

Prepare for ACOY RETREAT 2017

February 25th, 2017

Sunday of the Last Judgement

Great Vespers

Priest: Blessed is our God, always, now and ever, and unto ages of ages.

Choir: Amen.

Come, let us worship and fall down before God our King.

Come, let us worship and fall down before Christ, our King and our God.

Come, let us worship and fall down before Christ Himself, our King and our God.

THE PSALM OF INTRODUCTION—PSALM 103

Reader: Bless the Lord, O my soul; O Lord my God, You have been magnified exceedingly. Confession and majesty have You put on, Who covers Yourself with light as with a garment, Who stretches out the heaven as it were a curtain; Who supports His chambers in the waters, Who appoints the clouds for His ascent, Who walks upon the wings of the winds, Who makes His angels spirits, and His ministers a flame of fire.

Who establishes the earth in the sureness thereof; it shall not be turned back forever and ever. The abyss like a garment is His mantle; upon the mountains shall the waters stand. At Your rebuke they will flee, at the voice of Your thunder shall they be afraid.

The mountains rise up and the plains sink down, unto the place where You have established them. You appointed a bound that they shall not pass, neither return to cover the earth. He sends forth springs in the valleys; between the mountains will the waters run. They shall give drink to all the beasts of the field; the wild asses will wait to quench their thirst. Beside them will the birds of the heaven lodge, from the midst of the rocks will they give voice.

He waters the mountains from His chambers; the earth shall be satisfied with the fruit of Your works. He causes the grass to grow for the cattle, and green herb for the service of men, to bring forth bread out of the earth; and wine makes glad the heart of man. To make his face cheerful with oil; and bread strengthens man's heart.

The trees of the plain shall be satisfied, the cedars of Lebanon, which You have planted. There will the sparrows make their nests; the house of the heron is chief among them. The high mountains are a refuge for the harts, and so is the rock for the hares.

He has made the moon for seasons; the sun knows his going down. You appointed the darkness, and there was the night, wherein all the beasts of the forest will go abroad; young lions roaring after their prey, and seeking their food from God. The sun arises, and they are gathered together, and they lay them down in their dens. Man shall go forth unto his work, and to his labor until the evening. How magnified are Your works, O Lord! In wisdom have You made them all.

The earth is filled with Your creation. So is this great and spacious sea, wherein are things creeping innumerable, small living creatures with the great. There go the ships; there this leviathan, whom You have made to play therein. All things wait on You, to give them their food in due season; when You gave them, they will gather it. When You opened Your hand, all things shall be filled with goodness; when You turn away Your face, they shall be troubled. You will take their spirit, and they shall cease; and unto their dust shall they return. You will send forth Your Spirit, and they shall be created; and You shall renew the face of the earth.

Let the glory of the Lord be unto the ages; the Lord will rejoice in His works. Who looks on the earth and makes it tremble, Who touches the mountains and they smoke. I will sing unto the Lord throughout my life, I will chant to my God for as long as I have my being.

May my words be sweet unto Him; I will rejoice in the Lord. O that sinners would cease from the earth, and they that work iniquity, that they should be no more. Bless the Lord, O my soul.

The sun knows his going down. You appointed the darkness, and there was the night. How magnified are Your works, O Lord! In wisdom have You made them all.

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to You, O God. (THRICE)
O our God and our Hope, glory to You!

THE GREAT LITANY

Deacon: In peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the peace from above, and for the salvation of our souls, let us pray to the Lord.

Deacon: For the peace of the whole world, for the good estate of the Holy Churches of God, and for the union of all men, let us pray to the Lord.

Deacon: For this Holy House, and for those who with faith, reverence, and fear of God, enter therein, let us pray to the Lord.

Deacon: For our father and Metropolitan N., (for our Archbishop N. or Bishop N.), for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.

Deacon: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.

Deacon: For Her Majesty, the Queen, for the Prime Minister of Australia, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.

Deacon: For this city, and for every city and land, and for the faithful who dwell therein, let us pray to the Lord.

Deacon: For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

Deacon: For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.

Deacon: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Your grace.

Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To You, O Lord.

Priest: For unto You are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit; now and ever and unto ages of ages.

Choir: Amen.

"O LORD, I HAVE CRIED" IN TONE THREE

Choir: O Lord, I have cried out unto You, hear me; hear me, O Lord. O Lord, I have cried out unto You, hear me. Give ear to the voice of my supplication when I cry out unto You: hear me, O Lord.

Choir: Let my prayer be set forth before You as the incense, and the lifting up of my hands as the evening sacrifice; hear me, O Lord.

+ Set a watch, O Lord, before my mouth, and a protecting door round about my lips.

+ Incline not my heart to evil words, to make excuses in sins.

+ With men that work iniquity; and I will not communicate with the choicest of them.

+ The just man shall correct me in mercy and shall reprove me; but let not the oil of the sinner anoint my head.

+ For my prayer also shall still be against the things with which they are well pleased; their judges falling upon the rock have been swallowed up.

+ They shall hear my words, for they are sweet; as when the thickness of the earth is broken upon the ground, their bones are scattered by the side of hell.

+ But to You, O Lord, Lord, are mine eyes; in You have I put my trust, take not away my soul.

+ Keep me from the snare which they have laid for me, and the traps of the workers of iniquity.

+ Let the wicked fall into their own nets, whilst I alone escape.

+ I cried unto the Lord with my voice, with my voice unto the Lord, did I make my supplication.

+ I poured out my supplication before Him; I showed before Him my trouble.

+ When my spirit was overwhelmed within me, then You knew my path.

+ In the way wherein I walked have they secretly laid a snare for me.

- + I looked on my right hand, and beheld, but there was no man that would know me.
- + Refuge failed me; no one cared for my soul.
- + I cried unto You, O Lord; I said: You are my refuge and my portion in the land of the living.
- + Attend unto my cry, for I am brought very low.
- + Deliver me from my persecutors, for they are stronger than I.

For the Resurrection in Tone Three

Verse 10. Bring my soul out of prison, that I may praise Your Name.

O Christ Savior, the might of death has verily broken down under Your Cross; and the deceit of Diabolus has ceased; and the race of man has by faith escaped and been saved. Wherefore, praise is offered You perpetually.

