

7th Sunday after Pentecost (July 22/Aug 4)

Commemoration of the Holy Myrrh-bearer & Equal of the apostles Mary Magdalene

Commemoration of the Return of the Relics of the Holy Hieromartyr Phocas of Sinope

VESPERS: Tone 6

P. Regular Beginning

C. Lord I have cried...

1. O Christ, triumphant **over** hell,/ Thou hast ascended **upon** the Cross,/ to raise up with Thyself those dwelling in the **darkness** of death./ Free **among** the dead,/ Thou pourest forth life from **Thine** own light:// O almighty Saviour, have mercy **upon** us.
2. Christ, having trampled upon **death** today,/ according to His word, rose up bestowing **joy** upon the world,/ that all of us shouting this **hymn** might say:/ O Fount of life, O Light that no **man** can approach,// O almighty Saviour, have mercy **upon** us.
3. Whither shall we sinners fly from **Thee**, O Lord,/ Who art everywhere in the **creation**?/ Into heaven? Thy **abode** is there./ Into hell? Thou hast trampled **upon** death./ Into the uttermost **parts** of the sea?/ Thy hand reaches thither, O **Master**./ We run to Thee and falling before **Thee** we pray:// O Thou, risen from the dead, have mercy **upon** us.
4. We exult in Thy **Cross**, O Christ,/ and we praise and glorify Thy Resurre**ction**./ For **Thou** art our God;// we know no other **Lord** but Thee.

Stichera for Mary Magdalene (Tone 8)

5. **Bearing** myrrh with tears, O Mary **Magdalene**,/ on reaching the divine sepulcher thou didst see an angel of **glory**/ who proclaimed the divine resurrection of the Bestower of life and the **deliverance** of all./ Wherefore, thou didst hasten to make announcement to the **eleven**,// saying joyfully: "Leap up, for Christ hath **arisen**!"
6. **Serving** Christ God, Who had become like unto us for our sake, O all-**lauded** one,/ and setting thy soul and mind afire with continual radiance, thou **becamest** light./ And, beholding the strange vision of Him hanging upon the Cross, thou didst say, **weeping**:// "How is it that Life now accepteth a **voluntary** death?"
7. We **celebrate** thy sacred memory, O thou who **learned** of Christ/ and who preached His precepts for the deliverance of men's souls, O most glorious **Mary**;/ and we venerate with faith the shrine of thy **relics**,/ which poureth forth inexhaustible grace and **enlightenment**// upon those who have recourse to it with love, O **blessed** of God.

Stichera for Saint Phocas (Tone 4)

8. **Thou** didst offer thyself wholly unto Him Who, for **thy** sake,/ endured His salvific suffering, O all-**lauded** **father**,/ and **thou** didst make haste with diligence to be well-**pleasing** to Him/ in the blood of martyrdom

and to **cleave** unto Him./ Hence, crowned by Him, thou hast been **glorified**// and enriched by the working of miracles, O all-**wise** one.

9. **By** thine endurance of suffering, O **Phocas**,/ thou didst cast down the arrogance of the iniquitous and the worship of the **demons**,/ **manifestly** proclaiming the **Savior** of all/, illumining the thoughts of the faithful and dispelling the darkness of the vanity of **idolatry**/ with the enlightenment of thy miracles and the splendor of thy **struggles**// O **blessed** of God.
10. **We** who are beset by mis**fortunes**,/ by the waves of life and the abyss of trans**gressions**,/ and are **assailed** by the **tempest** of grief,/ having thee as a haven of salvation, **pray** with faith:/ by thy supplications save us who honor thy holy memory from every evil **circumstance**// entreating the Lord and Master, Who **loveth** mankind.

Glory... (Tone 6)

Being the **first** to behold/ the divine resurrection of the First Cause of **good** things,/ Who in the goodness of His heart hath deified our nature, O Mary **Magdalene**,/ thou didst show thyself to be also the first **evangelist**,/ crying out to the apostles: "Setting aside your grief, take **courage**!// Come ye and behold the risen Christ Who granteth the world great **mercy**!"

