

*32<sup>nd</sup> Sunday after Pentecost (January 4/17)*  
*Sunday before Theophany & Synaxis of the 70 Apostles*

VESPERS: Tone 7

P. Regular Beginning

C. Lord I have cried...

1. O **come** let us rejoice in the **Lo-ord**/ Who **destroyed** the power of death and **enlightened** mankind,/ and **let** us cry aloud with the **angels**::// Glory to Thee, our Creator and our **Saviour**.
2. **On** our account Thou hast endured the **Cross** and the tomb:/ and as **God** Thou hast by death also put **death** to death:/ **Therefore**, we worship Thy Resurrection on the **third** day:// Glory to **Thee**, O Lord.
3. On **beholding** the Resurrection of the Creator,/ the **Apostles**, marveling, sang an angelic **song** of praise:/ **Here** is the glory **of** the Church,/ **here** the richness of the **Kingdom**:/ **Glory** be to **Thee**, O Lord,// Who hast suffered **death** for us.
4. O **Christ**, though Thou hast been taken captive by **wicked** men,/ Thou **art** my God and I am **not** shamed;/ I deny not that Thy **back** was scourged;/ I keep not **hid** that Thou wast **nailed** to the Cross./ I **boast** of Thy Resurrection, for Thy **death** is my life;// O almighty Lord, Who lovest mankind, to Thee be **glory**.

Stichera for the Forefeast (Tone 8)

5. "**Why** dost Thou incline Thy holy head before me who am clay and **shadow**,/ O my Christ Who art ineffable Fire, before which the angelic hosts **tremble**?"// said John to his Creator, when He came to be **baptized**::// "Great is Thy condescension, O compassionate **Bestower** of life!"
6. **Lo!** Our Enlightenment, Deliverance and **Salvation**/ shall enter the Jordan openly to strip Himself naked and be clothed in the waters as **in** a robe,/ thus covering the nakedness of all who have been stripped **naked**::// by the adverse counsel of the **serpent**.
7. **He** that is truly unbearable Fire shall enter into the Jordan to cleanse me who have been destroyed by the wicked **violation**./ In the midst of the waters shall He receive the rain of **Heaven**,/ to cleanse me of the defilement of my many **transgressions**::// in that He is compassionate and great in **mercy**.

Stichera for the 70 Apostles (Tone 4)

8. O ye **faithful**, with sacred hymns let us bless Cleopas, Andronicus, Silvanus and **Agabus**,/ Ananias and Philip, Prochorus, Nicanor, Rufus and **Sosthenes**,/ **Linus** and Stachys, Stephen, Timon, Hermas, Phlegon, Mark, Luke, **Sosipater**::// Jason and Gaius, Tychicus and **Philemon**.
9. As is **meet**, let Marcissus and Trophimus be praised, with Caesarius, Zenas and **Aristarchus**,/ Mark, Silas and Gaius, Quartus, Hermes and

**Asyncritus**,/ **A**ppollos and Cephas, Clement and **J**ustus,/ Quartus, Erastus, Luke, **O**nesiphorus,/ Carpus, Euodias, Matthias and James, Urban and **A**ristobulus,// Tychicus and **A**ristarchus.

10. Let us **honour** the honoured **preachers** of God:/ Pudens, Herodion and Artemas, Philologus, Olympas and **R**odion,/ **A**pelles and Amplias, Patrobus **and** Mark,/ Tertius and Thaddeus, the wondrous **E**penetus,/ Achaius, Aquila, Lucius, Barnabas and **F**ortunatus,// and glorious Apollos and **C**rispus.

Glory... (Tone 3)

**Splendid** hath the past **feast** been,/ and most **glorious** is the **present** day,/ for thereon did the magi do homage to the **S**aviour,/ and hereon a glorious servant hath baptized the **M**aster./ **Then** piping shepherds, beholding the Lord, **marveled**;// and now the voice of the Father hath proclaimed His only-begotten Son.

Both now & ever... Dogmatikon (Tone 7)

**Thou**, O Theotokos, hast been acknowledged to be a **M**other/ **above** and beyond nature, yet withal remaining a **V**irgin./ **This** is past words and understanding,/ and the **wonder** of thy giving birth no **tongue** can tell./ Most **glorious**, O pure Virgin, was thy **conceiving**:/ and **beyond** the grasp of mind, the manner of thy **bearing** child./ **For** when God so wills, the order of nature is **overthrown**./ **Therefore**, we all acknowledging thee as the Mother of God, fervently **beseech** thee:// Make supplication for our **souls** to be saved.

- 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

*The first Sticheron is that of the Temple, followed by:*

Stichera for the Feast (Tone 2)

In the streams of the Jordan/ hast Thou appeared, O Effulgence of the glory of the Father,// washing away by baptism the defilement of our souls.

O prophet John, receive thou the Deliverer of the world/ Who cometh like a servant,// and baptize the Creator unto the renewal of mortals.

Enlightenment is come! Deliverance hath appeared!/ Come ye to the Jordan, and let us descend together// to be cleansed and to chant the hymns of the forefeast!

G/B... (Tone 2)

Today doth Christ grant the remission of salvation unto men,/ cleansing away the impurity from their souls// by the fire of baptism.

P/D. Litya prayers in back of Church

APOSTICHA: (Tone 7)

1. **Rising** from the tomb, O **Saviour** of the world,/ Thou **hast**, together with Thy flesh, **raised** up man:// To Thee, O Lord, be **glory**.

