

29th Sunday after Pentecost
Sunday of the Holy Forefathers

VESPERS: Tone 4

P. Regular Beginning

C. Lord I have cried...

1. **Ever** hailing Thy life-giving Cross, O **Christ** our Lord,/ we glorify Thy Resurrection on the **third** day,/ for **Thou** Who art all **powerful**/ hast thereby restored the corrupt **nature** of man/ and hast re-opened for us the upward path to **heaven**,// for Thou only art good and **lovest** mankind.
2. **Being** of Thine own Will nailed to the **wood** of the Cross,/ Thou hast abolished the penalty of disobedience **committed** through the tree/ and by **descending** into hell Thou hast broken, as Almighty, the **bonds** of death./ Therefore we worship Thy Resurrection from the dead,/ and, **rejoicing**, we cry:// Glory to Thee, O **almighty** Lord.
3. **Thou** hast broken in pieces the gates of **hell**, O Lord,/ and put an end by Thy death to the **dominion** of death,/ and **Thou** hast set **mankind** free/ by bestowing incorruption upon the world// together with life and Thy great **mercy**.
4. O **come** all ye **people**,/ and let us sing the praises of the Saviour's Resurrection on the **third** day,/ for **we** have been **delivered** by it/ from the unbreakable **bonds** of hell,/ and having received incorruption and life,/ we all of us cry: Do Thou, crucified, buried and **risen**,// save us by Thy Resurrection for only Thou **lovest** mankind.
5. Angels and **men** sing the praises of Thy Rising upon the third day, O **Saviour**,/ for it has shed light unto the **ends** of the world,/ and we **all**, delivered from the bondage of the enemy, **cry** out:/ O all-powerful Saviour, **Creator** of life,/ save us by Thy Resurrection,// for only Thou **lovest** mankind.
6. **Thou** hast broken in pieces the **gates** of brass,/ burst asunder the chains and raised up fallen mankind, O **Christ** our God./ **Therefore**, we cry with **one** accord:/ Lord, risen **from** the dead,// Glory **be** to Thee.

Stichera for the Forefathers (Tone 8)

7. **Celebrating** the memory of the forefathers today, O ye **faithful**,/ let us hymn as mighty and powerful Christ the **Deliverer**,/ Who exalted them among all **nations**,/ the Lord Who hath faithfully wrought most glorious **miracles**,/ and Who hath, through them, shown us a staff of **power**,/ the pure Mary, the divine Maiden, who alone **kneweth** not man,/ from whom Christ came forth as a **blossom**./ He that for all hath put forth life, the **inexhaustible** food// and eternal **salvation**.
8. O **Master**, Who delivered the holy **youths** from the fire/ and Daniel from the **lions'** mouth,/ Who blessed Abraham, and Isaac Thy servant, and **Jacob** his son,/ Whose good will it was to become like unto us **through**

their seed:/ our forefathers, that had **fallen** in the past,/ hast Thou saved by Thy Cross and Resurrection;/ and, having broken the **bonds** of death,/ with Thyself Thou hast raised all among them, dead of **ages** past// that worshipped Thee, O Christ, King of the **ages**.

9. Rejoicing in the dew of the **Spirit**,/ the godly youths walked in the midst of the flame as in a **light** rain,/ mystically imaging forth therein the Trinity and the incarnation of Christ/ and, as they **were** wise,/ they quenched the power of the **fire** with faith;/ and the righteous Daniel was shown to be a restrainer of **lions**./ By their prayers be Thou entreated, O Saviour, Lover of **mankind**:/ deliver us from the unquenchable fire of **eternity**// and vouchsafe us Thy **kingdom**, O Lord.
10. Thy **faithful** and **holy** youths,/ that walked amid the fiery **flame** as in dew,/ mystically prefigured Thy coming forth from the **Virgin**,/ which hath shone upon us without **consuming** us,/ and the righteous Daniel, wondrous among the **prophets**,/ manifestly revealing Thy divine Second Coming **beforehand**,/ saith that he hath beheld the **thrones** set up,/ and the Judge seated, and the river of fire **flowing**./ By their prayers may we be delivered therefrom, O **Master** Christ.

Glory... (Tone 6)

O ye **faithful**,/ let us praise today all the fathers of the **old** Law:/ Abraham, the **beloved** of God/ and Isaac, who was born according to the **promise**/ and Jacob and the twelve **patriarchs**,/ the most meek David, and Daniel, the prophet of **desires**,/ glorifying with them the three youths that transformed the furnace **into** dew/ and who ask remission of **Christ** God, // Who is glorified **in** His saints.

Both... Dogmatikon (Tone 4)

David, the **prophet**, forefather of God/ through Thee gave voice **beforehand** in psalms/ concerning the great things **done** for Thee:/ Upon Thy right hand doth **stand** the Queen./ For God Who was pleased without father to be made **man** of thee,/ has shown thee forth as Mother of life and **mediator**,/ that He might restore His image corrupted by the **passions**;/ and that when He had found the stray sheep caught in the **mountains**,/ He might lay it upon His shoulder and bring it to His **Father**,/ and by His own wish that Christ in Whom is great and bountiful **mercy**/ might gather it to the **heavenly** hosts// and save the world, O Theotokos.