Both now & ever... Dogmatikon Tone 6

Who does not call thee **blessed**,/ O all-hallowed **Virgin**?/ Who does not sing the praises of thy **giving** birth,/ which was not according to the laws of **nature**;/ for the only-begotten **Son** Himself,/ timelessly having shone out of the **Father**,/ came forth from thee who **art** pure;/ and having been ineffably made flesh, He, Who by **nature** is God,/ for our sakes became also by **nature** man,/ not in two divided **persons**,/ but in two natures without **confusion** is He known./ O thou, honoured and greatly **blessed**// beseech Him to have **mercy** on our souls.

- 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

APOSTICHA: (Tone 6)

1. Angels in heaven sing the **praises**/ of Thy Resurrection, O Christ our **Saviour**./ Vouchsafe that we **too** on earth// may from pure hearts give Thee **glory**.

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

2. After breaking in pieces the **gates** of brass/ and crushing the bolts and **bars** of hell,/ Thou, being almighty God, didst raise **fallen** man./ Therefore, with one **accord**, we cry:// Glory unto Thee, O Lord, **risen** from the dead.

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

3. Wishing to lift us out of the ancient **corruption**,/ Christ was nailed upon the Cross and **laid** in the tomb./ As in tears the women bearing myrrh **searched** for Him,/ they said, lamenting: Woe are we, O **Saviour** of all:/ How comes it that Thou wast pleased to **dwell** in the tomb?/ How comes it, if that was Thy wish, that Thou hast now been **stolen**?/ How comes it that Thou hast been taken **elsewhere**?/ In what place have they laid Thy life-bearing **Body**?/ But, O Master, as Thou hast **promised**,/ appear to us and dry up the **fountain** of our tears./ Upon which, as they wept, an angel **came** to them and cried:/ Cease your weeping and tell the apostles that the Lord is **risen**// giving the world purification and great **mercy**.

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

4. Crucified according to Thy **Will**, O Christ,/ despoiling death by Thy **entombment**,/ Thou hast risen up on the third day as God in **glory**,// granting the world life without end and great **mercy**.

Glory... (Tone 8)

As a disciple who faithfully ministered to **Christ** God,/ Who in the excess of His compassion willingly assumed my poverty, Mary **Magdalene**,/ when she beheld Him stretched out upon the Tree and enclosed in the **sepulcher**,/ cried aloud, **shedding** tears:/ "What strange sight is this, O Thou Who givest **life** to the dead?/ How is it that Thou art reckoned **among** the dead?/ What myrrh shall I bring to Thee Who hast removed from me the stench of the **demons**?/ What tears shall I shed for Thee Who hast wiped away the tears of our first **mother**?"/ Yet, O King of all, Thou didst appear as a **gardener**,/ taking away the burning heat with the dew of Thy words, and didst **say** to her:/ "Go to My brethren and declare to them the joy of glad **tidings**;/ for I shall ascend to the Father, My **God** and your God,// that I may bestow great **mercy upon** the world!"

Both now and ever... (Tone 8)

O **Virgin** unwedded, O Mother of **God** on high,/ thou hast ineffably conceived **God** in the flesh;/ and being beyond reproach, thou hast granted us all purification of our **transgressions**./ Accept the supplications of thy **servants**,/ and do thou, who now receivest our **entreaties**,// pray for us **all** to be saved.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x3

Blessed be the Name of the Lord... x3

Psalm 33:1-10

MATINS: Tone 6

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

C. Sunday Troparia (Tone 6) (once only)

The angelic powers were at thy tomb;/ the guards became as dead men./
Mary stood by Thy grave,/ seeking Thy most pure Body./ Thou didst capture
hell not being tempted by it./ Thou didst come to the Virgin, granting
life./ O Lord, Who didst rise from the dead:// Glory to Thee.

Troparion for Saint Mary Magdalene (Tone 1)

The honorable/ Mary Magdalene/ followed after Christ,/ Who for our sake
was born of the Virgin,/ keeping His precepts and laws. Wherefore,
celebrating thy most holy memory today,// through thy supplications we
receive remission of sins.

