SUNDAY 13 DECEMBER 2026
+ Sunday of the Holy Forefathers
Martyrs Efstrátios and Companions of Sevastía C4
Martyr Lucy of Syracuse C4
[Herman, Wonderworker of Alaska C19]
28th Sunday Tone 3 & Eothinón 6

VESPERS

Lord I have cried

Tone 3
O Lord, I have cried to you, listen to me;
O Lord, listen to me.
O Lord, I have cried to you, listen to me;
Note the voice of my plea when I cry to you.
O Lord, listen to me.

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

S10: Lead my soul from prison that I may acknowledge your name.
O Christ our Saviour, the dominion of death has been shattered by your cross and the deception of the Devil has been destroyed. The human race which has been saved by faith always offers you a hymn.

S9: The just will wait for me until you reward me.
O Lord, everything has been enlightened by your resurrection and Paradise has been re-opened. The whole creation praises you and continually offers you a hymn.

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
I glorify the power of the Father and the Son, and I praise the authority of the Holy Spirit, the undivided, uncreated Divinity, the consubstantial Trinity who reigns for all time.

S7: Let your ears note the voice of my plea.
O Christ, we bow down in worship before your precious cross. We glorify and praise your resurrection, for we have all been healed by your wounds.

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
We praise the Saviour *who was* incarnate from the Virgin, for he was crucified for our sake, rose on the third day and grants us great mercy.

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.
Christ descended to Hades *where* he proclaimed the glad news and said, "Be of good courage. See, now I have triumphed. I am the resurrection; I will lead you out, for I have shattered the gates of death."

Tone 8
S4: Let Israel hope in the Lord from the morning watch until night,
from the morning watch.
O faithful, today as we celebrate the Forefathers' memory, let us praise Christ the Redeemer, who glorified them in every nation. He is the Lord who accomplishes marvellous deeds, for he is powerful and mighty. Through them he has revealed to us the Rod of his strength; she is Mary, the only pure and virgin Maiden of God. Christ bloomed from her; he brought life, eternal salvation and eternal bliss for all.

S3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel from all his offences.
O Master, you rescued the holy youths from the fire and Daniel from the mouths of lions. You blessed Abraham, Isaac your servant and Jacob his son. You consented to become like us by being born from their seed, and to be crucified and buried in order to save our forefathers who fell in the past. Therefore, O Christ, King of the ages, you crushed the bonds of death and raise with yourself all the dead from the past ages who worship you.

S2: Every nation, praise the Lord;
every people, acclaim him!
As they walked among the flames as though in a gentle shower of rain, the godly youths rejoiced in the dew of the Spirit. In this they mystically foreshadowed the Trinity and Christ's incarnation. They were wise through faith and quenched the power of fire. So also the just Daniel stopped the mouths of lions. O Saviour, Lover of the human race, through their intercessions we implore you, "Rescue us from the unquenchable and eternal fire; make us worthy of your heavenly kingdom.

S1: For his mercy over is strengthened over us
and the truth of the Lord remains for ever.
When they stood in a furnace of flaming fire as though in dew, the holy youths mystically foreshadowed your coming from a Virgin through which we are illuminated but not consumed. So also the just Daniel, glorious among the prophets, clearly revealed your divine second coming when he cried out, "I saw thrones set up and the Judge was seated; the river of fire flowed before him. O Christ our Master, save us from this fire through their intercessions.

Glory: Tone 6
O faithful, today let us acclaim all the fathers who came before the Law. *They are* Abraham the friend of God, Isaac born from the promise, Jacob and the twelve patriarchs. Let us honour with them the gentle David, Daniel the prophet of desires and the three youths who changed the furnace into dew. Let us ask forgiveness from Christ our God who is glorified in his saints.

Both now: Tone 3
All-honoured *Virgin*, how can we not wonder at your giving birth to the *Lord* who is God and man? For, all-pure *Lady* without experience of man, you gave birth to a Son in the flesh who was begotten without mother from the Father before time. He underwent no mingling, change or division, but preserved the attributes of each nature. Therefore, O Lady and virgin Mother, plead with him to save the souls of those who acknowledge you in the Orthodox manner to be the Theotokos.