Verse 9. The righteous shall wait for me until You recompense me.

The whole creation, O Lord God, has been lighted by Your glorified Resurrection; and paradise has been opened withal. Wherefore, all creatures laud You and offer You praise perpetually.

Verse 8. Out of the depths have I cried to You, O Lord, Lord hear my voice.

I glorify the power of the Father, magnify the power of the Son, and praise the might of the Holy Spirit, one Godhead, indivisible, uncreated, consubstantial Trinity, reigning through all eternity.

Verse 7. Let Your ears be attentive to the voice of my supplication.

Your glorified Cross, O Christ, do we worship, and Your Resurrection do we praise and glorify; for by Your wounds we are all healed.

Verse 6. If You, O Lord, should mark iniquities, O Lord, who shall stand? For with You there is forgiveness.

Let us praise the Savior Who was incarnate of the Virgin; for He was crucified for our sake, and arose on the third day, granting us Great Mercy.

Verse 5. Because of Your name have I waited for You, O Lord; my soul has waited upon Your word, my soul has hoped in the Lord.

Verily, Christ did descend to Hades to bring good tidings to those therein, saying, Have faith now; for I have conquered; for I am the Resurrection, Who, unlocking the gates of death, shall set ye free.

Sunday of Forgiveness in Tone Six (Having laid up all their hope**)**

Verse 4. From the morning watch until night, from the morning watch let Israel trust in the Lord.

Verily, the Lord, my Creator, took dust from the earth and with life-giving breath gave me a soul and revived me, honoring me and setting me in the earth as chief of all things visible, to live like the angels. But deceiving Satan, using the serpent as an instrument, deceived me through eating, and separated me from the glory of God, delivering me by nether death to the earth. But since You are Lord and compassionate, recall you me.

Verse 3. For with the Lord there is mercy and with Him is abundant redemption, and He will deliver Israel from all his iniquities.

Lord, when I disobeyed Your divine command at the counsel of the adversary, I, wretched one, was stripped of my God-woven robe. And now I have put on the mantle of skin and fig-leaves, and have been condemned to eat in sweat the bread of hardship. The earth was cursed to bring forth thorns and husks for me. Albeit, O You Who in the last days was incarnate from the Virgin, recall me and make me to enter the paradise of bliss.

Verse 2. Praise the Lord, all ye nations; praise Him, all ye people.

O most-honored paradise, comeliness transcendent in splendor, the dwelling-place perfected by God, unending joy and enjoyment, the glory of the righteous, the joy of the Prophets, and the dwelling-place of the saints, beseech the Creator of all, by the tune of the rustling of Your leaves, to open for me the gates which I closed by sin, and that I be worthy to partake of the tree of life and joy, which I enjoyed in You of old.

Verse 1. For His mercy is great toward us, and the truth of the Lord endures forever.

Woe is me! Verily, Adam by disobedience was exiled from paradise and driven from bliss, having been deceived by the words of the woman; and he sat opposite Eden naked and wailing. Let us all, therefore, be careful how we receive the season of fasting, obeying the traditions of the Gospels, that, becoming thereby acceptable to Christ, we may once more attain to paradise.

DOXASTICON FOR SUNDAY OF FORGIVENESS IN TONE SIX

Glory to the Father, and to the Son, and to the Holy Spirit.

Verily, Adam sat opposite paradise bewailing his nakedness and crying, Woe is me, the robbed one, who hearkened to the evil deception, and was driven away from glory. Woe is me, who through simplicity of heart became naked, and am now perplexed. Wherefore, O paradise, I shall no more attain your bliss, nor behold my Lord, my God, and my Creator; for I shall return to the earth from which I was taken, and I shall cry to You, O compassionate One, have mercy upon me who am fallen.

THEOTOKION FOR THE RESURRECTION IN TONE THREE

Both now and ever, and unto ages of ages. Amen.

O Lady of exceeding honor, how can we but wonder at you giving birth to incarnate God? For you, O all-blameless, not knowing a man, didst give birth in the flesh to a Son without father, who before eternity was begotten of the Father without mother, the property and essence of each substance remaining intact. Wherefore, O virgin Mother, beseech Him to save the souls of those who assent and confess, with true belief, that you are the Theotokos.

THE HOLY ENTRANCE

(While the Doxasticon is chanted, the following dialogue occurs QUIETLY as the clergy make the entrance.)

Deacon: Let us pray to the Lord. Lord, have mercy.

Priest: In the evening and in the morning and at noonday we praise You, we bless You, we give thanks unto You, and we pray unto You, O Master of all, Lord Who loves mankind: Direct our prayer as incense before You, and incline not our hearts unto words or thoughts of evil, but deliver us from all who seek after our souls. For unto You, O Lord, Lord, are our eyes, and in You have we hoped. Put us not to shame, O our God. For unto You are due all glory, honor, and worship: to the Father and to the Son and to the Holy Spirit; now and ever, and unto ages of ages.

Deacon: Amen.

(When the clergy reach the center of the solea, the first part of the great censing begins. After the first part of the great censing is completed, this next dialogue occurs QUIETLY.)

Deacon: Bless, father, the Holy Entrance.

Priest: Blessed is the entrance to Your Holy Place, always, now and ever, and unto ages of ages. Amen.

(After the choir has finished, the following is said ALOUD.)

Deacon: Wisdom! Let us attend!

O GLADSOME LIGHT

Choir: O gladsome Light of the holy glory of the immortal, heavenly, holy and blessed Father: O Jesus Christ. Lo now that we have come to the setting of the sun, as we behold the evening light, we hymn You: Father, Son, and Holy Spirit, God. Meet it is for You at all times to be magnified by joyous voices, O Son of God and Giver of life. Wherefore the whole world doth glorify You.

SATURDAY PROKEIMENON IN TONE SIX

Deacon: The Evening Prokeimenon!

Choir: The Lord is King, and has clothed Himself with majesty. (ONCE)

Verse 1. The Lord is robed; He is girded with strength. (Refrain)

Verse 2. For He has established the world so that it shall never be moved.
(Refrain)

THE LITANY OF FERVENT SUPPLICATION

Deacon: Let us say with our whole soul, and with our whole mind, let us say.