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

2. **Come**, let us **worship** Him,/ Who **rose** from the tomb and gave **light** to all./ For **by** His resurrection on the **third** day/ He **set** us free from the **tyranny** of hell,// granting us life and great **mercy**.

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

3. O **Christ**, the Lord, Who alone **lovest** mankind,/ **Thou** hast descended **into** hell,/ **despoiling** death and rising upon the **third** day;/ Thou hast **raised** us up with Thee glorifying Thine all-powerful **Resurrection**,// O Thou Who **lovest** mankind.

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

4. O **Lord**, what an awful sight it was to see Thee lying as if **asleep** in the tomb;/ yet **Thou** didst rise on the third **day** in might,/ **raising** up with Thee **Adam**, who cried:// Glory to Thy Resurrection, O Thou, Who alone **lovest** mankind.

G/B... (Tone 6)

Christ came to the Jordan truly to be **baptized** by John;/ and he said to Him: "I have need to be baptized of Thee, and comest **Thou** to me?/ I, a shadow, dare not come in **contact** with fire!/ Sanctify me, O **Master**,// by Thy divine **manifestation**!"

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x2

C. Troparion of the Forefeast (Tone 4)

Make ready, O Zabulon! Adorn thyself, O Naphthali!/ Arise, O river Jordan, and leaping up receive the Master Who cometh to be baptized!/ Be glad, O Adam and our first mother,/ and hide not yourselves as once ye did in paradise!/ For He that then beheld you naked hath revealed himself,/ to clothe you in your pristine vesture!// Christ hath appeared, wishing to renew all creation!

P. Blessing of loaves.

C. Amen. Blessed be the Name of the Lord... x3  
Psalm 33:1-10

MATINS: Tone 7

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

Sunday Troparia (Tone 7) x2

By Thy Cross, Thou didst destroy death./ To the thief, Thou didst open paradise./ For the myrrh-bearers, thou didst change weeping into joy/ and Thou didst command Thy disciples, O Christ God,/ to proclaim that Thou art risen// granting the world great mercy.

Glory... Troparion for the 70 Apostles (Tone 3)

O holy apostles,/ entreat the merciful God,// that He grant unto our souls remission of transgressions.

Both... Troparion of the Forefeast (Tone 4)

Make ready, O Zabulon! Adorn thyself, O Naphthali!/ Arise, O river Jordan, and leaping up receive the Master Who cometh to be baptized!/ Be glad, O Adam and our first mother,/ and hide not yourselves as once ye did in paradise!/ For He that then beheld you naked hath revealed himself,/ to clothe you in your pristine vesture!// Christ hath appeared, wishing to renew all creation!

Lord Have Mercy 3x  
Glory...

R. Now...  
R. Kathisma II  
P. Small Ectenia

R. Sessional Hymns:

Life lay in the tomb, and the seal lay upon the stone. The soldiers guarded Christ as they would a sleeping king, and the angels glorified Him as immortal God. And the women cried aloud: The Lord hath risen, granting great mercy to the world!

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

O Christ God, Who by Thy burial madest death captive, and Who by Thine arising raised up man who had become corrupt: Glory to Thee, in that Thou lovest mankind!

G/B... As thou, who art sung by all the world, art the treasure house of our Resurrection, lead out of the pit and abyss of their offences, those who have put their faith in thee. For thou who before bearing child wast Virgin, and in childbirth and after childbirth hast remained Virgin, hast saved us by giving birth to our salvation.

R. Kathisma III  
P. Small Ectenia

R. Sessional Hymns:

While the tomb was sealed, Thou didst shine forth life from the grave, O Christ God; and while the doors were shut, Thou, the Resurrection of all, didst stand before the disciples, through them renewing an upright spirit for us, according to Thy great mercy.

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

The women ran to Thy tomb, bearing myrrh and tears; and while the soldiers were keeping watch over Thee, the King of all, they said to themselves: "Who will roll away the stone for us?" But the Angel of great Counsel had arisen, trampling down death. O Lord almighty, glory be to Thee!

G/B... Rejoice, O Virgin Theotokos full of grace, haven and intercession for the human race, for of thee did the Deliverer of the world become incarnate, for thou alone art both Mother and Virgin, ever-blessed and all-glorious. Entreat Christ God, that He grant peace to all the world.

R. Psalm 118  
 C. Evlogitaria (Blessed art Thou, O Lord...)  
 P. Small Ectenia

R. Ypakoe:  
 O Christ God, Who assumed our form and endured the Cross in the flesh, save me by Thy resurrection, in that Thou lovest mankind.

Hymn of Degrees: (Antiphon One)

O Saviour Who turned the captivity of Sion away from falsehood, grant life unto me, rescuing me from enslaving passions.

He who with tears soweth the afflictions of fasting in the south shall reap sheaves of joy and everlasting life.

G/B... Through the Holy Spirit cometh the well-spring of divine treasures: from Him are wisdom, understanding and fear, and to Him are due praise and glory, honour and dominion.

Hymn of Degrees: (Antiphon Two)

If the Lord buildeth not the house of the soul, in vain do we labor; For without Him is no work or word made perfect.

Moved by the Spirit, the saints, made true children through adoption by the Son, have transmitted the teachings of the Father.

G/B... Through the Holy Spirit doth everything come into being; for, from before the beginning of time, He hath been the God of all, the Lord of all, the unapproachable Light, and the Life of all.