- P. Wisdom. Aright!
 C. O Joyful Light...
 P. Prokimenon. The Lord is King...
 P. Wisdom! (And readings, if any)
 P. Augmented Litany
 R. Vouchsafe...
 P. Litany of Fervent Supplication

- C. Litya Prayers
 (*First sticheron is of the Temple*)

Glory... (Tone 1)

The prophets of great renown, resplendent with the rays of divine eloquence,/ are ever blessed, and, putting forth the sayings of the spirit as fruit,/ they preached to all the ineffable nativity of Christ God;/ and having lived a most wondrous life,// they reached the end of the lives in accordance with the law.

Both... (Tone 1)

Behold, the prophecy of Isaiah hath been fulfilled,/ for a Virgin hath given birth,/ and after giving birth hath remained a Virgin as before./ For God was born; therefore He began nature anew./ O Mother of God, disdain not the supplications of thy servants,/ which are offered unto thee in thy temple;/ but as thou bearest the Compassionate One in thine arms,/ have pity on thy servants,// and beseech Him that our souls be saved.

P. *Litya prayers in back of Church*

APOSTICHA: (Tone 4)

1. Ascending upon the **Cross**, O Lord,/ Thou hast abolished for us the **ancestral** curse,/ and descending into hell, having set free those in bonds from all **eternity**,/ Thou hast bestowed on mankind **incorruption** and life./ We therefore praise and **glorify**// Thy redeeming Resurrection upon the **third** day.

V. The Lord is King,/ and hath put on glorious apparel.

2. **Hung upon** the wood,/ Thou Who alone art mighty, hast shaken the whole creation:/ While **laid** in the tomb, Thou hast raised up those **dwelling** therein,/ and hast bestowed life and incorruption on **mankind**;/ therefore, we praise and **glorify**// Thy redeeming Resurrection on the **third** day.

V. He hath made the world so sure/ that it cannot be moved.

3. The lawless **people** who gave Thee, O Christ, to **Pilate**,/ condemned Thee to be **crucified**,/ and **showed** themselves thankless towards their **Benefactor**./ But it was Thy good pleasure to suffer **burial**,/ and of Thine own Will hast Thou **risen** again/ as God on the **third** day,// and hast bestowed on us life without end and Thy great **mercy**.

V. Holiness becometh Thine house/ O Lord, forever.

4. The **women** who sought Thee came in tears to Thy tomb and when they **found** Thee not,/ they lamented and **implored** said:/ "O **Saviour** of ours and **Lord** of all,/ how comes it that Thou hast been **stolen** away?/ And what place can hold Thy life-bearing **Body**?"/ An angel then stood before them **and** replied:/ "Weep not, but proclaim the good tidings that the Lord is **risen**,// and grants us joy because He alone is **compassionate**."

Glory... (Tone 3)

Come, ye lovers of the **feasts** of the Church,/ and with **psalms** let us praise the assembly of the fore**fathers**:/ **Adam**, the fore**father** of us all,/ **Enoch**, Noah, Melchizedek, Abraham, Isaac and **Jacob**;/ and, after the **Law**,

Moses and Aaron, Joshua, Samuel and **David**,/ and, **with** them, Isaiah, Jeremiah, Ezekiel, Daniel and the twelve **prophets**,/ together with Elijah, Elisha and **all** the rest,/ Zechariah and the **Forerunner**,// who all preached Christ, the Life and Resurrection of our race.

Both now and ever...Theotokion (Tone 3)

By the will of the **Father**,/ thou hast **conceived** of the Holy **Spirit**/ without **seed** the Son of God Who, begotten of the **Father**/ had His **being** without mother before the **world** began./ He was **born** for our sakes in the flesh of thee without **father**/ and **thou** hast fed Him as an infant **with** thy milk.// Therefore, never cease to entreat Him to deliver our souls from **danger**.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x2

Troparion of the Forefathers (Tone 2) x1

By faith didst Thou justify the forefathers,/ O Thou that, through them, didst betroth Thyself aforetime to the Church which was from among the nations./ The saints boast in glory, for from their seed hath come a right glorious fruit/ even she that gaveth birth unto Thee.// O Christ God, by their prayers have mercy upon us!

P. Blessing of loaves.

C. Amen. Blessed be the Name of the Lord...

Psalm 33:1-10

MATINS: Tone 4

P. Regular Beginning

P. Great Ectenia

C. God is the Lord... (Tone 4)

C. Sunday Troparia (Tone 4) x2

When the women disciples of the Lord/ learned from the angel the joyous message of Thy Resurrection;/ They cast away the ancestral curse/ and elatedly told the apostles:/ Death is overthrown!/ Christ God is risen,// granting the world great mercy.

G/B... Troparion of the Forefathers (Tone 2)

By faith didst Thou justify the forefathers,/ O Thou that, through them, didst betroth Thyself aforetime to the Church which was from among the nations./ The saints boast in glory, for from their seed hath come a right glorious fruit/ even she that gaveth birth unto Thee.// O Christ God, by their prayers have mercy upon us!

Lord Have Mercy 3x

Glory...

R. Now...

R. Kathisma II

P. Small Ectenia

R. Sessional Hymns:

Gazing upon the entrance to the tomb, and unable to endure the angel of flame, the myrrhbearing women marveled, trembling, and said: "Hath He been stolen away Who hath opened paradise to the thief? Or hath He risen Who even before His suffering proclaimed His resurrection? Truly, Christ hath risen, granting life and resurrection unto those in hades!"