Choir: Lord, have mercy.

Deacon: O Lord Almighty, the God of our Fathers, we pray You, hearken and have mercy.

Choir: Lord, have mercy.

Deacon: Have mercy on us, O God, according to Your great mercy, we pray You, hearken and have mercy.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for all pious and Orthodox Christians.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for our father and Metropolitan N., (and for our Archbishop N. or Bishop N.).

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for our brethren: the priests, hieromonks, deacons, hierodeacons and monastics and all our brotherhood in Christ.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for mercy, life, peace, health, salvation and visitation and pardon and remission of sins for (the servants of God, [Names], and) all Orthodox Christians of true worship, who live and dwell in this community.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for the blessed and ever-memorable founders of this holy church and (for the departed servants of God, [Names], and) all our fathers and brethren, the Orthodox departed this life before us, who here and in all the world lie asleep in the Lord.

Choir: Lord, have mercy. (THRICE)

Deacon: Again we pray for those who bear fruit and do good works in this holy and all-venerable temple, those who serve and those who sing, and for all the people here present, who await Your great and rich mercy.

Choir: Lord, have mercy. (THRICE)

Priest: For You are a merciful God and loves mankind, and unto You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

THE EVENING PRAYER

People: Vouchsafe, O Lord, to keep us this evening without sin. Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your Name forever. Amen.

Let Your mercy be upon us, O Lord, even as we have set our hope on You. Blessed are You, O Lord; teach me Your statutes. Blessed are You, O Master; make me to understand Your statutes. Blessed are You, O Holy One; enlighten me with Your statutes.

Your mercy, O Lord, endures forever. O despise not the works of Your hands. To You belongs worship, to You belongs praise, to You belongs glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

THE LITANY OF SUPPLICATION

Deacon: Let us complete our evening prayer unto the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Your grace.

Choir: Lord, have mercy.

Deacon: That the whole evening may be perfect, holy, peaceful and sinless, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

Deacon: Pardon and remission of our sins and transgressions, let us ask of the Lord.

Deacon: All things good and profitable for our souls and peace for the world, let us ask of the Lord.

Deacon: That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

Deacon: A Christian ending to our life, painless, blameless, peaceful, and a good defense before the fearful judgment seat of Christ, let us ask of the Lord.

Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To You, O Lord.

Priest: For You are a good God and loves mankind, and unto You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

THE PEACE

Priest: Peace be to all.

Choir: And to your spirit.

Deacon: Let us bow our heads unto the Lord.

Choir: To You, O Lord.

- All bow their heads as the priest says the following prayer:

Priest: O Lord our God, Who didst bow the heavens and come down for the salvation of mankind: Look upon Your servants and Your inheritance; for unto You, the fearful Judge Who yet loves mankind, have Your servants bowed their heads and submissively inclined their necks, awaiting not help from men but entreating Your mercy and looking confidently for Your salvation. Guard them at all times, both during this present evening and in the approaching night, from every foe, from all adverse powers of the devil, and from vain thoughts and from evil imaginations.

Blessed and glorified be the might of Your kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

APOSTICHA FOR THE RESURRECTION IN TONE THREE

O Christ, Who didst darken the sun with Your Passion, and didst light all created things with the light of Your Resurrection, and didst make them to rejoice, accept our evening praise, O Lover of mankind.

Verse 1. The Lord is King, and has clothed Himself with majesty. The Lord is robed; He is girded with strength.

Verily, Your life-giving Resurrection has lighted the whole universe, renewing Your corrupt creation. Wherefore, in that You have delivered us from the curse of Adam, we shout to You, O Lord Almighty, glory to You.

Verse 2. For He has established the world so that it shall never be moved.

O changeless God, You didst suffer in the changing body, and when creation could not bear to behold You suspended on the Cross, it trembled with fear, and sighed, praising Your long-suffering. Then, descending to Hades, You didst arise on the third day, granting life to the world and Great Mercy.

Verse 3. Holiness befits Your house, O Lord, forevermore.

You didst suffer death, O Christ, that You might deliver our race from death. You didst rise from the dead on the third day, and didst arouse with You those who know that You are true God, verily illuminating the world, O Lord. Wherefore, glory to You.

DOXASTICON FOR SUNDAY OF FORGIVENESS IN TONE SIX

Glory to the Father, and to the Son, and to the Holy Spirit.

Verily, Adam for eating was driven from paradise. Wherefore, he sat opposite thereto, wailing and mourning in a pitiful voice, saying: Woe is me; what has befallen me, wretched man? I transgressed one commandment of my Lord and was denied all kinds of good things. Wherefore, O most-holy paradise, which for me was planted, and for the sake of Eve was closed, implore Him Who made you that I may contemplate the flowers of your gardens. Therefore, the Savior cried out to him, saying: I desire not the loss of My creation, but that it be saved, and come to the knowledge of the truth; for he that cometh to Me, I shall not cast out.

THEOTOKION FOR THE RESURRECTION IN TONE SIX

Both now and ever, and unto ages of ages. Amen.

O most pure one, when Christ the Lord, my Creator and Savior, came forth from your womb, putting me on, He did free Adam from the ancient curse. Wherefore, O

most pure one, since you are the Theotokos and a Virgin in truth, we shout to you untiringly with the angels, saying: Rejoice, Lady, O you who are the helper, the cover, and the salvation of our souls.

THE HYMN OF ST. SIMEON THE GOD-RECEIVER

Choir: Lord, now let you Your servant depart in peace, according to Your word; for mine eyes have seen Your salvation, which You have prepared before the face of all people, a light to lighten the Gentiles and the glory of Your people Israel.

THE TRISAGION PRAYERS

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Your Name's sake.

Lord, have mercy. (THRICE)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

Our Father, Who are in Heaven, hallowed be Your Name. Your kingdom come; Your will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Priest: For Your is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

RESURRECTIONAL APOLYTIKION IN TONE THREE

Let the heavens rejoice and the earth be glad, for the Lord has done a mighty act with His own arm. He has trampled down death by death, and become the first-born from the dead. He has delivered us from the depths of Hades, granting the world the Great Mercy.