Hymn of Degrees: (Antiphon Three)

Having found the paths of life, they who fear the Lord are blessed, now and forever, with incorruptible glory.

Seeing thine offspring like the trunks of trees round about thy table, rejoice and be glad, leading them to Christ, the Chief Shepherd.

G/B... From the Holy Spirit come an abyss of gifts, a wealth of glory and great depths of judgment; for, equal in glory with the Father and the Son, He is worshipped with Them.

P. Prokimenon: (Tone 7)

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

V. I will confess Thee, O Lord, with my whole heart.

Let every breath praise the Lord.

GOSPEL #10

- 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: By Thy hand was the nature of water,/ which before was fluid,/ transformed into solid form, O Lord./ Wherefore, having passed through it dryshod,// Israel chanteth to Thee a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

By the Tree was the tyranny of death overthrown, when Thou was condemned to an unjust death, O Lord; thus, utterly unable to vanquish Thee, the prince of darkness was rightly banished.

Hades drew nigh to Thee, but his fangs were unable to rend Thy body, and his jaws were broken; wherefore, having destroyed the pangs of death, O Saviour, Thou didst arise on the third day.

### Theotokion

The pangs of our first mother Eve have been eased, for, eluding pain, thou gavest birth without knowing man. Wherefore, clearly knowing thee to be the Theotokos, O all-pure one, we all glorify thee.

Most Holy Theotokos, Save us.

O Virgin who gavest birth to the Abyss of loving-kindness, illumine my soul with thy luminous effulgence, that I may hymn the abyss of thy wonders as is meet.

Seeing us wounded by the dart of sin, the Word took pity on us, as our Benefactor; wherefore, the All-divine One ineffably united Himself to flesh He had received from thee, O most pure one.

Glory to Thee, Our God, glory to Thee!

Let creation rejoice, and let the lands of the gentiles sing, for Jesus, the King of all the earth, cometh forth to accomplish our salvation through the streams of the Jordan.

Arrayed in flesh from the Virgin's blood, as in a robe of royal purple, O Lord, Thou comest naked to the river's streams, thereby clothing my nakedness.

As Thou art the Son of the all-unoriginate Father, O Compassionate One, Thou dost humbly approach the son of Zachariah, requesting baptism, that through grace Thou mightest make us children of God.

Holy Apostles, pray to God for us!

As disciples of Christ Who for our sake revealed Himself in fleshly matter, O all-praised ones, ye have illumined all the world with the radiance of piety, driving away the darkness of godlessness.

As beacons of most godly aspect, Crispus, Prochorus, Andronicus, Thaddaeus and Nicanor followed after Christ, forsaking the pollution and impermanence of corruptible things.

Glory... As apostles, as hierarchs of God, as true ministers of things past understanding, Amplius, Stachys and Philip preached the Lord Who hath appeared in the likeness of the flesh.

Both... Let us honour the palace of God the King, wherein He made His abode as was His pleasure; and let us lift up our voices in song to her who alone is the Theotokos who hath not known man, for, for her sake have we been deified.

C. Katavasia (Tone 2)

The Lord mighty in battle/ uncovered the foundations of the deep/ and led His servants on dry ground:/ but He covered their adversaries with the waters,// for He has been glorified.

Canticle Three

Irmos: O Lord and Saviour/ Who in the beginning established the heavens by Thine omnipotent Word/ and confirmed all their power by the all-accomplishing and divine Spirit:// establish me upon the immovable rock of the confession of Thee!

Glory to Thy Holy Resurrection, O Lord.

Having ascended the Tree, O compassionate Saviour, of Thine own will Thou didst experience pain for our sake and didst endure the wounding which won reconciliation and salvation for the faithful. And thereby have we all been reconciled with Thy Father, O Merciful One.

Having cleansed of sores me who was wounded by the sting of the serpent, O Christ, Thou didst show forth light unto me who from of old have lain in darkness and corruption; for having descended into hades through the Cross, Thou didst raise me up with Thyself.

Theotokion

Through the entreaties of Thy Mother who knew not man, O Saviour, grant peace to the world, and vouchsafe Thine ineffable glory unto those who glorify Thee.

Most Holy Theotokos, Save us.

Blessed is the Fruit of thy womb, O Virgin Theotokos, thou joy of all; for, for the whole world thou gavest birth unto the Joy and Gladness which truly dispelleth the grief of sin, O Bride of God.

O Virgin Theotokos, thou didst truly give birth for us to eternal Life and Peace, causing men's ancient battle against God the Father to cease, through thy faith and confession of grace.

Glory to Thee, Our God, glory to Thee!

Though Thou art God Who hast mastery over all, Thou hast assumed the form of a servant; and to a servant dost Thou come in the flesh, O Compassionate One, freeing us from slavery to the enemy through Thy divinely accomplished baptism.

Wherefore hast Thou come to the river's streams? What manner of cleansing dost Thou desire? What defilement seekest Thou to wash away? I hymn Thy lovingkindness and condescension which pass understanding, O Word!

Seeking the lamb which the savage wolf separated from the flock by deception, O Christ, Thou dost stand in the Jordan's streams, crying out to the Forerunner: Come thou and baptize Me!

Holy Apostles, pray to God for us!

The Word sent thee forth, O most wise ones, like rivers throughout all the world, filling it with floods of the Spirit of God and quenching the flame of godlessness by grace.