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

In Thy voluntary counsel Thou didst endure the Cross, O Saviour, and in a new tomb mortal men laid Thee Who by Thy word didst create the ends of the earth. Wherefore, the alien one was bound, death taken grievously captive; and all those in hades cried out to Thy life-bearing resurrection; Christ hath arisen, remaining the Bestower of life forever.

G/B... The mystery hidden from all ages and unknown to the angels was made manifest to those on earth through Thee, O Theotokos: God took flesh in a union without confusion and for our sakes willingly accepted the Cross; and thereby He raised the first formed man and saved our souls from death.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

Thou didst arise from the tomb as One Immortal, O Saviour, and by Thy power didst raise Thy world up with Thyself, O Christ our God; in might Thou didst crush the dominion of death, O Merciful One, and hast shown forth the resurrection unto all. Wherefore, we glorify Thee, O Thou Who alone lovest mankind!

V. I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

Having descended from the heights of heaven and approached the stone where the Stone of life had lain, Gabriel, arrayed in white, cried out to those who wept: "Cease your cries of lamentation, O ye who have mercy now with you! Be of good cheer, for He Whom ye seek, weeping, hath truly arisen! Wherefore, cry out to the apostles that the Lord hath risen! And receiving this joy, worship the Risen One! Be ye of good cheer, that Eve also may rejoice!"

G/B... All the choirs of the apostles marveled at the dread mystery of thy birthgiving, O pure one: how He Who holdeth all things in one hand is held in thine arms as a man, how the Pre-eternal One receiveth the beginning, how He Who in His ineffable goodness nurtureth every creature is fed with milk. And praising thee, they glorify thee as the true Mother of God.

C. Polyeleos
C. Evlogitaria (Blessed art Thou, O Lord...)
P. Small Ectenia

R. Ypakoe:

Running on before, the myrrhbearing women proclaimed Thine all-glorious arising to the apostles, O Christ: how, as God, Thou didst arise, granting great mercy to the world.

C/R. Sessional from the Forefathers (Tone 8) 2x

With **hymns** let us all praise Abraham, Isaac and **Jacob**,/ the meek David, Joshua and the twelve **patriarchs**,/ together with the three youths that quenched the fiery flame with the power of the **Spirit**./ And let us cry **out** to them:/ Rejoice, ye that bravely denounced the deception of the **mad** king!/
Pray ye to Christ, that He grant remission of **offenses**// onto them that celebrate your holy memory **with** love.

G/B... Theotokion

Like the widow who gave two mites as an offering, I offer thee the praise of thanksgiving which is thy due, O Mistress, for all thy gifts; for thou art shown to be a shelter and aid, ever rescuing me from perils and tribulations. Wherefore, delivered from those who afflict me, as from the midst of a burning furnace, I cry out to thee with all my heart: O Theotokos, help me, entreating Christ God to grant me remission of transgressions, for I, thy servant, have thee as my hope.

Hymn of Degrees: (Antiphon One)

From my youth have the many passions warred against me. But do Thou help and save me, O my Saviour.

O ye who hate Sion, ye shall be put to shame by the Lord; for ye shall be withered up like grass by the fire.

G/B... By the Holy Spirit is every soul given life, exalted by purity, and made radiant by the unity of the Trinity in a sacred and mystical manner.

Hymn of Degrees: (Antiphon Two)

From the depths of my soul have I cried out to Thee, O Lord. Let Thy divine ears be attentive unto me.

Everyone who hath set his hope on the Lord is higher than all who sorrow.

G/B... Through the Holy Spirit do streams of grace flow, watering all creation, unto its enlivening.

Hymn of Degrees: (Antiphon Three)

Let my heart be lifted up unto Thee, O Word, and let none of the delights of the world beguile me, unto my weakening.

We who have love for our mothers must needs be yet more ardent in our love for the Lord.

G/B... From the Holy Spirit is the richness of divine vision, sight and wisdom; for in Him doth the Word reveal all the precepts of the Father.

P. Prokimenon: (Tone 4)

Arise, O Lord, help us/ and redeem us for Thy Name's sake.

V. O God, with our ears have we heard, for our fathers have told us.

C. Let every breath praise the Lord.

P. GOSPEL #7

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. Glory... Now... Have mercy on me... Jesus having risen...

P. Save, O God, Thy People...
Anointing.

Canticle One

Irmos: Having traversed the depths of the Red Sea with dryshod feet,/ Israel of old/ vanquished the might of Amalek/ in the wilderness// by Moses' arms stretched out in the form of the Cross.

Glory to Thy Holy Resurrection, O Lord.

Thou wast lifted up upon the Tree of the Cross, setting aright our fall, O Master, and healing the destruction wrought by the tree, in that Thou art good and almighty.

Thou wast in the tomb bodily and in hades with Thy soul, as God; Thou wast in paradise with the thief and on the throne with the Father and the Spirit, O Christ, Thou Infinite One Who fillest all things.

Theotokion

At the will of the Father, through the divine Spirit thou didst conceive the Son of God without seed and gavest birth unto Him in the flesh. He Who was begotten of the Father without mother came forth from thee without father for our sake.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Let us glorify the unoriginate Word Who was divinely begotten of the Father before time began, and Whose likeness was seen by the youths in the furnace.