RESURRECTIONAL THEOTOKION IN TONE THREE

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

You, who are the mediatrix for the salvation of our race, we praise, O Virgin Theotokos; for in the flesh assumed from you, after that He had suffered the passion of the Cross, your Son and our God delivered us from corruption, because He is the Lover of mankind.

THE DISMISSAL

Deacon: Wisdom!

Choir: Father, bless!

Priest: Christ our God, the Existing One, is blessed, always, now and ever, and unto ages of ages.

Choir: Amen. Preserve, O God, the holy Orthodox faith and all Orthodox Christians, unto ages of ages. Amen.

Priest: Most holy Theotokos, save us.

Choir: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, you who without corruption bears God the Word and are truly Theotokos: we magnify you.

Priest: Glory to You, O Christ our God and our hope, glory to You.

Choir: Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen. Lord, have mercy (thrice). Father, bless.

Priest: May He Who rose from the dead, Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the might of the Precious and Life-giving Cross; by the protection of the honorable Bodiless Powers of Heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious and all-laudable apostles; of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; of Saint N., the patron and protector of this holy community; of the holy

and righteous ancestors of God, Joachim and Anna; of our Righteous Father Porphyrios, bishop of Gaza; Great-martyr Photeini the Samaritan Woman and those with her; Martyr Theoklitos and those with him; and the New Martyr John of Constantinople, whose memory we celebrate today, and of all the saints: have mercy on us and save us, forasmuch as He is good and loves mankind.

Priest: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us.

Choir: Amen.

Orthros

Priest: Blessed is our God always, now and ever, and unto ages of ages.

Choir: Amen.

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Your Name's sake.

Lord, have mercy. (THRICE)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

Our Father, Who are in Heaven, hallowed be Your Name. Your kingdom come; Your will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Priest: For Your is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. (Choir continues.)

O Lord, save Your people and bless Your inheritance, granting to Your people victory over all their enemies, and by the power of Your Cross preserving Your commonwealth.

Glory to the Father, and to the Son, and to the Holy Spirit.

Do You, Who of Your own good will was lifted up upon the Cross, O Christ our God, bestow Your bounties upon the new Nation which is called by Your Name; make glad in Your might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Your aid a weapon of peace and a trophy invincible.

Both now and ever, and unto ages of ages. Amen.

O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for you are she who gave birth to God, and alone are blessed.

LITANY

Priest: Have mercy on us, O God, according to Your great goodness, we pray You, hearken and have mercy.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for all pious and Orthodox Christians.

Priest: Again we pray for our father and Metropolitan N., (for our Archbishop N. or Bishop N.), and for all our Brotherhood in Christ.

Priest: For You are a merciful God and loves mankind, and unto You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. Bless, Father, in the Name of the Lord.

Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.

Choir: Amen.

Glory to God in the highest, and on earth peace, and good will toward men.
(THRICE)

O Lord, open my lips, and my mouth shall show forth Your praise. (TWICE)

PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But You, O Lord, are my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for You have smitten all who without cause are mine enemies; the teeth of sinners have You broken. Salvation is of the Lord, and Your blessing is upon Your people.

I laid me down and slept; I awoke, for the Lord will help me.

PSALM 37

O Lord, rebuke me not in Your anger, nor chasten me in Your wrath. For Your arrows are fastened in me, and You have laid Your hand heavily upon me. There is no healing in my flesh in the face of Your wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before You is all my desire, and my groaning is not hid from You. My heart is troubled, my strength has failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spoke vain things, and craftiness all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that opens not his mouth. And I became as a man that hears not, and that has in his mouth no reproofs. For in You have I hoped, O Lord; You will hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spoke boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

PSALM 62

O God, my God, unto You I rise early at dawn. My soul has thirsted for You; how often has my flesh longed after You in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before You to see Your power and Your glory. For Your mercy is better than lives; my lips shall praise You. So shall I bless You in my life, and in Your name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise You. If I remembered You on my bed, at the dawn I meditated on You. For You are become my helper; in the shelter of Your wings will I rejoice. My soul has cleaved after You; Your right hand has been quick to help me. But as for these, in vain have they sought after my

soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that swears by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on You. For You are become my helper; in the shelter of Your wings will I rejoice. My soul has cleaved after You; Your right hand has been quick to help me.

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to You, O God. (THRICE)
Lord, have mercy. (THRICE)

Glory to the Father, and to the Son, and to the Holy Spirit.

PSALM 87

Both now and ever, and unto ages of ages. Amen.

O Lord God of my salvation, by day have I cried and by night before You. Let my prayer come before You, bow down Your ear unto my supplication, for filled with evils is my soul, and my life unto Hades has drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom You remember no more, and they are cut off from Your hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Your anger made strong, and all Your billows have You brought upon me. You have removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto You, O Lord, the whole day long; I have stretched out my hands unto You. Nay, for the dead will You work wonders? Or shall physicians raise them up that they may give thanks unto You? Nay, shall any in the grave tell of Your mercy, and of Your truth in that destruction? Nay, shall Your wonders be known in that darkness, and Your righteousness in that land that is forgotten? But as for me, unto You, O Lord, have I cried; and in the morning shall my prayer come before You. Wherefore, O Lord, dost You cast off my soul and turn Your face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Your furies have passed upon me, and Your

terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. You have removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before You. Let my prayer come before You, bow down Your ear unto my supplication.

PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He has done for you, Who is gracious unto all your iniquities, Who heals all your infirmities, Who redeems your life from corruption, Who crowns you with mercy and compassion, Who fulfills your desire with good things; your youth shall be renewed as the eagle's. The Lord performs deeds of mercy, and executes judgment for all them that are wronged. He has made His ways known unto Moses, unto the sons of Israel the things that He has willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities has He dealt with us, neither according to our sins has He rewarded us. For according to the height of heaven from the earth, the Lord has made His mercy to prevail over them that fear Him. As far as the east is from the west, so far has He removed our iniquities from us. Like as a father has compassion upon his sons, so has the Lord had compassion upon them that fear Him; for He knows whereof we are made, He has remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven has prepared His throne, and His kingdom rules over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Your truth; hearken unto me in Your righteousness. And enter not into judgment with Your servant, for in

Your sight shall no man living be justified. For the enemy has persecuted my soul; he has humbled my life down to the earth. He has sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Your works, I pondered on the creations of Your hands. I stretched forth my hands unto You; my soul thirsts after You like a waterless land. Quickly hear me, O Lord; my spirit has fainted away. Turn not Your face away from me, lest I be like unto them that go down into the pit. Cause me to hear Your mercy in the morning; for in You have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto You have I lifted up my soul. Rescue me from mine enemies, O Lord; unto You have I fled for refuge. Teach me to do Your will, for You are my God. Your good Spirit shall lead me in the land of uprightness; for Your name's sake, O Lord, shall You quicken me. In Your righteousness shall You bring my soul out of affliction, and in Your mercy shall You utterly destroy mine enemies. And You shall cut off all them that afflict my soul, for I am Your servant.