Let us hymn the godly Timon, Silas and Silvanus; and with faith let us praise the glorious Epenetus, Urban and Agabus, the true preachers of Christ.

Glory... Being already blessed, having truly acquired God, the blessed Teacher, O most wise ones, those who before were accursed did ye show forth as partakers of the blessedness of God.

Both... O Virgin Mother, truly pure wast thou before giving birth, during birthgiving, and after birthgiving; for thou gavest birth unto God Whom the company of angels hath most splendidly heralded.

C. Katavasia (Tone 2)

The Lord, Who givest strength to our kings/ and exalts the horn of His anointed,/ is born of a Virgin and comes to baptism./ Therefore let us, the faithful, cry aloud:// None is holy as our God and none is righteous save Thee, O Lord.

P. Small Ectenia

C. Kontakion of the Forefeast (Tone 4)

Today the Lord crieth out to John/ in the streams of the Jordan:/ Fear not to baptize me,/ for I am come to save Adam// the first-created!

R. Ikos of the Forefeast

"I do not require thee to transgress the bounds of what is meet, O Baptist; I am not saying unto thee: Tell Me what thou tellest the iniquitous, and what thou teachest sinners. Only baptize Me in silence, awaiting those things which come through baptism; for it is for this cause that thou hast received a dignity which even the angels do not possess; for I have made thee greater than all the prophets. Thus, not one of them beheld Me plainly, but only in images, shadows and reflections; but thou

beheldest Me standing before thee. For I am come to save Adam the first-created!"

C. Kontakion of the 70 Apostles (Tone 2)

In hymns, O ye faithful, let us in godly manner praise the choir of the seventy disciples of Christ; for, through them have we all learned to honour the indivisible Trinity. And they remain beacons of the divine Faith.

R. Ikos of the Apostles

With sacred hymnody, O ye faithful, let us together praise the choir of the seventy apostles: Stephen, Prochorus, Silas and Nicanor, Mark, Matthias and Herodion, Crescens and Phlegon, Barnabas, Linus and Olympas, Ananias, Luke and Asyncritus, and the rest; for they remain beacons of the divine Faith.

R. Sessional Hymns

O unshakable pillars of the Church, as ye are disciples of God, the foundations of piety, preserve it unharmed, dispelling the temptations of the deceiver, and ever entreating Christ God to grant us great mercy.

G/B... Jesus, having been born of the Virgin Mary, was baptized of John in the Jordan; and the Spirit, seen in the guise of a dove, descended upon Him. Wherefore, with the angels the prophet said, crying aloud: Glory to Thine advent, O Christ! Glory to Thy Kingdom! Glory to Thy dispensation, O Thou Who alone lovest mankind!

Canticle Four

Irmos: O Christ God Who, without leaving the bosom of the Father, didst descend to earth; I have heard the mystery of Thy dispensation, and have glorified Thee, Who alone lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Giving His shoulders over to stripes, the innocent Master, Who was incarnate of the Virgin, was beaten by a most sinful servant, loosing mine offenses.

Standing before the tribunal of iniquitous judges, the Judge is examined as one indicted; and He Who judgeth the earth with righteousness and as God formed man is smitten by a hand of clay.

Theotokion

In that thou art truly the Mother of God, entreat thy Creator and Son, O most immaculate one, that He guide me to the saving haven of His glorious will.

Most Holy Theotokos, Save us.

O most hymned one, who even before creation appeared to God as wholly elect and beautiful in the splendor of thy radiance, enlighten those who hymn thee.

Reason-endowed nature, having now learned the ineffable mystery of thy birthgiving, O most hymned and all-blessed one, offereth priestly ministry unto Him Who shone forth from thee.

Glory to Thee, Our God, glory to Thee!

When the stream of the Jordan beheld Thee, O Lord, it drew back. But our nature, which hath been laid low by the many passions, doing homage to Thee, hath turned back to the heavens.

The sun was stricken with fear, beholding Thee, the Sun, bare by the flesh and mystically illumining our whole nature which hath been stripped bare by dark transgression, O Master.

Lo! the cleansing, deliverance, renewal and enlightenment of all is come unto His own! Let us therefore cleave unto Him through purity of life!

Holy Apostles, pray to God for us!

Like stallions did the divinely wise disciples of the Saviour enter the sea of paganism and trouble it; and they saved the faithful by holy water and the Spirit.

Pudens, Apelles and Philologus, Herodion, Rufus and Patrobus have shone like the sun upon the earth and enlightened the faithful, delivering them from the darkness of unbelief.

Glory... Let us offer praise to the Deliverer, hymning the divinely eloquent Rodion, the glorious Hermes, the wise Asyncritus, and the godly Linus and Gaius.

Both... The most blessed choir of those who of old uttered prophecies in the Spirit, O all-pure one, now in godly manner, with sacred and divine utterances, call thee the portal of heaven and the mountain densely wooded.

C. Katavasia (Tone 2)

He whom Thou hast called, O Lord,/ 'The voice of one crying in the wilderness,'/ heard Thy voice when Thou hast thundered upon many waters,/ bearing witness to Thy Son./ Wholly filled with the Spirit that had come he cried aloud:// 'Thou art Christ, the wisdom and the power of God.'

Canticle Five

Irmos: Night is bereft of light for those without faith, O Christ,/ but for the faithful there is enlightenment in the sweetness of Thy words;/ wherefore, I rise early unto Thee// and hymn Thy divinity.

Glory to Thy Holy Resurrection, O Lord.