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 3

O Christ, you darkened the sun by your passion and enlightened the whole creation with the light of your resurrection. O Lover of the human race, accept our evening hymn.

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92
O Lord, your life-bearing resurrection enlightened the whole inhabited earth and recalled your creation which had become corrupt. Therefore we, who are rescued from the curse of Adam, sing, "O almighty Lord, glory to you!"

S2: For he founded the world which will not be moved. Ps 92
You are the changeless God, yet were changed by suffering in the flesh. Because creation could not endure seeing you on the cross, it was filled with fear, yet praised your patience. You have granted the world life and great mercy by descending into Hades and rising on the third day.

S3: O Lord, holiness is right for your house to length of days. Ps 92
O Christ, you endured death in order to rescue our human race from death. You rose from the dead on the third day, raised with you those who knew you as God and enlightened the world. Glory to you!

Glory: Tone 3

All you feast-lovers, come and praise with psalms the assembly of the Forefathers: our first-father Adam, Enoch, Noah, Melchizedek Abraham, Isaac and Jacob. *Let us also praise* those who came after the law: Moses, Aaron, Joshua, Samuel and David. *Let us also praise* Isaiah, Jeremiah, Ezekiel, Daniel and the twelve prophets, Elijah, Elisha, and all the rest, Zachariah and John the Baptist. *Let us praise* those all those who proclaimed Christ, the life and resurrection of the human race.

Both now:

O Theotokos, you conceived the Son of God without seed by the will of the Father and the Holy Spirit. He was born from the Father before eternity without a mother, but now for our sake he came from you without a father. Continually plead with him to rescue our souls from harm.

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 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

Tone 2

You justified the Forefathers through faith and betrothed the Church of the Gentiles because of them. These saints rejoice in glory, for from their seed came a noble fruit, the *woman* who gave birth to you without seed. O Christ God, save our souls through their prayers.

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

Tone 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

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You justified the Forefathers through faith and betrothed the Church of the Gentiles because of them. These saints rejoice in glory, for from their seed came a noble fruit, the *woman* who gave birth to you without seed. O Christ God, save our souls through their prayers.

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 3

Christ is risen from the dead, the firstfruits of those who sleep. He is the firstborn of all creation and the Maker of everything created. He restored the corrupt nature of our race in himself. O Death, you will reign no more, for the Master of all has destroyed your power.

Glory:

O Lord, after you had tasted death in the flesh, you emptied death of its sting through your resurrection. You have strengthened the human race against death and proclaimed the abolition of the ancient curse. Glory to you, O Lord, Protector of our lives!

Both now:

O Theotokos, Gabriel marvelled at the beauty of your virginity and at the great brightness of your purity, as he cried to you, "What praise can I offer which is fitting for you? By what name can I call you? I am troubled and afraid. Therefore, as I was commanded, I raise my cry, 'Hail, O Full of Grace.'"

Kathísma 2

O Lord, Hades was dismayed when it saw your unchanging divinity, yet observed your voluntary passion. It mourned and said, "I tremble before the flesh of the incorruptible Person. I see the one who cannot be seen as he mysteriously fights me, while those I hold in my power are crying out, 'O Christ, glory to your resurrection!'"

Glory:

O faithful, when we speak about divine matters, we touch on an ineffable mystery, the incomprehensible crucifixion and the inexplicable resurrection. For today death and Hades are plundered while the human race is clothed with incorruption. Therefore we cry aloud with thanksgiving, "Glory to your resurrection, O Christ!"

Both now:

O Theotokos, you mysteriously held in your womb the Lord whom no one can comprehend and nothing can contain. He is one in

essence with the Father and the Spirit. Through your childbearing we have come to realise that the one and only Energy of the Trinity is glorified without confusion in the world. Therefore we cry aloud to you with thanksgiving, "Hail, O Full of Grace!"

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

The radiant angel caused amazement through his appearance and brought dew by his words to the myrrhbearing women, "Why do you seek the Living in a grave? The one who has emptied the tomb has risen and has changed corruption, *for he is* the *Lord* without change. Say to God, 'How fearful are your works, for you have saved the human race!'"