Glory... Troparion for Saint Phocas (Tone 4)

As thou didst share in the ways of the apostles/ and didst occupy their
throne,/ thou didst find thine activity to be a passage/ to divine vision, O
divinely inspired one./ Wherefore, ordering the word of truth,/ thou didst
suffer for the Faith even to the shedding of thy blood.// O hieromartyr
Phocas, entreat Christ God, that our souls be saved.

Both now and ever... Theotokion (Tone 4)

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.

Lord Have Mercy 3x
Glory...

R. Now...

R. Kathisma II

P. Small Ectenia

R. Sessional Hymns:

When the tomb was opened and hades wept, Mary cried out to the
apostles, who had hidden themselves: "Come forth, ye laborers of the
vineyard! Proclaim the tidings of the resurrection! The Lord hath risen,
granting the world great mercy."

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

O Lord, Mary Magdalene stood before Thy tomb and wept aloud; and
supposing Thee to be the gardener, she said: "Where hast Thou hidden our
eternal Life? Where hast Thou laid Him Who sitteth upon the throne of the
cherubim? For those who guarded Him have become as dead through fear.
Either give me my Lord, or cry out with me: O Thou Who wast among the dead
and hast raised up the dead, glory to Thee!"

G/B... He Who called thee Mother and blessed went up of His own
will to suffer, and wishing to search out Adam, He made light shine with
the Cross, saying unto the angels: Rejoice with Me, for I have found the

lost piece of silver. Glory unto Thee, O God, Who hast ordered all things wisely.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

Life lay in the tomb, and a seal was affixed to the stone. Soldiers guarded Christ as they would a sleeping king, and the Lord arose, invisibly smiting His enemies.

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

Jonah prefigured Thy tomb, and Symeon told of Thy divine resurrection, O immortal Lord; for Thou didst descend into the tomb as one dead, demolishing the gates of hades, and didst arise as Master, without corruption, for the salvation of the world, O Christ our God, Who hast enlightened those in darkness.

G/B... O Virgin Theotokos, entreat thy Son, Christ our God, Who of His own will was nailed to the Cross and arose from the dead, that our souls be saved.

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

R. Ypakoe:

Having, as God broken down the gates of hades by Thy voluntary and life-creating death, O Christ, Thou didst open ancient paradise unto us; and rising from the dead, Thou hast delivered our life from corruption.

Hymn of Degrees: (Antiphon One)

I lift up mine eyes to heaven, to Thee, O Word. Have pity, that I may live in Thee.

Have mercy upon us who are downcast, O Word, making us vessels useful to Thee.

G/B... The Holy Spirit is the Cause of all salvation. And if He blow upon anyone as is meet, He quickly taketh him away from among the things of earth: He giveth him wings, maketh him grow and setteth him on high.

Hymn of Degrees: (Antiphon Two)

If the Lord were not among us, none of us would be able to combat the warfare of the enemy; for they who conquer are lifted upon from hence.

Let not my soul be seized like a bird by the teeth of the enemy, O Word. Woe is me! How shall I, who love sin, escape them?

G/B... From the Holy Spirit come deification, goodwill, understanding, peace and blessing for all; for He worketh equally with the Father and the Word.

Hymn of Degrees: (Antiphon Three)

They that hope in the Lord are fearsome to the enemy and wondrous to all; for they direct their gaze on high.

He who hath Thee, O Saviour, as his Helper, the Portion of the righteous, doth not stretch out his hands toward iniquities.

G/B... The dominion of the Holy Spirit is over all. Him do the armies on high worship, as doth every creature here below.

P. Prokimenon:

O Lord, stir up Thy might/ and come to save us.

V. O Shepherd of Israel, attend, Thou that ledest Joseph like a sheep.

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: Traversing the deep on foot/ as though it were dry land,/ and seeing the tyrant Pharaoh drowned,/ Israel cried aloud://
Let us chant unto God a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

Jesus the Good, by Thine arms outspread upon the Cross, Thou hast filled all things with the good pleasure of the Father. Therefore shall we all sing Thee a triumphal song.