For Thy servants art Thou betrayed, and Thou endurest blows to Thy cheeks, which win freedom for those who chant: I rise early unto Thee and hymn Thy divinity!

By Thy divine power, O Christ, Thou didst cast down the mighty one with Thy weak human flesh, and by Thy resurrection Thou hast shown me to be a victor over death, O Saviour.

Theotokion

O pure Mother, thou gavest birth unto God, Who as God became incarnate of thee, O most hymned one; and though thou hadst no concourse with the male gender, yet dost thou give birth through the Holy Spirit.

Most Holy Theotokos, Save us.

Beholding the ladder set firmly in the highest, Jacob understood it to be an image of thee, O thou who knewest not wedlock; for through thee hath God come into fellowship with men, O most pure Mistress.

Having now found everlasting deliverance through thee, O Virgin, we earnestly cry out to thee, "Rejoice!", O Bride of God; and uplifted to joy by thy light, O most hymned one, we hymn thee in songs.

Glory to Thee, Our God, glory to Thee!

Let us bring to Christ a pure life as an offering of fruit, for He Who alone is the sinless Creator of all cometh to wash away the defilement of sins with the waters and with grace.

O ye people who from of old have been sitting in the darkness of sorrows, a Light which fadeth not away hath appeared unto us! Behold, and be ye illumined with the rays thereof, and hymn ye the grace of Him Who hath appeared!

To Thy great Forerunner dost Thou come, O most compassionate Lord, bringing a great mystery to pass, ineffably magnifying humanity through baptism.

Holy Apostles, pray to God for us!

Receiving, as apostles, the authority to bind and to loose, O all-praised ones, ye released those bound with the bonds of unbelief. Wherefore, joining chorus, we celebrate your memory with faith.

With divine hymnody let Aristarchus be honoured, together with Tertius, Jason and Sosthenes, Caesar and Mark, Luke and Sosipater, Quartos and the godly Apelles, Clement and Epaphras, and Erastus the most wise.

Glory... The Lord sent you forth, as He did the twelve, to uproot all ungodliness and to plant the knowledge of God splendidly among all men, O glorious apostles, intercessors for our souls.

Both... Enlighten the eyes of my heart, O Virgin, and illumine me with the radiance of repentance. From everlasting darkness deliver me, O portal of light, thou refuge of all Christians who hymn thee with faith.

C. Katavasia (Tone 2)

Jesus, the Prince of Life, / has come to set loose from condemnation Adam the first-formed man; / and though as God He needs no cleansing, / yet

for the sake of fallen man He is cleansed in the Jordan./ In its streams He slew the enmity// and grants the peace that passes all understanding.

### Canticle Six

Irmos: Sailing amid the tumult of the cares of life,/ I founder with the ship of sin and am cast to the soul-destroying beast;/ yet like Jonah I cry to Thee, O Christ;/// Lead me up from the deadly abyss!

Glory to Thy Holy Resurrection, O Lord.

The souls of the righteous imprisoned in hell and left there, remembered Thee and besought salvation of Thee, which through the Cross Thou didst grant to the nether regions, O Christ, having come there full of loving-kindness.

The choir of the apostles despaired of ever seeing again Thine animate temple not made by man, which was destroyed by Thy sufferings; yet, beyond hope, they worshipped Thee and everywhere proclaimed Thee risen.

### Theotokion

Who among men can explain the manner of thine ineffable birthgiving which took place for our sake, O Virgin Bride of God? For God the Word, Who is uncircumscribable, uniting Himself to thee, became flesh through thee.

Most Holy Theotokos, Save us.

The images of the law and the foretellings of the prophets clearly proclaimed beforehand thee, O pure one, who wouldst give birth to the Benefactor of all creation, Who continually and in manifold ways hath benefited those who hymn thee with faith.

He Who by His divine will and creative power brought all things into being out of nothingness, issued forth from thy womb, O pure one, and with divine lightning flashes He hath illumined those who are in the darkness of death.

Glory to Thee, Our God, glory to Thee!

Being water full of mysteries, O our only Lord, as a river of peace Thou camest to the river, asking to be baptized by the least drop thereof, O Thou Who alone art sinless.

The choir of angels on high doth marvel, beholding Thee naked Who coverest heaven with clouds; and they cry out: What is this Thy great condescension towards mankind?

Lo! He that is full emptieth Himself! He that is invisible hath appeared incarnate! Rejoice, O river Jordan! Fill up thy streams, that thou mightest wash the Regeneration of all!

Holy Apostles, pray to God for us!

O ye apostles, manifest as animate clouds, ye have sprinkled the saving water of life upon all the world, and have bedewed the hearts of the faithful.

The power of your divine words vanquished the great evil of the sages and made wise the ignorant who had become foolish through the deluding knowledge, O all-wise ones.

Glory... Let the divine Pudens and Trophimus, the glorious Philemon, Aristarchus, Onesiphorus and the most renowned Tychicus, be exalted as disciples of the Word.

Both... I hymn thee, O thou who alone art all-hymned! I ever glorify thee, O divinely glorious one! And I bless thee whom all generations call blessed, O divinely blessed Virgin.

C. Katavasia (Tone 2)

The Voice of the Word, the Candlestick of the Light,/ the Morning Star and Forerunner of the Sun,/ cried in the wilderness to all the peoples:/ 'Repent and be cleansed while there is yet time.// For lo, Christ is at hand, Who delivers the world from corruption.