Steadfastly spurning the words of the impious tyrant, the noble youths did not wish to defile themselves with vile foods like the all-iniquitous Chaldeans.

Ye fed yourselves spiritually with the word of God and bodily with foods ye grew yourselves, and showed yourselves to the king as more comely of appearance than those who ate gross foods.

Theotokion

O Maiden who didst spring forth from David and gavest birth to the Deliverer, thou healest the venom which the serpent poured bitterly into the ears of Eve.

Holy Forefathers, pray to God for us.

Let us offer up a hymn unto the fathers who shone forth before the Law and under the Law, that, by their upright will, were pleasing unto the Lord and Master Who shone forth from the Virgin, and who now delight in unwaning enlightenment.

Let us honour the first Adam who was honoured by the hand of the Creator, and who is the forefather of us all and resteth with all the elect in the mansions of heaven.

Glory... The Lord and God of all accepted the gifts of Abel, who offered them with a most noble soul; and when he was slain by his brother's murderous hand, He received his soul into light as that of a divine martyr.

Both... Let us hearken to the divine sayings which declare the appearance of Christ; for, lo! of a Maiden that kneweth not man is He born in a cave, Whose awesome nativity the star which appeared to the astrologers doth proclaim.

C. Katavasia (Tone 1)

Christ is born, glorify Him./ Christ is from heaven receive Him./ Christ is on earth, be ye lifted up./ Sing unto the Lord, all the earth./ And praise Him with joy, ye people; // For He hath glorified Himself.

Canticle Three

Irmos: Thy Church rejoiceth in Thee, O Christ,/ crying aloud://
Thou art my strength, O Lord, my refuge and my consolation!

Glory to Thy Holy Resurrection, O Lord.

The Tree of life, the true noetic Vine, hanging upon the Cross, poured forth incorruption upon all.

As One great and awesome, as the One Who cast down the arrogance of hades, and as God incorrupt, Thou hast arisen in the flesh.

Theotokion

Thou alone, who in manner transcending nature art the mediatrix of good things for those on earth, becamest the Mother of God; wherefore, we offer thee "Rejoice!"

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

The youths of David, having acquired an understanding taught by God, O Master, observed the laws of their fathers with godly wisdom.

Fire did not consume the most pure bodies of the pious ones, for they had already been consumed by the fasting which nourisheth the soul.

Wondrously bedewed in the midst of the furnace, the three youths sing universal and most laudable praise.

Theotokion

That thou mightest show forth Thy birthgiving from the body of the Virgin, O Master, Thou didst save the bodies of the virginal youths in the furnace.

Holy Forefathers, pray to God for us.

The zeal of Seth for his Creator is hymned throughout the world, for in his blameless life and spiritual love he was truly pleasing unto Him, and now doth cry out in the land of the living: Holy art Thou, O Lord!

The wondrous Enos trusted in the Spirit and with divine wisdom began to call upon the God and Master of all with mouth, tongue and heart; and having lived on earth in a God-pleasing manner, he received glory.

Glory... Let us bless Enoch with sacred utterances, for, having been well pleasing unto the Lord, he was translated in glory, being shown to be greater than death, as it hath been written, since he had been a most earnest servant of God.

Both... Now doth the expectation of the nations come forth from the Virgin, and Bethlehem doth radiantly open the shut gates of Eden, receiving the incarnate Word, Who, in the flesh, is laid in a manger.

C. Katavasia (Tone 1)

To the Son Who was begotten of the Father/ without change before all ages,/ and in the last times was without seed made flesh of the Virgin,/ to Christ our God let us cry aloud:// Thou hast raised up our horn, holy art Thou, O Lord.

P. Small Ectenia

C. Ypakoe of the Forefathers (Tone 2)

The fire was transformed into dew for the **children**,/ and the lamentation of the myrrh-bearing women was **changed** into joy;/ and an **angel** ministered in both **wonders**,/ transforming the furnace into a place of rest for the **former**,/ and announcing the Resurrection on the third day to the **latter**.// O Lord, Author of our li-ife, **glory** be to Thee!

Canticle Four

Irmos: Beholding Thee lifted up upon the Cross,/ O Sun of Righteousness,/ the Church stood rooted in place,/ crying out as is meet:// Glory to Thy power, O Lord.

Glory to Thy Holy Resurrection, O Lord.

In the suffering of Thine all-pure flesh in which Thou hadst willingly clothed Thyself, Thou didst ascend the Cross, healing my passions; wherefore, we cry out to Thee: Glory to Thy power, O Lord.

Death, having tasted Thy sinless and life-creating body, O Master, died as was meet; and we cry out to Thee: Glory to Thy power, O Lord.

Theotokion

Thou gavest birth without knowing wedlock, O Virgin, and even after giving birth thou remainest a virgin still; wherefore, with steadfast faith we cry aloud to thee, "Rejoice, O Mistress!"

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

By divine grace the most wise Daniel, divinely illumined in mind, interpreted the dreams of the sovereigns.

The suffering of the youths in the furnace shone with miracles; for they prevailed upon the tyrant to acknowledge Thee, O Almighty.

The melodies of the instruments and the harmonious playing of music did not lead the valiant ones astray, and they did not worship the golden image.

Theotokion

With hymns the children in Babylon honoured thine all-divine Son, Whom they recognized in the furnace, O most hymned one.

Holy Forefathers, pray to God for us.