For fear of Thee, the end that is death became like a servant and was ordered to approach the Master of Life, whereby He awarded us life without end and the Resurrection.

Theotokion

Having received thine own Creator incarnate of thy seedless womb in manner past understanding, O pure one, as He Himself desired, thou wast truly shown to be the Mistress of creation.

Most Holy Theotokos, Save us.

O pure Virgin, who hast borne Christ the pearl from the divine lightning, do thou disperse by the light of thine own brightness the gloom of my passions and the tumult of my faults.

Jacob secretly foresaw with the eyes of the mind, God, the hope of the Gentiles, made flesh of thee and delivering us at thine intercession.

Holy Equal-of-the-Apostles Mary Magdalene, pray to God for us!

Adorned with godly beauties and divinely radiant splendors, O Mary, illumine my darkened heart with thy supplications.

The Word of the Father sanctified thee, manifestly delivering thee from the malice of evil spirits. And, becoming His disciple, thou wast filled with the gifts of the Holy Spirit.

Filled with life-creating waters from a never-failing Wellspring, the Master Who appeared upon earth in His lovingkindness, thou didst dry up the muddy torrents of sin.

Theotokion

We hymn thee, the Mother of the Creator of our nature, O Maiden who hast reconciled fallen human nature with God, O most immaculate Mistress and Theotokos.

Holy Hieromartyr Phocas, pray to God for us!

Standing before the unapproachable Light, O wise Phocas, illumine my thoughts and heart, I pray, that I may praise thy holy suffering today.

From infancy thou wast adorned, possessing divine understanding, O all-wise Phocas, having been vouchsafed the grace to work signs and to cast out evil spirits.

Glory... Full of grace, full of the knowledge of God, O divinely wise one, thou didst have the divine power of the Spirit living within thee; wherefore thou didst shine forth like the sun, illumining the faithful.

Both... Without knowing man thou didst hold the infinite God fully contained within thy womb, O divinely joyous Theotokos. Him do thou ever entreat in our behalf.

C. Katavasia (Tone 4)

I shall open my mouth/ and the Spirit will inspire it,/ and I shall utter the words of my song to the Queen and Mother:/ I shall be seen radiantly keeping feast// and joyfully praising her wonders.

Canticle Three

Irmos: There is none as holy as Thee,/ O Lord my God,/ Who hast uplifted the horn of Thy faithful/ and established us// on the rock of the confession of Thee, O Good One.

Glory to Thy Holy Resurrection, O Lord.

The creation, looking upon God crucified in the flesh was dissolved by fear but was strongly held together by the firm hand of Him Who was crucified for us.

Death having been destroyed by death, the wretch lay lifeless; For, not able to bear the divine assault, he who was strong was put to death and the Resurrection was bestowed upon all.

Theotokion

The miracle of thy divine birthgiving transcendeth every order of nature, O pure one; for thou didst supernaturally conceive God in thy womb, and having given birth thou dost ever remain a virgin.

Most Holy Theotokos, Save us.

Ineffably taking upon Himself my changing and mortal flesh from thee, O all-pure Mother of God, He Who is Good, after making it incorruptible, joined it eternally to Himself.

The prophet Daniel was stricken with amazement on beholding thee, thou living Mountain, from which a stone was cut without hand of man and broke with its might the altars of devils, O Mother of God.

Holy Equal-of-the-Apostles Mary Magdalene, pray to God for us!

Loving first the First Cause of good things Who in the goodness of His heart hath deified our nature, thou didst follow Him zealously, O Mary, submitting to His divine precepts.

Lamenting, thou didst reach the tomb of the Deliverer, O maiden, and wast the first to behold the divine resurrection. Wherefore, thou didst show thyself to be a herald of the glad tidings, crying out: Christ is risen! Clap your hands!

Theotokion

The Word Who was incarnate of thine all-pure blood, O all-pure one, in the richness of His goodness saveth me, releasing me from the condemnation of the first fall. Him do thou unceasingly beseech, that He save thy flock.