P. Small Ectenia

C. Kontakion, Tone 7

The dominion of death/ can no longer hold men captive/ for Christ descended shattering and destroying its powers!/ Hell is bound, while the prophets rejoice and cry:/ The Saviour has come to those in faith,// Enter, you faithful, into the Resurrection.

R. Ikos

Below, the uttermost depths, hades and death trembled today before One of the Trinity; the earth quaked, and the gatekeepers of hades, beholding Thee, were horrified. And all creation, rejoicing with the prophets, singeth a hymn of victory to Thee, our Deliverer and God, Who hast now destroyed the power of death. Let us exult and cry out unto Adam and his descendents, in that the tree of the Cross hath restored him to paradise: Come forth, ye faithful, unto the resurrection.

Canticle Seven

Irmos: Of old, the children showed the fiery furnace to pour forth dew,/ hymning the one God and saying:/ Supremely exalted and all-glorious// is the God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

Through a tree death came to Adam, who of his own will committed disobedience; but through the obedience of Christ is he restored. For my sake is the all-glorious Son of God crucified.

All creation hath hymned Thee, O Christ, Who rose from the tomb; for Thou didst cause life to blossom forth for those in hades, and resurrection for the dead, and light for those in darkness, O All-glorious One.

Theotokion

Rejoice, daughter of corrupt Adam! Rejoice, only Bride of God! Rejoice, O thou who gavest birth to God, and through whom corruption was driven off! Him do thou beseech, O pure one, that we all be saved.

Most Holy Theotokos, Save us.

Thy Lord and Creator, O Virgin, loved thee, who art possessed of raiment embroidered with gold, wrought of many colors. Supremely exalted and all-glorious is the God of our fathers!

Receiving the burning coal of old, Isaiah was purified, O Maiden; and in signs he beheld thy giving birth to the supremely exalted and all-glorious God of our fathers.

Glory to Thee, Our God, glory to Thee!

How can the river's streams admit Thee Who art the Torrent of sweetness, O Christ? How can the Forerunner extend his hand over Thee Who by Thy hand hast created all and hast delivered us from the hands of the deceiver?

As Thou art Thyself a stream of goodness, how is it that Thou comest to the streams of the Jordan seeking to give the waters of incorruption as drink to us who through wicked eating have been cast down into corruption through the hatred of the serpent?

Let the mountains pour forth joy, let the hills exult in gladness, let the rivers clap their hands, for Christ hath appeared and cometh to the river to drown men's transgressions.

Holy Apostles, pray to God for us!

Casting forth the word as a net, up from the depths ye drew the far-flung nations; and rendering their minds steadfast with signs and wonders, O wise apostles, ye were guides for those astray.

Having entered the harbor most calm, ye were shown to be saviors of those tempest-tossed upon the sea of evils, and wise helmsmen who cry out: O Lord God of our fathers, blessed art Thou!

Glory... The apostles of Christ, whose visages shone like lightning through the Spirit, delivered those held fast in the night of ignorance, and have guided to the Light of life those who ever cry: Blessed art Thou, O God!

Both... A mercy seat hast thou been for us that are ever sinning, O all-immaculate one, having given birth in manner transcending nature unto Christ Who taketh away the sins of the world, to Whom we cry out: O Lord God of our fathers, blessed art Thou!

C. Katavasia (Tone 2)

The breath of the wind heavy with dew/ and the descent of the angel of God/ preserved the Holy Children from all harm,/ as they walked in the fiery furnace./ Refreshed with dew in the flames, they sang in

thanksgiving:// 'Blessed art Thou and praised above all, O Lord God of our fathers.'

### Canticle Eight

Irmos: The bush on Sinai, which partook of fire without being consumed,/ revealed God unto Moses,/ who was slow of speech and spake with difficulty;/ and the zeal of God showed forth the three children in the fire as invincible, who chanted:/ Hymn the Lord, all ye works of the Lord,// and exalt Him supremely forever!

Glory to Thy Holy Resurrection, O Lord.

Slaughtered for the world, the all-pure Lamb brought an end to the sacrifices offered in accordance with the law, in that He is God, purifying it of transgressions, that it may ever cry: Hymn the Lord, all ye works of the Lord, and exalt Him supremely for all ages!

Our flesh, which was assumed by the Creator, was not incorrupt before His suffering; but after His suffering and resurrection it was rendered untouchable by corruption, and restoreth mortals, who cry: Hymn the Lord, all ye works of the Lord, and exalt Him supremely for all ages!

### Theotokion

Thy pure and most unblemished state hath purified the vile and abominable state of the whole world, O Virgin; and thou becamest the cause of our reconciliation with God. Wherefore, O all-pure Virgin, all of us, His works, bless and exalt thee supremely for all ages.

Most Holy Theotokos, Save us.

O pure one, we piously hymn thy womb, which ineffably contained the incarnate God, Who hath given the enlightenment of the knowledge of God unto all the faithful, who ever cry: O ye works of the Lord, hymn the Lord and exalt Him supremely for all ages!

With the splendors of thy light thou hast rendered those who hymn thee luminous, O pure Theotokos, bearer of the Light; for thou wast shown to be the habitation of the Light, illumining with light those who cry: O ye works of the Lord, hymn the Lord and exalt Him supremely for all ages!

Glory to Thee, Our God, glory to Thee!

Elisha clove the river's streams with the mantle of Elijah, foreshadowing the grace of baptism which Christ, our only Benefactor, doth accomplish, going up to them therefore.