Let us offer up praise unto God, honouring with hymns Noah, who is truly righteous; for he hath been shown to be adorned with all the divine commandments, having been well pleasing unto Christ, to Whom we, the faithful, chant: Glory to Thy power, O Lord!

Beholding thy nobility and simplicity of character, God clearly showed thee forth, O Noah, as perfect in all respects and the leader of the new world, who saved for it, from the deluge, the seed of every species, even as He Himself commanded.

Glory... O blessed Noah, thy memory doth pour forth upon us that honour thee the wine of compunction, which doth ever make glad the hearts and souls of them that, in a pure manner, bless thine honourable and divine life.

Both... O all-hymned one, with hymns do the children in Babylon honour thy most divine Son, Whom they came to know in the furnace.

C. Katavasia (Tone 1)

A rod from the root of Jesse/ and blossom therefrom, O Christ,/ Thou didst spring forth from the Virgin;/ from the mountain overshadowed and densely wooded hast Thou come,/ incarnate of her who knew not man,/ O Thou praised and immaterial God.// Glory to Thy power, O Lord!

Canticle Five

Irmos: Thou hast come, O my Lord, as a light into the world:/ a holy light// turning from the darkness of ignorance those who hymn Thee with faith.

Glory to Thy Holy Resurrection, O Lord.

In Thy mercy Thou didst descend to earth, O Lord; and, lifted up upon the Tree, Thou didst raise up fallen human nature.

Thou, O Christ, hast taken away the condemnation of my transgressions; and Thou, O Compassionate One, hast destroyed the pangs of death by Thy divine resurrection.

Theotokion

Thee do we wield as an invincible sword against the enemy, O Bride of God, for we have acquired thee as our confirmation and hope of salvation.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Having studied the law, Thy favored ones, the great Daniel and the three godly-minded youths, did not deny Thee, O Saviour; but, receiving strength from Thee, our Benefactor, they manfully vanquished the tyrant.

Noetically did Daniel study Thy mysteries, O Thou Who lovest mankind; for in purity of mind he beheld Thee as the Son of man coming upon a cloud, as the Judge and King of all the nations.

Shining like a golden beam, O children, your company shone with splendor greater than that of a sapphire; and set afire with zeal for piety, ye entered the furnace joyfully and formed yourselves into a universal choir.

Theotokion

O Virgin, the divine Daniel manifestly prefigured thee as a mountain; and the three youths, beholding the flame bearing dew, with hymns praise thy divine birthgiving as that of the Saviour, Creator and Lord.

Holy Forefathers, pray to God for us.

With divine praises let Shem, who received the blessing of his father, be honoured; for, shown to be well pleasing before the Lord, he hath joined the choir of the forefathers and doth joyously rest in the land of the living.

As the friend of God, Abraham was vouchsafed to behold the day of his Creator and hath become full of spiritual joy; wherefore, honouring his uprightness of mind, let us all bless him as a divine forefather of Christ.

Glory... Thou didst behold the Trinity, insofar as it is possible for man to do; and as a true servant thou didst offer It hospitality O most blessed Abraham. Wherefore, for thy strange hospitality thou didst receive a reward: to be, through faith, the father of countless nations.

Both... He that is full doth empty Himself into the flesh for our sake; the Unoriginate One receiveth a beginning; He that is rich doth beggar Himself; He that is the Word of God lieth like a babe in a manger of dumb beasts, accomplishing the restoration of all who have existed throughout the ages.

C. Katavasia (Tone 1)

God of peace, the Father of mercies,/ Thou hast sent unto us an Angel of Thy great council,/ Who giveth us peace./ Therefore having been led unto the light of godly wisdom,/ waking early from the night// we do sing praises of Thee, O Lover of mankind.

Canticle Six

Irmos: I will sacrifice to Thee/ with a voice of praise, O Lord,/ the Church crieth unto Thee,/ cleansed of the blood of demons// by the blood which, for mercy's sake, flowed from Thy side.

Glory to Thy Holy Resurrection, O Lord.

Girded about with power, Thou didst ascend the Cross, and as God didst wrestle with the tyrant. And Thou didst cast him down from the heights and with invincible power didst raise up Adam.

Radiant and comely, Thou didst arise from the tomb, O Christ, and didst drive away all the enemies by Thy divine power; and as God Thou hast filled all with gladness.

Theotokion

O wonder newest of all wonders! For when the Virgin, without knowing man conceived in her womb, Him Who sustaineth all things, He was not confined.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Having gained control over natural passions through the power of the Word, ye became rulers of the land of the Chaldean peoples, O ye wise descendents of David; for virtue knoweth how to render honour to those who have acquired her.

Daniel, having arrayed himself of old in life-bearing mortality, with food slew the evil serpent which the Chaldeans impiously considered a god; and he wisely slaughtered the ungodly priests.

Theotokion

O Virgin Mother and Theotokos, by thy supplications entreat the merciful Judge, thy Son, that He deliver me from cruel punishment on the day of judgment; for on thee alone do I set my hope.

Holy Forefathers, pray to God for us.

Led up by thy father's obedience to be sacrificed, thou wast plainly an image of the Passion of Christ, O most blessed Isaac. Wherefore, thou wast blessed and didst truly show thyself to be a close friend of God, rejoicing now with all the righteous.