O Lord, give ear unto my supplication and enter not into judgment with Your servant. (TWICE)

Your good Spirit shall lead me in the land of uprightness.

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to You, O God. (THRICE)

O our God and our Hope, glory to You!

THE GREAT LITANY

Deacon: In peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the peace from above, and for the salvation of our souls, let us pray to the Lord.

Deacon: For the peace of the whole world, for the good estate of the Holy Churches of God, and for the union of all men, let us pray to the Lord.

Deacon: For this Holy House, and for those who with faith, reverence, and fear of God, enter therein, let us pray to the Lord.

Deacon: For our father and Metropolitan N., (for our Archbishop N. or Bishop N.), for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.

Deacon: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.

Deacon: For Her Majesty, the Queen, for the Prime Minister of Australia, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.

Deacon: For this city, and for every city and land, and for the faithful who dwell therein, let us pray to the Lord.

Deacon: For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

Deacon: For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.

Deacon: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Your grace.

Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To You, O Lord.

Priest: For unto You are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit; now and ever and unto ages of ages.

Choir: Amen.

"GOD IS THE LORD" IN TONE THREE

Choir: God is the Lord and has appeared unto us. Blessed is He that cometh in the Name of the Lord.

Verse 1. O give thanks unto the Lord and call upon His Holy Name. (Refrain)

Verse 2. All nations compassed me about: but in the Name of the Lord will I destroy them. (Refrain)

Verse 3. This is the Lord's doing; it is marvelous in our eyes. (Refrain)

RESURRECTIONAL APOLYTIKION IN TONE THREE

Let the heavens rejoice and the earth be glad, for the Lord has done a mighty act with His own arm. He has trampled down death by death, and become the first-born from the dead. He has delivered us from the depths of Hades, granting the world the Great Mercy.

RESURRECTIONAL APOLYTIKION IN TONE THREE

Glory to the Father, and to the Son, and to the Holy Spirit.

Let the heavens rejoice and the earth be glad, for the Lord has done a mighty act with His own arm. He has trampled down death by death, and become the first-born from the dead. He has delivered us from the depths of Hades, granting the world the Great Mercy.

RESURRECTIONAL THEOTOKION IN TONE THREE

Both now and ever, and unto ages of ages. Amen.

You, who are the mediatrix for the salvation of our race, we praise, O Virgin Theotokos; for in the flesh assumed from you, after that He had suffered the passion of the Cross, your Son and our God delivered us from corruption, because He is the Lover of mankind.

THE LITTLE LITANY

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Your grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To You, O Lord.

Priest: For You is the majesty, and You is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

THIRD TONE RESURRECTIONAL KATHISMATA (Plain Reading)

First Kathisma

Christ is risen from the dead, He Who is the first-fruits of those that slept: the First-born of creation and the Creator of all things created! He has renewed by Himself the nature of our corrupt race. Wherefore, You shall reign no more, O Death; for the Lord of all has nullified your power and dissolved it.

Glory to the Father, and to the Son, and to the Holy Spirit.

When You didst taste death in the flesh, O Lord, You didst check bitter Death by the Resurrection, and didst make man to prevail over it, restoring victory over the old curse. Wherefore, O Supporter and Champion of our life, glory to You.

Both now and ever, and unto ages of ages. Amen.

Verily, Gabriel, overwhelmed by the splendor of your virginity and the abundant brilliancy of your purity, hailed you, saying, O Theotokos! What dutiful praise shall I offer you? Or what shall I call you? I am overwhelmed with surprise and perplexity. But as I have been commanded, I shall hail you, Rejoice, O full of grace.

Second Kathisma

Because of Your immutable Divinity, O Lord, and Your voluntary sufferings, Hades was overwhelmed, and moaned within itself, saying, Verily, I am in dread fear of the Person of this incorruptible body; for I see the unseen fighting me secretly, and behold those whom I have held shouting, Glory to Your Resurrection, O Christ.

Glory to the Father, and to the Son, and to the Holy Spirit.

Let us believers speak of divine things, of the secret of Your inscrutable Crucifixion, of Your ineffable Resurrection; for today have Death and Hades been led captive, and the race of man has been invested with incorruption. Therefore, do we cry in gratitude, Glory to Your Resurrection, O Christ.

Both now and ever, and unto ages of ages. Amen.

Verily, O Theotokos, the incomprehensible and boundless, consubstantial with the Father and the Spirit, has you held secretly in your womb. And by your birth-giving we have learned to glorify in the world the act of the one immiscible Trinity. Therefore, with gratitude we cry to you, Rejoice, O you that are full of grace.

EVLOGETARIA (BENEDICTIONS) IN TONE FIVE

Blessed are You, O Lord: teach me Your statutes.

The company of the Angels was amazed, when they beheld You numbered among the dead, yet Yourself, O Savior, destroyed the power of Death, and with You raising up Adam and releasing all men from Hell.

Blessed are You, O Lord: teach me Your statutes.

Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand; for the Savior is risen from the tomb.

Blessed are You, O Lord: teach me Your statutes.

Very early in the morning did the Myrrh-bearing Women run lamenting unto Your tomb; but an Angel came toward them saying: The time for lamentation is passed; weep not; but announce unto the Apostles the Resurrection.

Blessed are You, O Lord: teach me Your statutes.

The Myrrh-bearing Women mourned as bearing spices they drew near Your tomb, O Savior. But the Angel spoke unto them saying: Why number ye the Living among the dead? In that He is God, He is risen from the grave.