The glorious Prophet Elisha once prefigured the grace of baptism, making waters that before were barren fruitful through salt, through the power of our God Who hath revealed Himself.

Every valley is filled with divine gifts, and every obstinate hill is laid low, and the crooked ways are made straight again at the appearance of our incarnate God.

Holy Apostles, pray to God for us!

Having cultivated stony minds with the plough of the word, O most glorious ones, ye sowed therein the seed of salvation and have reaped a multitude of the saved, the grain of piety, an hundredfold, O most wise apostles of the Lord.

With divine praises let us honour James, Cleopas, Barnabas and Stephen, the most wise Narcissus, Mark, Aristobulus and Apelles, crying out: Hymn the Lord, ye works, and exalt Him supremely for all ages!

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

Bearing the Cross instead of a breastplate, ye manfully arrayed yourselves against all the legions of the serpent, O most wise apostles, and vanquished them. And with faith ye pursued the men he had captured, and brought them to the Master, the Bestower of life.

Both... O wonder more sublime than all wonders! How is it that thou givest birth, yet remainest virgin, O all-holy Bride of God? For thou didst bear the Word Who with the Father is equally without beginning. Unto Him do we all sing: Hymn the Lord, ye works, and exalt Him supremely for all ages!

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

C. Katavasia (Tone 2)

The Babylonian furnace,/ as it poured forth dew,/ foreshadowed a marvelous mystery;/ how the Jordan should receive in its streams the immaterial fire,/ and should encompass the Creator, when He was baptized in the flesh.// Him do ye peoples bless and exalt above all for ever.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: O Mother who knewest not man,/ who gavest birth without experiencing corruption,/ and lent flesh to the Word Who hath fashioned all things,/ O Virgin Theotokos, thou receptacle of Him Whom nought can resist/ and dwelling-place of the Infinite:// thee do we magnify.

Glory to Thy Holy Resurrection, O Lord.

O all ye of alien mind, who assume that the Divinity suffered, stop your mouths; for we magnify the Lord of glory crucified in the flesh, but not crucified in His divine essence, for His is One in two natures.

O ye who believe not in the resurrection of the body, come ye to the tomb of Christ and learn; for the flesh of the Bestower of life was dead and rose again, to assure us of the final resurrection, wherein we hope.

Triadicon

Worshipping a Trinity of Hypostases, not of Godheads, a Oneness of divinity, not of Persons, we cut off those who divide It; moreover, we confound those who dare to confuse that which we magnify.

Most Holy Theotokos, Save us.

Thou hast been the Mediatrix of everlasting joy and gladness for us, O Ever-virgin Maiden, having given birth to the Deliverer Who delivereth those who worship Him as God in truth and by the divine Spirit.

David, thine ancestor, O all-pure one, hymning thee, calleth thee the ark of divine holiness, which supernaturally contained God Who sitteth in the bosom of the Father. O ye faithful, let us magnify Him without ceasing.

Glory to Thee, Our God, glory to Thee!

O Christ Who with Thy hands fashioned man, Thou dost go down under the hand of the Forerunner, humbling Thyself as a man, that Thou mightest exalt me who of old was humbled and perished. Glory to Thy glorious and strange economy!

The cleansing and enlightenment of souls is at hand! The loosing of grievous bonds is nigh! Be glad, O river Jordan! Make merry, all creation! Clap your hands, ye earth and sea, glorifying the all-good Christ!

As Thou art the fullness of all good things, Thou comest, crying out to Thy servant who hath been filled with holiness and who marveleth at Thy condescension: "Draw nigh and baptize Me, for I wish to fill the nature of mortals with sanctification and purification!"

Holy Apostles, pray to God for us!

O Christ, heal Thou the contrition of our hearts through the prayers of those who loved Thee, who preached Thee as God and Lord, the Creator of all, among all the nations, and dispelled all the gloom of idolatry with the light of their preaching.

Like bolts of lightning have Luke and Hermas, Mark and Ananias, Matthias and the sacred Olympus enlightened the world, and have manifestly illumined the fullness of the faithful. With faith let us honour them today with sacred hymns of homage.

Glory... Aquila, Achaicus, the glorious Lucius and Fortunatus, together with the sixty-six other favorites and sacred disciples of Christ, have been illumined with the immaterial life of the Spirit. And they illumine the hearts of all through their radiant memorial today.

Both... The radiance of the splendor of thy birthgiving hath shone forth and illumined all the world and destroyed the prince of darkness, O all-pure Theotokos, thou boast of angels and salvation of all men who praise thee with unceasing cries.

C. Katavasia (Tone 2)

Every tongue is at a loss to praise thee as is due:/ even a spirit from the World above is filled with dizziness,/ when it seeks to sing thy

praises, O Theotokos./ But since Thou art good, accept our faith:/ Thou knowest well our love inspired by God,// for thou art the Protector of Christians and we magnify thee.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Ten (John 21:1-14)

At the sea of Tiberias, with the sons of Zebedee, with Nathaniel and Peter, the two other disciples of old with Thomas were fishing. Casting to the right at the command of Christ they drew a multitude of fish. And Peter, recognizing Him, cast himself into the water after Him. This was the third time He appeared to them and He showed them bread and fish upon the coals.