Jacob was shown to be the most faithful of all of God's favored ones. Wherefore, he wrestled with an angel, beheld a celestial intelligence, was called a god, and, sleeping, saw a divine ladder, whereon God, Who put on our flesh in His goodness, established Himself.

Glory... Loving goodly submission to his father, and cast into a pit, Joseph was sold, thus becoming an image of Christ, Who was slain and placed in a tomb. And he became dispenser of the grain of Egypt, being chaste and righteous, and a most true governor of the passions.

Both... He that is ever with the Father and the Spirit is known on earth as a little Child; and He that doth wrap the earth in darkness is

wrapped in swaddling clothes and laid in a manger of dumb beasts. Rejoicing now, we celebrate the forefeast of His seedless nativity.

C. Katavasia (Tone 1)

The sea monster spat forth Jonah/ as it had received him, like a babe from the womb;/ while the Word, having dwelt in the Virgin and taken flesh,/ came forth from her yet kept her uncorrupt./ For being Himself not subject to decay,// He preserved His Mother free from harm.

P. Small Ectenia

C. Kontakion of the Forefathers (Tone 6)

O thrice-blessed ones, who did not honour an image wrought by hands,/ but were defended by the indescribable Essence, ye were glorified in your ordeal by fire,/ and standing in the midst of unbearable flame,/ ye called upon God, saying: Speed Thou and make haste to our aid,/ O Compassionate One, in that Thou art merciful,// for what Thou willest, Thou canst do!

R. Ikos of the Forefathers

Stretch forth Thy hand whereby of old the warring Egyptians and the embattled Hebrews were tested. Forsake us not, lest death, which thirsteth after us, and Satan, who hateth us, swallow us up; but draw nigh unto us and spare our souls, as Thou once didst spare Thy three children in Babylon, who glorified Thee unceasingly and were cast for Thy sake into a furnace, from whence they cried out to Thee: Speed Thou and make haste to our aid, O Compassionate One, in that Thou art merciful; for what Thou willest, Thou canst do!

R. Reading from the Prologue or Synaxarion

Canticle Seven

Irmos: The children of Abraham in the Persian furnace,/ afire with love of piety more than with the flame, cried out:// Blessed art Thou in the temple of Thy glory, O Lord.

Glory to Thy Holy Resurrection, O Lord.

Mankind, washed in the divine blood of Christ, hath been recalled to incorruption, and in thanksgiving it chanteth: Blessed art Thou in the temple of Thy glory, O Lord!

Thy tomb, the wellspring of our resurrection, hath been shown to be more splendid than any royal chamber, O Christ, for it bore the Life and is truly more beautiful than paradise.

Theotokion

Rejoice, divine and sanctified dwelling of the Most High! For through thee, O Theotokos, hath joy been given unto those who cry: Blessed art thou among women, O most immaculate Mistress!

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

God-loving voices sang to the Almighty out of the midst of the fire; for, forming a divine choir, Azarias chanted a hymn, saying: Blessed is the God of our fathers!

The harp of the youths theologized concerning the Almighty, the God of all Who manifestly appeared to them in the furnace as they chanted a hymn, saying: Blessed is the God of our fathers!

Having watched as the three youths were cast into the furnace, the king beheld a fourth appear, Whom He called the Son of God; and he cried out to all: Blessed is the God of our fathers!

Theotokion

Possessed of a mind illumined with divine radiance, O Daniel blessed of God, thou didst manifestly foresee the birthgiving of the Virgin prefigured in mystical images, and didst cry: Blessed is the God of our fathers!

Holy Forefathers, pray to God for us.

Let Abednego, Shadrach and Meshach, who quenched the fiery furnace, be hymned, together with Daniel, who restrained the onslaughts of the lions, for together they chanted unto Christ: O God of our fathers, blessed art Thou!

Having lawfully suffered amid temptations and unmitigated tribulations, Job was called the favorite of God, most faithful, meek, guileless, righteous, perfect, blameless, crying aloud: O God of our fathers, blessed art Thou!

Glory... With faith let us honour Moses, Aaron and Hur, praising Joshua and the most sacred Levi, Gideon and Samuel, and let us cry out: O God of our fathers, blessed art Thou!

Both... Behold! As the prophet hath foretold, she that kneweth not wedlock hath conceived in her womb and doth manifestly come to Bethlehem to give birth unto God. To Him let us chant: O God of our fathers, blessed art Thou!

C. Katavasia (Tone 1)

The youths who were brought up together in godliness, / despising the command of the unrighteous infidel, / were not terrified by the threatening fire, / but standing in the midst of the flames they did sing: // O God of our fathers, blessed art Thou.

Canticle Eight

Irmos: Stretching forth his hands, / Daniel shut the lions' mouths in the pit; / and the young lovers of piety, girded about with virtue, / quenched the power of the fire, crying out: // Bless the Lord, all ye works of the Lord!

Glory to Thy Holy Resurrection, O Lord.

Stretching forth Thy hands, Thou didst gather in all the nations, O Master, and didst reveal the one Church which hymneth Thee, unto those in

heaven and on earth, who sing together: Bless the Lord, all ye works of the Lord! Hymn and exalt Him supremely forever!

The angel clad in white, resplendent in the unapproachable light of the resurrection, appeared to the women, crying: "Why seek ye the Living in the tomb as one dead? Truly Christ hath arisen!" And unto Him do we cry: All ye works, hymn the Lord and exalt Him supremely for all ages!

