Living among the dead? He has risen, as he foretold. Why did you forget his words?" They were assured by these words and announced what they had seen to the disciples. Their good news seemed idle talk to those who were still ignorant, but Peter hurried to see, then glorified your wonders.

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 144.2
[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 32.22
[16] Blessed are you, O Lord!
Teach me your statutes. *X3* Ps 118.12
[12] O Lord, you have been our refuge
from generation to generation. Ps 89.1
I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40.5
[14] O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142:10
[15] For with you is the source of life
and in your light we will see light. Ps 35.10
[16] Stretch out your mercy
to those who know you. Ps 35.11

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 1

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

R: O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, "Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!"

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 1

O Saviour, when the stone had been sealed by the Jews and while the soldiers were guarding your most pure body, you rose on the third day and granted life to the world. Therefore, O Giver of life, the powers of heaven cried to you, "Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your dispensation, O Lover of the human race!"

Of the Church

Kontákion Xmas 1

Tone 3

Today the Virgin comes to the cave where she will ineffably give birth to the pre-eternal Word. O inhabited earth, rejoice when you hear the news! Glorify with the angels and shepherds the one who chose to be revealed as a new born Child, *yet was* God before the ages.

Triságion

Prokeímenon Ps 32 Tone 1

R: O Lord, let your mercy be on us,
for we have hoped in you.
S: O just *people*, rejoice in the Lord;
praise is correct for the upright.

Apóstolos

From the Letter of Paul to the Ephesians (5:8-19)
Brothers, walk as children of light, [9] for the fruit of light is found in all that is good, right and true. [10] Try to learn what is pleasing to the Lord. [11] Take no part in the unfruitful works of darkness, but instead expose them. [12] For it is a shame even to speak of the things that they do in secret. [13] When anything is exposed by the light it becomes visible, for anything that becomes visible is light. [14] Therefore it is said, "Wake up, O sleeper, and rise from the dead, and Christ will give you light." [15] Look carefully then how you walk, not as unwise men but as wise. [16] Make the most of the time, because the days are evil. [17] Therefore do not be foolish, but understand what is the will of the Lord. [18] And do not get drunk with wine, for that is debauchery. Instead be filled with the Spirit, [19] addressing one another in psalms, hymns and spiritual songs. Sing and make melody to the Lord with all your heart.

Alleluia Ps 17 Tone 1

S1: *It is* God who gives me revenge
and has subdued peoples under me.
S2: He increases his king's victories,
showing mercy to his anointed.

Lk 13 Eng

From the Holy Gospel according to Luke (18:18-27)
At that time a ruler asked Jesus, "Good Teacher, what shall I do to inherit eternal life?" [19] And Jesus said to him, "Why do you call me good? No one is good but God alone. [20] You know the commandments: `Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honour your father and mother.'" [21] And he said, "All these I have observed from my youth." [22] And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow me." [23] But when he heard this he became sad, for he was very rich. [24] Jesus looking at him said, "How hard it is for those who have riches to enter the kingdom of God! [25] For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." [26] Those who heard it said, "Then who can be saved?" [27] But he said, "What is impossible with men is possible with God."

Communion Ps 148

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