Glory... Exapostilarion of the Apostles

O all-praised apostles and disciples of the all-compassionate Christ, ye who beheld God: fall not silent in your supplications in behalf of us that keep your memory with love, that we may find remission of sins and divine grace on the day of Judgment.

Both... Exapostilarion of Forefeast

Make ready, O Zabulon! Adorn thyself, O Nephthali! Receive, O Jordan, the Creator and God of all, Who cometh to thee in the flesh, desiring to wash our sins away!

C. Lauds: Tone 7 Stichera

**Le-et** 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. **Christ** is risen **from** the dead,/ bursting **asunder** the **chains** of death:/ Proclaim, O ye earth, tidings of **great** joy:// Sing, O ye heaven, of the **glory** of God.

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

2. Having **beheld** the Resurrection of Christ,/ let us **worship** the Holy Lord **Jesus**,// Who alone is **without** sin.

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

3. **Let** us never cease to hail the Resurrection of Christ/ Who has **saved** us from our transgressions./ **Holy** is the Lord **Jesus**// Who showed forth the Resurrection.

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

4. **Wha**-at shall we **give** Thee, O Lord,/ for **all** that Thou hast **given** us?/**For** our sakes Thou, O God, hast lived **among** men;/ on **account** of our corrupt nature the Word became flesh and **dwelt** in us./ He **became** the Benefactor of the **thankless**,/ the **Liberator** of those in **captivity**;/ **He** is the Sun of Righteousness for those sitting in **darkness**;/ **He** Who is impassible, **endured** the Cross;/ **He** is the light in hell; He is **Life** in death;/ **He** is the Resurrection of the fallen, and we **cry** unto Him:// Glory unto **Thee**, our God.

V. Praise Him with timbrel and dance,/ praise Him with strings and flute.

#### Stichera for the Forefeast (Tone 6)

5. Christ is come to **Jordan's** streams,/ Whose herald appeared **before** Him;/ and He said to the Forerunner: "Come and wash Me with the **waters**;/ baptize Me Who now go down **into** them,/ for I have come to wash away the primal fall of **Adam**."/ Blessed art Thou who **hast** appeared// O our God, **glory** to Thee!

V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.

6. "I have in no wise reckoned the number of the stars of the heights of **heaven**,/ nor have I **measured** the earth,"/ the Forerunner said to the **Master**;/ "How then can I touch Thy head **with** my hand?/ How can I baptize Thee Who holdest creation in Thy hand?/ Wherefore, I **cry** to Thee:// Blessed art Thou who hast appeared! O our God, **glory** to Thee!"

V. Therefore will I remember Thee from the land of Jordan and Hermoniem.

7. "Being enthroned together with the Father and the **Spirit**,/ I am upborne in triumph by the legions of the **angels**./ Yet in My loving-kindness I was born a stranger in the little cave in **Bethlehem**./ Wherefore, lend Me now thy **right** hand,// that in Me I may wash away the **transgressions** of the world!"

V. The waters saw Thee, O God, the waters saw Thee and were afraid.

8. "Of old, in the days of Noah, Thou didst **drown** sin,/ O Thou Who by Thy word didst throw wide the flood-gates of the **heavens**./ And how will Jordan bear the **sight** of Thee?/ For already its **streams** withdraw!/ All creation doth recognize Thee, and I cry **out** to Thee:// Blessed art Thou who hast appeared! O our God, **glory** to Thee!"

Glory... Gospel Sticheron, (Tone 6)

After the **descent** into hell/ and the Resurrection **from** the dead,/ the disciples in all **likelihood**,/ losing heart at Thy parting from **them**, O Christ,/ turned to work, and again to their **boats** and nets,/ and nowhere **was** there a catch./ But Thou, O Saviour, hast been revealed as **Master** of all,/ and hast commanded them to cast the net on the **right** side./ And straightway the word **became** the deed,/ and there was a great **multitude** of fish/ and Thou hast prepared on land a strange **supper**./ In this same supper of which Thy disciples **then** partook,// make us now worthy to delight in mind, O Lord, Who **lovest** mankind.

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:

Today is salvation come unto the world; let us sing to Him Who arose from the tomb, and is the Author of our life. For having destroyed death by death, He hath given us the victory and great mercy.

P. Litanies

Dismissal

R. Hours  
 Tropar: Resurrection and Forefeast/Apostles alternating  
 Kontak: Forefeast/Resurrection alternating

At Liturgy:

Order of Troparia & Kontakia (Temple of a Saint)

Tropar Sunday

Tropar Feast

Tropar Temple

Tropar 70 Apostles

Kontak Sunday

Kontak Temple

Glory... Kontak 70 Apostles

Both... Kontak Feast

Prokimenon for the Sunday before Theophany (Tone 6)

O Lord, save Thy people, and bless Thine inheritance.

V. Unto Thee, O Lord, will I cry; O my God, be not silent unto me.

Prokimenon for the 70 Apostles (Tone 8)

Their sound hath gone forth into all the earth, and their words unto the ends of the world.

Epistle(s): II Tim 4:5-8 & Rom 8:8-14

Alleluia (Tone 8)

V. God be gracious unto us and bless us.

V. May He cause His face to shine upon us and have mercy on us.

Alleluia for the 70 Apostles (Tone 1)

V. The heavens shall confess Thy wonders, O Lord, and Thy truth in the congregation of the saints.

Gospel(s): Mark 1:1-18 & Luke 10:1-15

Communion Verse: Praise ye & Their sound hath gone forth into all the earth, and their words unto the ends of the world...