Holy Hieromartyr Phocas, pray to God for us!

From thy childhood thou didst have a mind sanctified, and even unto old age thou didst please God, O God-bearer, and thus didst receive glory.

The demon aboard ship could not bear the great threat of thee, O God-bearer, and took to flight; and Christ is magnified by thy words, O wondrous one.

Glory... O wondrous one, adornment and boast of martyrs, who can worthily praise thy mighty works, struggles, journeys and benefactions in all cities?

Both... As one more exalted than the angels, thou didst receive in thy womb the Master of the angels and of all creation, O all-pure one; wherefore, we honor thee with faith.

C. Katavasia (Tone 4)

O **M**other of God,/ thou living and **p**lentiful fount,/ give **s**trength to those united in spiritual **f**ellowship,/ who sing hymns of **p**raise to thee:/ And in thy divine **g**lory// vouchsafe unto them crowns of **g**lory.

P. Small Ectenia

C. Kontakion of the Myrrh-bearer Mary Magdalene (Tone 3)

Standing before the Cross of the Saviour with many others,/ suffering with the Mother of the Lord and pouring forth tears,/ the all-glorious one made this offering as praise, saying:/ "What is this strange wonder?/ Is

it Thy will to suffer, O Thou Who sustainest all creation?// Glory to Thy dominion!"

R. Ikos for the Myrrh-bearer Mary Magdalene

Without leaving heaven, Christ, the King and Master of creation, descended as He desired, and of His own will took upon Himself transitory flesh. Watching Him nailed to the Cross, His immaculate Mother stood nearby with the honored virgins. And Mary Magdalene was also there, weeping, who, ever showing most fervent faith, had followed Christ. And when she looked upon the tomb, she cried out in expectation: "Thy good pleasure hath it been to suffer! Glory to Thy dominion!"

C. Kontakion of Hieromartyr Phocas (Tone 6)

Offering up sacrifices as a high priest, O father,/ in the end thou didst offer thyself as a living sacrifice,/ bearing witness lawfully to Christ God,/ accepting death and strengthened by angels,/ who cried out to thee:// Come with us, O Phocas, and no one will be against us!

R. Ikos for the Holy Hieromartyr Phocas

Desiring the life of heaven and spurning food on earth, let us purify our lips and tongue, that we may worthily fashion hymns and songs for Phocas the priest; for, entering through the portal of heaven, he found the entry unhindered, and gazeth upon the Desired One, Who is glorified by the angels. Thus is he able to entreat, in our behalf, the only Merciful One, the Healer of our souls' infirmities, in that he endured tortures for Him. Wherefore, let us hymn him and cry aloud to him: Mercifully regarding us, O Phocas, come thou with us, and no one will be against us!

R. Sessional Hymns

Thou didst truly and manifestly, as a disciple, minister to the Word, Who had abased Himself in His surpassing lovingkindness, O Mary Magdalene; and beholding Him lifted up upon the Cross and laid in the tomb, thou didst lament, weeping. Wherefore, we honor thee and with faith observe thy solemnity. O glorious myrrh-bearer, entreat Christ God, that He grant remission of sins to those who with love honor thy holy memory.

Glory... O ye who love the feasts of the Church, the radiant festival, the commemoration of the divinely wise and holy hierarch Phocas, hath dawned, bringing gladness to the ends of the earth, shining forth with beams of miracles in the world, and bearing inexhaustible grace to men; for he prayeth to the Lord, that He save our souls.

Both... O pure one, by thy divine birthgiving thou hast restored the mortal essence of men, which hath become corrupt in the passions; and thou hast raised all up from death to the life of incorruption. Wherefore, as is meet, we all call thee blessed, as thou didst foretell, O all-glorious Virgin.

Canticle Four

Irmos: Christ is my power, my God and my Lord,/ the honoured Church doth sing,/ crying out in godly manner/ with a pure mind,// keeping festival in the Lord.

Glory to Thy Holy Resurrection, O Lord.