Anaváthmi Tone 3

Antiphon 1 Ps 125
O Word, you freed the captivity of Zion from Babylon,
so pull me from the passions of life in the same way.
Those who sow divine tears in the South
will reap everlasting sheaves with joy.
Glory: Both now:
Every good gift comes from the Holy Spirit,
for he is radiant, together with the Father and the Son;
everything lives and moves in him.

Antiphon 2 Ps 126
If the Lord had not built the house of virtues,
then we would labour in vain;
while he protects the soul no one destroys our city.
The saints are always like the fruit of the womb for you;
O Christ, they have been adopted as sons by the Father
through the inspiration of the Holy Spirit.
Glory: Both now:
All wisdom and holiness are observed in the Holy Spirit,
for he is the essence of all creation.
Let us worship him with the Father and the Word,
for he is God.

Antiphon 3 Ps 127
Happy are those who fear the Lord and walk in his ways;
for they eat the life-giving fruits of the commandments.
O chief Shepherd, rejoice as you see your children
who carry branches of good deeds around your table.
Glory: Both now:
All richness of glory is the Holy Spirit's
and from him come grace and life for all creation,
for he is praised with the Father and the Word.

Prokeimenon Ps 95

R: Say among the nations that the Lord reigns,
and has founded the world which will not be moved.
S: Sing to the Lord a new song.

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

O thrice-blessed youths, you did not worship the image made by man, but because you were armed with the invisible power of God, you were glorified in a trial by fire. You called out to God from the midst of unbearable flames and cried, "O compassionate *Lord*, hurry! Quickly come to our defence, for you are merciful and able to accomplish everything you wish.

Íkos

Stretch out your hand, which both the pursuing Egyptians and the persecuted Hebrews knew in days of old. Do not forsake us in case death, which thirsts for us, and Satan, who hates us, swallow us up. Instead approach us and be merciful to us, as once you showed mercy to the children in Babylon. They constantly sang hymns to you, and for your sake were cast into the furnace, from where they cried to you, "O compassionate *Lord*, hurry! Quickly come to our defence, for you are merciful and able to accomplish everything you wish.

Synaxárion

Today we remember the suffering of the holy and renowned martyrs of Christ, Efstrátios, Afxéntios, Evgénios and Oréstis of Sevastía who lived in the Fourth Century. On the Thirteenth the sword and fire put an end to them.

On the same day we commemorate the holy virgin martyr Lucy of Syracuse in Scilly who lived in the Fourth Century. She received a crown as a virgin and a second one as a martyr.

On the same day we commemorate our father among the saints Herman the Wonderworker of Alaska who lived in the Eighteenth and Nineteenth Centuries In 1779 he became a monk of the Valaam Monastery from where he was chosen with others to be a missionary in Alaska. They began their work in 1794. Herman followed the ascetic way and was given the gift of discernment. He died in 1837.

Together with them we remember:
Abbot Arsénios of Latros C9
Hieromartyr Gabriel I of Bursa C17

Ypómnima

Let us praise Adam, Abel, Seth and Enos, Enoch, Noah, Melchizedek, Abraham, Isaac, Jacob, Moses, Aaron, Joshua, Barak, Samson, Jephtha, Samuel, David, Solomon, Job, Elijah, Elisha, Jeremiah, Ezekiel, Daniel, the Twelve Prophets, Eliezar, Zachariah and John the Baptist. Through the prayers of your holy ancestors, O Lord Jesus Christ, have mercy on us. 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 6

From the Holy Gospel according to Luke (24:36-53)
At that time, when Jesus rose from the dead, he stood in the midst of his disciples, and said to them, "Peace be with you!" 37 But they were startled and frightened, and supposed that they saw a spirit. 38 And he said to them, "Why are you troubled, and why do questionings rise in your hearts? 39 See my hands and my feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have." 41 And while they still disbelieved for joy, and wondered, he said to them, "Have you anything here to eat?" 42 They gave him a piece of broiled fish, 43 and he took it and ate before them. 44 Then he said to them, "These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled." 45 Then he opened their minds to understand the scriptures, 46 and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, 47 and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. 48 You are witnesses of these things. 49 And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high." 50 Then he led them out as far as Bethany, and lifting up his hands he blessed them. 51 While he blessed them, he parted from them, and was carried up into heaven. 52 And they returned to Jerusalem with great joy, 53 and were continually in the temple blessing God. Amen.