Theotokion

Alone among all generations, O all-pure Virgin, thou hast been shown to be the Mother of God; and thou wast the habitation of the Divinity, O most immaculate one, who wast not consumed by the fire of the unapproachable Light. Wherefore, we all bless thee, O Mary, Bride of God.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Striving to preserve the nobility of Abraham, O venerable ones, ye acquired his own foundation of faith and hope, his patience and endurance of temptations, crying aloud: Ye priests, bless ye the Master! Ye people, exalt Him supremely forever!

Shining forth like beacons and making the earth like heaven, rendered luminous by the enlightenment of piety, and having formed a universal choir, the youths chant to the Master Who saved them from perils: Ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

The descendents of Abraham, extinguishing the burning furnace and binding the jaws of the lions in their youth, rejoicing, hymn Thee now, the King and Benefactor of all: Ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Theotokion

The most wise Daniel teacheth the mysteries, and the three divinely wise youths prefigure thy birthgiving, O all-pure one, beholding in images Him Who ineffably issued forth from thy womb, Whom the children bless, the priests hymn and the people exalt supremely for all ages.

Holy Forefathers, pray to God for us.

We celebrate today the divine memory of the honoured fathers of ages past: Adam, Abel, Seth, Noah, Enos, Enoch and Abraham, Melchizedek and Job, Isaac and the faithful Jacob, crying out: Let all creation bless the Lord and exalt Him supremely for all ages!

Let us praise the divinely beauteous regiment of the divine fathers: Barak, Nathan and Eleazar, Josiah and David, Jephthah and Samuel, who honourably beheld things which were to come and cried out: Let all creation bless the Lord, and exalt Him supremely forever!

Let us bless Father, Son, Holy Spirit, the Lord!

With threefold utterances let us hymn the all-holy Trinity: the unoriginate Father, the Son and the right Holy Spirit, the Unity of three Hypostases, which every breath doth glorify, crying out: Let all creation bless the Lord, and exalt Him supremely for all ages!

Both... O Christ, Thou hast appeared incarnate of the Virgin's blood by Thine ineffable word, being born in a cave as a perfect Babe in the abundance of Thy lovingkindness, O Jesus. And the star doth herald Thee from afar to the astrologers, who cry with faith: Hymn and exalt Christ supremely forever!

We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.

C. Katavasia (Tone 1)

The furnace moist with dew/ was the image and figure of a wonder past nature./ For it burnt not the Children whom it had received,/ even as the fire of the Godhead consumed not the Virgin's womb into which it had descended./ Therefore in praise let us sing:// Let the whole creation bless the Lord and exalt Him above all forever.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: Christ, the Chief Cornerstone uncut by human hands,/ Who united the two disparate natures,/ was cut from thee, the unquarried mountain, O Virgin./ Wherefore, in gladness// we magnify thee, O Theotokos.

Glory to Thy Holy Resurrection, O Lord.

Thou didst wholly receive all of me into union with Thee without confusion, O my God, through Thy suffering which Thou didst endure bodily on the Cross imparting salvation wholly unto me, for the sake of Thy great compassion.

Beholding Thy tomb open and the God-bearing grave-clothes emptied by Thy resurrection, with the angels Thy women disciples said: Truly the Lord hath risen!

Triadicon

Worshipping the Oneness of the divine Essence, the Trinity of Hypostases, and honouring rightly that which is in unconfused Hypostases, equal in power and one as to adoration, let us magnify It, all ye faithful.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Ye have attained your desired end and stand before your ultimate Desire in the mansions of heaven, O youths who are most rich.

Having produced the grain of incorruption with tears, rejoicing, ye have received the sheaves of your goodly labor.

Splendor hath now shone forth upon you as is meet, and gladness of heart hath blossomed forth; for grief hath fled away from where ye have made your abode.

Theotokion

Thou hast departed from the fields of death, O Virgin, having given birth to the Lord, the Bestower of life, Who bestoweth life upon those who magnify thee with faith.

Holy Forefathers, pray to God for us.

By Thy might, O Lord, Thou didst make powers of old: Thy daughters Hannah, Judith, Deborah, Huldah, Jael and Esther, Sarah, Miriam the sister of Moses, Rachel, Rebecca and Ruth the exceedingly wise.

In a sacred manner let us honour the holy children who extinguished the furnace, and with them, Daniel the prophet and all who were righteous, who clearly shone forth well before the Law, and under the Law were pleasing to the Master.

Glory... All creation is sanctified by your memory and, keeping festival, doth call out, crying aloud as befitteth a servant: Ever offer entreaty unto the Lord, O blessed ones, that they that praise you may receive eternal blessings!

Both... The Word of the Father, Who hath robed Himself in me, cometh forth from the Virgin and is born in the cave in unconfused manner. Dance thou, O creation, magnifying with thankful voices His all-holy condescension which He hath shown forth in His lovingkindness.

C. Katavasia (Tone 1)

A **strange** and most wonderful mystery do I **see**; / the cave is **heaven**; / the **Virgin** the throne of the **cherubim**; / the manger a room, in which Christ, the God Whom nothing can **contain**, is laid. // Him do we praise and **magnify**.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion (John 20:1-10)

Mary having said that they had taken the Lord away, Simon Peter and the other friend of Christ whom He loved, ran to the tomb and they both found the grave clothes lying alone therein and the napkin that had been about his head not with them but apart. They therefore kept silence again until they saw Christ.