Glory to the Father, and to the Son, and to the Holy Spirit.

We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in One Essence; crying with the Seraphim: Holy, Holy, Holy are You, O Lord.

Both now and ever, and unto ages of ages. Amen.

In that you didst bear the Giver of Life, O Virgin, you didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He Who was incarnate of you, both God and man, has restored to life those who had fallen therefrom.

Alleluia, Alleluia, Alleluia. Glory to You, O God. (THRICE)
O our God and our Hope, glory to You!

THE LITTLE LITANY

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Your grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To You, O Lord.

Priest: 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 unto ages of ages.

Choir: Amen.

THIRD TONE RESURRECTIONAL HYPAKOE (Plain Reading)

To the ointment-bearing women the brilliant angel of sweet words, startling them, did say: Why seek ye the living One in the grave? He is verily risen, and has emptied the tombs. Know ye, therefore, that the changeless One has changed corruption to incorruption. And say to God: How dreadful are Your works; for You have saved mankind.

THIRD TONE RESURRECTIONAL ANABATHMOI (Plain Reading)

First Antiphony

+ You didst verily deliver the captivity of Zion from Babylon, O Word. Likewise, draw you me out of suffering into life.

+ They who sow in Timan with divine tears, shall reap with rejoicing the sheaves of eternal life.

+ Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

+ With the Holy Spirit every gift is good; for He doth shine forth together with the Father and the Son; and in Him doth all creation live and move.

Second Antiphony

+ If the Lord builds not the house of virtues, then vainly do we labor; but if He defend and protect our lives, none shall prevail against our city.

+ The saints are verily the hire of the fruit the womb. And they have not ceased to be Your sons, in the Spirit, O Christ, and You are like a father.

+ Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

+ By the Holy Spirit has all holiness and wisdom been observed; for He is the Creator of all the essence of creation. Therefore, let us worship Him; for He is God, as is the Father and the Word.

Third Antiphony

+ Happy are they who fear the Lord; for they walk in the way of His commandments, and eat of the fruits of universal life.

+ Rejoice with gladness, O chief Shepherd, as you behold your children's children around your table, offering branches of good deeds.

+ Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

+ Verily, all the riches of honor are of the Holy Spirit. And of Him too is grace and life for all creation. Wherefore, He is to be praised with the Father and the Word.

PROKEIMENON FOR THE RESURRECTION FOR TONE THREE

Say among the heathen that the Lord reigns. The world also shall be so established that it shall not be moved. (TWICE)

Stichos: Praise the Lord with a new praise.

Say among the heathen that the Lord reigns. The world also shall be so established that it shall not be moved.

Deacon: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For Holy are You, O our God, Who rests in the Holy Place, and unto You do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

Let everything that has breath praise the Lord. (TWICE)

Praise ye God in His saints; praise Him in the firm foundation of His power.

Let everything that has breath praise the Lord.

THE THIRD EOTHINON GOSPEL

Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us pray to the Lord God.

Choir: Lord, have mercy. (THRICE)

Deacon: Wisdom! Attend! Let us hear the Holy Gospel.

Priest: Peace be to all.

Choir: And to your spirit.

Priest: The Reading from the Holy Gospel according to Saint Mark (16:9-20).

Choir: Glory to You, O Lord, glory to You.

Deacon: Let us attend!

Priest: Now when Christ rose early on the first day of the week, He appeared first to Mary Magdalene, from whom He had cast out seven demons. She went and told those who had been with Him, as they mourned and wept. But when they heard that He was alive and had been seen by her, they would not believe it. After this He appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them. Afterward He appeared to the eleven themselves as they sat at table; and He upbraided them for their unbelief and hardness of heart, because they had not believed those who saw Him after He had risen. And He said to them, "Go into all the world and preach the Gospel to the whole creation. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will accompany those who believe: in My Name they will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." So then the Lord Jesus, after He had spoken to them, was taken up into Heaven, and sat down at the right hand of God. And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. Amen.

Choir: Glory to You, O Lord, glory to You.

Reader: In that we have beheld the Resurrection of Christ, let us bow down before the Holy Lord Jesus, the only sinless One. Your Cross do we adore, O Christ, and Your Holy Resurrection we praise and glorify: for You are our God, and we know none other beside You; we call upon Your Name. O come, all ye faithful, let us adore Christ's Holy Resurrection. For lo, through the Cross is joy come into all the world. Ever blessing the Lord, let us sing His Resurrection: for in that He endured the Cross for us, He has destroyed Death by death.

PSALM 50

Reader: Have mercy on me, O God, according to Your Great Mercy; and according to the multitude of Your compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against You only have I sinned and done this evil before You, that You might be justified in Your words, and prevail when You are judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, You have loved truth; the hidden and secret things of Your wisdom have You made manifest unto me. You shall sprinkle me with hyssop, and I shall be made clean; You shall wash me, and I shall be made whiter than snow. You shall make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Your face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Your presence, and take not Your Holy Spirit from me. Restore unto me the joy of Your salvation, and with Your governing Spirit establish me. I shall teach transgressors Your ways, and the ungodly shall turn back unto You. Deliver me from blood-guiltiness, O God, You God of my salvation; my tongue shall rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth shall declare Your praise. For if You had desired sacrifice, I had given it; with whole-burnt offerings You shall not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Your good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shall You be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Your altar.

LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT

Glory to the Father, and to the Son, and to the Holy Spirit.

Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Your holiness, coming in the temple of my body, wholly polluted. But because You are compassionate, purify me by the compassion of Your mercies.

Both now and ever, and unto ages of ages. Amen.

Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by your intercessions purify you me from all abomination.

(TONE SIX) Have mercy upon me, O God, according to Your loving-kindness: according unto the multitude of Your tender mercies blot out my transgressions. If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Your mercy, I shout to You like David, Have mercy upon me, O God, according to Your Great Mercy.

THE INTERCESSION

Deacon: O God, save Your people, and bless Your inheritance. Visit Your world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Your rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; of our Righteous Father Porphyrios, bishop of Gaza; Great-martyr Photeini the Samaritan Woman and those with her; Martyr Theoklitos and those with him; and the New Martyr John of Constantinople, whose memory we celebrate today, and of all the saints: we beseech You, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto You, and have mercy upon us.