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 Forefathers, of the holy and renowned martyrs of Christ, Efstrátios, Afxéntios, Evgénios and Oréstis of Sevastía our father among the saints Herman the Wonderworker of Alaska wand 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 6

O Saviour, when you rose from the grave, you revealed yourself as human by nature. You stood in the midst of the disciples, ate with them, and taught them about the baptism of repentance. Then you ascended to your heavenly Father after promising to send them the Advocate. Glory to your resurrection, most divine and incarnate God!

Tone 3

Let us who love the fathers come together and rejoice in their memory. Let us rightly praise Abraham, Isaac and Jacob from whom Christ was revealed as coming in the flesh in his great compassion.

Let us praise Adam, Abel, Seth and Enos, Enoch and Noah, Abraham, Isaac and Jacob, Moses, Job and Aaron, Eliezar, Joshua, Barak, Samson, Jephtha, David and Solomon.

All-pure and blameless *Lady*, O Virgin Mary, come to help me at the fearful day of judgment, for I am wretched. Be my pleader with your Son to rescue me from every pain and punishment.

Praises

Tone 3

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.
Come, every nation, and learn the power of the awesome mystery, for Christ our Saviour, who is the Word from the beginning, was crucified and willingly suffered burial for our sake. He rose from the dead so that he might save all things; let us worship him.

S7: Praise God in his saints;
praise him in his mighty firmament.
O Lord, your guards spoke about all the wonders, but the deluded council filled their right hands with gifts, imagining that they would then conceal your resurrection which the world glorifies. Have mercy on us!

S6: Praise him for his mighty *deeds*;
praise him for the abundance of his majesty.
Everything was filled with joy on learning the proof of the resurrection. Mary Magdalene came to the tomb and found an angel in radiant clothing sitting on the stone. He said, "Why do you seek the living among the dead? He is not here, but is risen as he foretold; he goes ahead of you to Galilee."

S5: Praise him with the trumpet sound;
praise him with lute and harp.
O Master, we see light in your light. For you have risen from the dead and, as the Lover of the human race, grant salvation to man, so that the whole creation may glorify you, the only sinless *Lord*. Have mercy on us!

Tone 2

S4: Praise him with cymbal and dance;
praise him with strings and flute.
Now let us all celebrate the memorial of the holy Forefathers. Let us praise their way of life for which they have been glorified.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.
Let everything with breath praise the Lord.
Now let us all celebrate the memorial of the holy Forefathers. Let us praise their way of life for which they have been glorified.

S2: Blessed are you, O Lord, God of our fathers,
to be praised and greatly exalted for ever. Dan 3
The youths rejoiced in the furnace and extinguished the power of the fire. They sang a hymn of praise to the almighty God.

S1: For you are just in everything that you have done for us
and all your works are true. Dan 3

Daniel the prophet was shut in the lions' den. Although he lodged with wild animals, he was preserved unharmed in spite of their malice.

Glory: Tone 7
Come and let us all faithfully celebrate the fathers before the Law. *It is* our annual commemoration of Abraham and those with him. Let us rightly honour the tribe of Judah and praise the youths in Babylon who quenched the flames of the furnace, for they were an image of the Trinity. Together with them, let us praise Daniel and hold fast to the predictions of the prophets. Let us cry with Isaiah, "See, a virgin will conceive in her womb and bear a son, Emmanuel, who is God with 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

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 3

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

R: Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

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 3
Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

Tone 2
You justified the Forefathers through faith and betrothed the Church of the Gentiles because of them. These saints rejoice in glory, for from their seed came a noble fruit, the *woman* who gave birth to you without seed. O Christ our God, save our souls through their prayers.

Of the Church

Kontákion

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.