Glory... Exapostilarion for the Forefathers

Let us praise Adam, Abel, Seth and Enos, Enoch and Noah, Abraham, Isaac and Jacob, Moses, Job and Aaron, Eleazar and Joshua, Barak, Sampson and Jephthah, David and Solomon.

Both... The great Sun, the Creator, Who shall come forth from the Virgin who kneweth not man, doth make haste to Bethlehem to enlighten all that are descended from Adam. Wherefore, the most radiant memory of the forefathers doth proclaim the wonder.

C. Lauds: Tone 4 Stichera

Let every breath **praise** the Lord/

Praise the Lord from the **Heavens**/

Praise Him in the **highest**/

To Thee is due a **hymn**, O God/
 Praise Him, all ye His **Angels**;//
 Praise Him, all ye His hosts.
 To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.
 Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.

He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons and all ye abysses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,
 Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.

His praise is above the earth and heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.
 The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples,
 To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be to all His saints.

1. We **glorify** Thy **Resurrection**,/ O all-**powerful** Lord,/ Who hast **suffered** the **Cross** and death// and art **risen** from the dead.

V. Praise ye God in His saints,/ praise Him in the firmament of His power.

2. By Thy **Cross** hast Thou set us free from the **ancient** curse/ and by Thy death hast Thou laid low the **devil**/ who tormented our **nature**,/ while all things have been filled with joy by Thy **Resurrection**;/ therefore, we **cry** unto Thee:// Glory be unto Thee, O Lord **risen** from the dead.

V. Praise Him for His mighty acts,/ praise Him according to the multitude of His greatness.

3. By Thy **Cross** instruct us in Thy truth, O Christ our **Saviour**,/ and deliver us from the wiles of the **adversary**;/ O **Thou**, Who art **risen** from the dead,/ raise us up, **fallen** through sin./ By the prayers of Thy saints stretch out to us Thine **arm**, O Lord, // Who **lovest** mankind.

V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.

4. Thou hast **taken** upon Thyself **death** in the flesh/ and hast mediated that we might be **immortal**/ and **Thou** hast **dwelt** in the tomb/ that we might be **free** from hell,/ and suffering as man, Thou hast **risen** as God,/ having raised us **with** Thyself./ Therefore, we cry **unto** Thee:/ Glory be unto Thee, O Lord, **Giver** of life,// Who alone **lovest** mankind.

V. Praise Him with timbrel and dance, praise Him with strings and flute. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.

Stichera for the Forefathers (Tone 2)

5/6 Let us all now **celebrate**/ the memory of the fore**fathers**,/ hymning their life which was pleasing **unto** God,// for Whose sake they have been **magnified**.

V. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy name unto the ages.

7. The children quenched the **pow'r** of the fire,/ dancing in the midst of the **furnace**,// and hymning God the **Almighty**.

V. For righteous art Thou in all which Thou hast done for us.

8. Daniel the prophet, who was **imprisoned** in a pit/ dwelt with **wild** beasts,// was shown forth as one who did not partake of their **ferocity**.

Glory... (Tone 7)

Come ye all, let us faithfully **celebrate**/ the **annual** commemoration of **Abraham**/ and **them** that are with him, the fathers that lived **before** the Law./ Let us **honour** the tribe of Judah **as** is meet;/ let us **praise** the youths in Babylon, who, as an image of the **Trinity**,/ **quenched** the flame of the furnace, together with **Daniel**;/ and **holding** fast to the prophecies of the **prophets**,/ let us **cry** aloud with **Isaiah**:/ **Behold**, a Virgin shall **conceive** in her womb,// and shall bear a Son, Immanuel, **God** with us!

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin **Theotokos**,/ for through Him Who became incarnate of thee is hades led **captive**,/ **Adam** recalled, the curse annulled, Eve set free, **death** slain,/ and we are given life. Wherefore, we cry **aloud** in praise:/ Blessed art Thou, O **Christ** God,// Who hast been thus well-pleased, **glory** to Thee.

P. The Great Doxology

R. Dismissal Tropar:

Having risen from the tomb, and having burst the bonds of hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

P. Litanies
Dismissal

C. G/B... Gospel Sticheron (Tone 7)

Behold it is dark and very early in the **morning**./ And **what** art thou doing on the tomb, thy mind full of darkness, O **Mary**?/ **Why** dost thou ask where Jesus **has** been laid?/ **See** how the disciples running forward with the grave-clothes and the **napkin**/ have **positively** proved the **Resurrection**/ and have **remembered** that which had been written concerning this in the **Scriptures**./ And **we**, believing with them and through them sing Thy **praises**,// O Chri-ist, **Giver** of life.

R. Hours:
Tropar: Resurrection & Forefathers
Kontak: Forefathers

At Liturgy

Order of Troparia & Kontakia:

Tropar Sunday

Tropar Forefathers

G/B... Kontak Forefathers

Prokimenon for the Forefathers (Tone 4)

Blessed art Thou, O Lord, the God of our fathers...

Epistle(s): Col 3:4-11

Alleluia for the Forefathers (Tone 4)

Gospels: Luke 14:16-24

Communion Hymn: Praise ye & Rejoice in the Lord...