Choir: Lord, have mercy. (Twelve times)

Priest: Through the mercies and compassions and love for mankind of Your Only-begotten Son, with Whom You are blessed, together with Your all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.

Choir: Amen.

KONTAKION/OIKOS- FOR SUNDAY OF FORGIVENESS (Reading)

O You Who guides to wisdom, and gives understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to You, O merciful One, have mercy upon me who am fallen.

Banished from the joys of Paradise, Adam sat outside and wept, and beating his hands upon his face he said, "I am fallen, in Your compassion have mercy upon me." When Adam saw the angel drive him out and shut the door of the divine garden, he groaned aloud and said, "I am fallen, in Your compassion have mercy upon me." O Paradise, share in the sorrow of your Master Who is brought to poverty, and with the sound of your leaves pray to the Creator that He may not keep your gate closed forever. I am fallen, in Your compassion have mercy upon me. O Paradise, perfect, all-holy and blessed, planted for Adam's sake and shut because of Eve, pray to God for the fallen. In Your compassion, have mercy upon me who am fallen.

THE SYNAXARION (Plain Reading)

On February 26 in the Holy Orthodox Church, we commemorate our Righteous Father Porphyrios, bishop of Gaza; Great-martyr Photeini the Samaritan Woman and those with her; Martyr Theoklitos and those with him; and the New Martyr John of Constantinople.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

Verses

Let the world mourn bitterly along with ages past;
As, by sweet eating, it has fallen along with those who had fallen.

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Your ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as You are alone the Lover of mankind. Amen.

KATAVASIAS OF SUNDAY OF FORGIVENESS CANON IN TONE SIX

Ode 1. When Israel walked on foot at the bottom of the sea as on dry land, and beheld Pharaoh, the persecutor, drowned, they shouted: Let us praise our God; for He has triumphed.

Ode 3. There is none holy like You, O Lord my God, Who didst exalt the horn of those who believe in You, O good One, and established them on the rock of Your confession.

Ode 4. The venerable Church raiseth her voice in song, as is meet to God, celebrating to the Lord with a pure conscience. Christ is my might, my Lord, and my God.

Ode 5. O Good One, lighten with Your divine light the souls of those who come to You early and eagerly that they may know You, O Word of God, the true God, Who callest us from the darkness of iniquities.

Ode 6. O Most merciful One, when I saw the sea of this life agitated with the tumult of temptations, I hastened to Your quiet haven, crying: Raise my life from corruption.

Ode 7. Verily, the angel made the furnace overflow with dew for the righteous youth, burning the Chaldeans by the command of God, and constraining the usurper to shout, crying: Blessed are You, God of our Fathers.

We praise, we bless, and we worship the Lord.

Ode 8. You didst spring forth from the flames as dew for those righteous ones, and with water You didst consume the sacrifice of the righteous one; for You doest all things by Your mere will. Wherefore, we exalt You still more to the end of ages.

Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.

MAGNIFICATIONS IN TONE SIX

Choir: My soul doth magnify the Lord, and my spirit has rejoiced in God my Savior.

Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, you who without corruption barest God the Word, and are truly Theotokos, we magnify you. (Repeat after each Verse.)

+ For He has regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (Refrain)

+ For He that is mighty has magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (Refrain)

+ He has showed strength with His arm; He has scattered the proud in the imagination of their hearts. (Refrain)

+ He has put down the mighty from their seat, and has exalted the humble and meek. He has filled the empty with good things, and the rich has He sent empty away. (Refrain)

+ He remembering His mercy has helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (Refrain)

Ode 9. Verily, the God Whom no man can see, nor the ranks of the angels dare to look upon, through you, O pure one, was seen among men as incarnate Word. Wherefore, with the heavenly hosts, we magnify Him, and you do we bless.

THE LITTLE LITANY

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Your grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To You, O Lord.

Priest: For all the powers of Heaven praise You, and unto You do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

Holy is the Lord our God. (THRICE)

Exalt ye the Lord our God, and worship at His footstool, for He is holy.

THE THIRD EOTHINON EXAPOSTEILARION IN TONE TWO

Verily, Christ is risen. Let no one doubt, or be suspicious; for He appeared to Mary, and after that to those who went fishing. Then He appeared to His eleven initiates, as they were reclining, whom He sent to baptize. And He ascended to Heaven whence He had descended, establishing His warning by a multitude of wonders.

EXAPOSTEILARION/THEOTOKION- SUNDAY OF FORGIVENESS IN TONE TWO

(**Hearken, ye women**)

Woe is me, wretched one; for I have transgressed Your commandment, and have been stripped of Your glory, and, therefore, was filled with confusion and cast out of Paradise, O compassionate One. Wherefore, O merciful One, have mercy upon me, who was justly denied Your good tidings.

O Lord, we were estranged before from Paradise, because of eating from the tree. Therefore, lead us into it again by Your Cross and by Your Passion, my Savior and my God. Fortify us therein that we may fulfill our fast with becoming purity, and worship Your divine Resurrection and Passover of salvation, by the intercessions of Your Mother.

AINOI (Praises) in Tone THREE

Choir: Let everything that has breath, praise the Lord. Praise ye the Lord from the heavens: praise Him in the heights. To You, O God, is due our song.

Choir: Praise ye Him, all His angels: praise ye Him, all His hosts. To You, O God, is due our song.

For the Resurrection in Tone Three

Verse 1. This glory shall be to all His saints.

Come together, all ye people, and know the power of the dreadful secret; for Christ our Savior, the eternal Word, has been crucified for our sake, and was buried willingly, and has risen from the dead to save all. To Him let us bow down in worship.

Verse 2. Praise God in His sanctuary: praise Him in the firmament of His power. The guards have published it abroad, O Lord, telling of all Your wonders. But the assembly of falsehood filled their right hands with bribes, thinking that thereby they might conceal Your Resurrection which the world doth glorify. Wherefore, have mercy upon us.

Verse 3. Praise Him for His mighty acts: praise Him according to His excellent greatness.

Verily, all creatures were filled with joy when they received the glad tidings of Your Resurrection; for Mary Magdalene, coming to Your grave, met an angel in a brilliant robe sitting on the stone, who said, Why seekest you the living among the dead? He is not here, but is risen. As He said, He will go before you into Galilee.