Trisagion

Prokeimenon Daniel Tone 8

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

Apostolos

From the Letter of Paul to the Hebrews (11:9-10, 32-40)
Brothers, by faith Abraham lodged in the land of promise, as though in a foreign land; he lived in tents with Isaac and Jacob, who were

heirs with him of the same promise. [10] For he looked forward to the city which has foundations, whose builder and maker is God. [32] And what more shall I say? For time would fail me to speak about Gideon, Barak, Samson, Jephthah, David, Samuel and the prophets. [33] Through faith they conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, [34] quenched raging fire, escaped the edge of the sword, gained strength from weakness, became valiant in war and put foreign armies to flight. [35] Women received their dead back by resurrection. Some were tortured and refused to accept release, so that they might rise again to a better life. [36] Others suffered mocking and scourging, even chains and imprisonment. [37] They were stoned, sawn in two, killed with the sword, and went about in skins of sheep and goats. *They were* destitute, afflicted *and* ill-treated. [38] The world was not worthy of them. They wandered over deserts and mountains, and *were* in dens and caves of the earth. [39] And all these, though well attested by their faith, did not receive what was promised, [40] since God had foreseen something better for us, that apart from us they should not be made perfect.

Alleluia Ps 98 & 33 Tone 4

S1: Moses and Aaron *were* among his priests.
S2: The just cried and the Lord heard them.

Gospel

From the Holy Gospel according to Luke (14:16-24)
[1] The book of the genealogy of Jesus Christ, the son of David, the son of Abraham. [2] Abraham was the father of Isaac, and Isaac the father of Jacob, and Jacob the father of Judah and his brothers, [3] and Judah the father of Perez and Zerah by Tamar, and Perez the father of Hezron, and Hezron the father of Ram, [4] and Ram the father of Ammínadab, and Ammínadab the father of Nahshon, and Nahshon the father of Salmon, [5] and Salmon the father of Bóaz by Rahab, and Bóaz the father of Obed by Ruth, and Obed the father of Jesse, [6] and Jesse the father of David the king. And David was the father of Solomon by the wife of Uríah, [7] and Solomon the father of Rehobóam, and Rehobóam the father of Abíjah, and Abíjah the father of Asa, [8] and Asa the father of Jehóshaphat, and Jehóshaphat the father of Joram, and Joram the father of Uzzíah, [9] and Uzzíah the father of Jotham, and Jotham the father of Ahaz, and Ahaz the father of Hezekíah, [10] and Hezekíah the father of Manásseh, and Manásseh the father of Amos, and Amos the father of Josíah, [11] and Josíah the father of Jechoniah and his brothers, at the time of the deportation to Babylon. [12] And after the deportation to Babylon: Jechoníah was the father of Sheáltiel, and Sheáltiel the father of Zerúbbabel, [13] and Zerúbbabel the father of Abíud, and Abíud the father of Elíakim, and Elíakim the father of Azor, [14] and Azor the father of Zadok, and Zadok the father of Achim, and Achim the father of Elíud, [15] and Elíud the father of Eleázar, and Eleázar the father of Matthan, and Matthan the father of Jacob, [16] and Jacob the father of Joseph the husband of Mary, of whom Jesus was born, who is called Christ. [17] So all the generations from Abraham to David were fourteen generations, and from David to the deportation to Babylon fourteen generations, and from the deportation to Babylon to the Christ fourteen generations. [18] Now the birth of Jesus Christ took place in this way. When his mother Mary had been betrothed to Joseph, before they came together she was found to be with child of the Holy Spirit; [19] and her husband Joseph, being a just man and unwilling to put her to shame, resolved to divorce her quietly. [20] But as he considered this, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not fear to take Mary your wife, for that which is conceived in her is of the Holy Spirit; [21] she will bear a son, and you shall call his name Jesus, for he will save his people from their sins." [22] All this took place to fulfil what the Lord had spoken by the prophet: [23] "Behold, a virgin shall conceive and bear a son, and his name shall be called Emmanuel" (which means, God with us). [24] When Joseph woke from sleep, he did as the angel of the Lord commanded him; he took his wife, [25] but knew her not until she had borne a son; and he called his name Jesus.

Communion Ps 148

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