Verse 4. Praise Him with the sound of the trumpet: praise Him with the psaltery and harp.

O Master, Lover of mankind, with Your light do we behold light; for You are risen from the dead, granting salvation to the race of man, that the whole creation may glorify You alone, Who are without sin. Have mercy upon us.

Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.

Verily, the ointment-bearing women, O Lord, did offer to You their tears as a morning praise; for when they reached Your grave bearing exceeding sweet scent, hastening to seek Your incorruptible body, an angel, sitting on the stone, spoke to them, saying, Why seek ye the living among the dead? Verily, He has trodden down death and is risen, because He is God, granting to all Great Mercy.

For Sunday of Forgiveness in Tone Five

Verse 6. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that has breath praise the Lord.

Verily, Adam cried moaning, and said, Woe is me; for the serpent and the woman drew me away from divine favor; and the taste of the tree has estranged me from Paradise. Woe is me; I cannot bear the disgrace, I who was formerly king over all earthly creatures. Behold, I am now captive because of a counsel aside from the law. And I, who was for a time robed with the glory of immortality, have become like one dead, wrapped in the rags of death, in a pitiful manner. Woe is me: whom shall I make my helper in wailing? But You, Lover of mankind, mantled in compassion, Who didst create me from the earth, recall and save me from the bondage of the enemy.

Verse 7. Arise, O my God, lift up Your hand, and forget not the humble.

The arena of the virtues has been opened. Let all who wish to struggle for the prize now enter, girding themselves for the noble contest of the Fast; for those that strive lawfully are justly crowned. Taking up the armor of the Cross, let us make war against the enemy. Let us have as our invincible rampart the Faith, prayer as our breastplate, and as our helmet almsgiving; and as our sword let us use fasting that cuts away all evil from our heart. If we do this, we shall receive the true crown from Christ the King of all at the Day of Judgment.

Also for Sunday of Forgiveness in Tone Six

Verse 8. I will praise You, O Lord, with my whole heart: I will show all Your marvelous works.

When Adam received of the food, as a transgressor was he driven from Paradise. But Moses, purifying the pupils of his eyes with fasting, was made worthy to behold God. Wherefore, ye who long to dwell in Paradise, come, let us keep far from unprofitable food; and ye who desire to see God, come, let us fast the four Mosaic tens. And by perseverance and sincerity in prayer we shall put down the passions of

the soul and remove the wiles of the flesh, ascending lightly towards the celestial way, where the ranks of angels praise the indivisible Trinity with unceasing voices, to behold the transcending comeliness of the Master. Therefore, O Life-giving Son of God, make us who trust in You worthy to exchange glad tidings with the hosts of angels; by the intercession of the passion of Your Mother, O Christ, and of the Apostles, Martyrs and all the saints.

THE Doxasticon FOR SUNDAY OF FORGIVENESS in Tone SIX

Glory to the Father, and to the Son, and to the Holy Spirit.

The time cometh which is the beginning of spiritual struggles and triumph over Satan. And the complete armor of abstinence is the beauty of the angels and in favor with God, and received in an invisible manner with a voice in His ear. Wherefore, O Lord, prepare us thereby to worship Your holy Passion and Resurrection, since You are the Lover of mankind.

Both now and ever, and unto ages of ages. Amen.

Most blessed are you, O Virgin Theotokos, for through Him that was incarnate of you is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, Death is slain, and we are endowed with Life. Wherefore, in hymns of praise, we cry aloud: Blessed are You, O Christ our God, Who is thus well pleased, glory to You.

THE Great Doxology IN TONE SIX

- + Glory to You, Who has shown us the Light; Glory to God in the highest, and on earth peace, good will among men.
- + We praise You, we bless You, we worship You, we glorify You; we give thanks unto You for Your great glory.
- + O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.
- + O Lord God, Lamb of God, Son of the Father, Who takes away the sin of the world, have mercy on us; O You Who takes away the sins of the world.
- + Receive our prayer, O You Who sits at the right hand of the Father, and have mercy on us.
- + For You only are holy, You only are the Lord, O Jesus Christ, to the Glory of God the Father. Amen.
- + Every day will I bless You, and I will praise Your Name forever; yea, forever and ever.
- + Vouchsafe, O Lord, to keep us this day without sin.

- + Blessed are You, O Lord God of our Fathers, and praised and glorified be Your Name forever. Amen.
- + Let Your mercy, O Lord, be upon us, as we do put our hope in You.
- + Blessed are You, O Lord: teach me Your statutes. (THRICE)
- + Lord, You have been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against You.
- + Lord, I have fled unto You: teach me to do Your will, for You are my God.
- + For with You is the fountain of life: in Your light shall we see light.
- + O continue Your loving-kindness unto them that know You.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)
- + Glory to the Father, and to the Son, and to the Holy Spirit:
- + Both now and ever, and unto ages of ages. Amen.
- + Holy Immortal: have mercy on us.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us.

TROPARION IN TONE FOUR

Today is Salvation come into the world. Let us sing praises to Him Who arose from the grave, the Author of our life; for having by death destroyed Death, He has given us victory and Great Mercy.

Divine Liturgy Variables

RESURRECTIONAL APOLYTIKION IN TONE THREE

Let the heavens rejoice and the earth be glad, for the Lord has done a mighty act with His own arm. He has trampled down death by death, and become the first-born from the dead. He has delivered us from the depths of Hades, granting the world the Great Mercy.

APOLYTIKION- ST. JOHN CHRYSOSTOM

Grace shining forth from your mouth like a beacon has illumined the universe and disclosed to the world treasures of uncovetousness, and shown us the heights of humility. But, whilst instructing us by your words, O Father John Chrysostom, intercede with the Word, Christ our God, to save our souls.

KONTAKION FOR FORGIVENESS SUNDAY IN TONE SIX

O You Who guides to wisdom, and gives understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall

not refrain my lips from crying to You, O merciful One, have mercy upon me who am fallen.

THE EPISTLE

*Sing praises to our God, sing praises. Sing praises to our King, sing praises.
O clap your hands, all ye nations.*

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

THE GOSPEL

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.