The Wood made life truly flower, O Christ. For the Cross set up and watered by the Blood and Water from Thy spotless side, put forth life for us.

The serpent no more whispers falsely to me that I should be God; for Christ, the divine Maker of the nature of man hath now unfolded unto me, without hindrance, the path of life.

Theotokion

Truly ineffable and unapproachable to those on earth and in heaven are the mysteries of thy divine birthgiving, O Ever-virgin.

Most Holy Theotokos, Save us.

We praise thee, undefiled and without blemish, through whom we have been saved and singing with reverence we cry: Blessed art thou, O ever-Virgin, who hast given birth to God.

Thou, O most blessed Virgin, hast borne the Light that never sets, Who shone through the flesh unto those in the darkness of life and thou hast poured forth joy unto those who sing thy praises, O ever-Virgin.

Holy Equal-of-the-Apostles Mary Magdalene, pray to God for us!

Possessing a mind devoid of the tumult of worldly vanity, thou didst minister unto Him Who came to save the whole world from deception.

Bathed in thy tears thou didst reach the life-bearing tomb, O Mary, and didst behold the angel, who announced the resurrection of Christ.

Thy heart was blameless in the precepts of Christ, and thou didst desire Him alone, Who is beautiful in comeliness, O right glorious one.

Theotokion

O Maiden, the sleep of sin hath overtaken me through the slumber of slothfulness. By thy vigilant supplication do thou rouse me to repentance.

Holy Hieromartyr Phocas, pray to God for us!

We know thee, O glorious one, to be a beacon of righteousness, resplendent in thy deeds and martyrdom, ever illumining the hearts of the faithful with brilliant radiance and dispelling the darkness of infirmities.

Thou wast shown to be comely in the beauties of martyrdom, O Phocas; for the dove of God alit upon thine honored head, O wise one, telling thee through the Spirit that thou wouldst partake of suffering.

Glory... They that are at sea, ever having thy prayers to guide them, are delivered from grievous storms, hymning Him Who, for thy sake, bestoweth saving deliverance upon them.

Both... O undefiled, unsullied one, by thy divine propitiation of the all-good God cleanse my heart, which hath been defiled by harmful thoughts and besmirched with transgressions.

C. Katavasia (Tone 4)

He Who sits in glory upon the throne of the **Godhead**,/ Jesus the **true** God,/ is **come** in a **swift** cloud,/ and with His pure hand He has saved **those** who cry:// Glory to Thy **power**, O Lord.

Canticle Five

Irmos: With Thy divine light/ illumine the souls of those who with love/ rise at dawn unto Thee, I pray Thee, O Good One,/ that they may know Thee, O Word of God, to be the true God// Who calleth all forth from the darkness of sin.

Glory to Thy Holy Resurrection, O Lord.

The cherubim now withdraws from me and the flaming sword turns its back on me, O Master, after beholding Thee, O Word of God Who art God indeed, making for the thief a way in Paradise.

I shall no more fear my return to the earth, O Master Christ, for through much compassion hast Thou by Thy Resurrection led me, forgotten, from the earth to the height of immortality.

Theotokion

Save those who with all their soul confess thee to be the Theotokos, O good Mistress of the world, for we have thee, the true Theotokos, as an invincible intercession.

Most Holy Theotokos, Save us.

Wearing the spiritual beauty of thy most fair soul, thou hast become the Bride of God, sealed with holy virginity and shining upon the world the joyful light of purity.

Let the congregation of the ungodly who proclaim thee not expressly Mother of God lament; for thou hast been shown forth to us as the gateway of God, Who hath dispersed the deep gloom of sin.

Holy Equal-of-the-Apostles Mary Magdalene, pray to God for us!

Our first mother, seeing the one who of old deluded her with his words and drove her from paradise trampled under the feet of pure women who have acquired manly integrity, rejoiceth with them eternally.

Wounded with love for Him Who died and was enclosed in a tomb, breathing forth life for all, O honorable Mary Magdalene, thou offerest myrrh to His sweet love, and pourest forth the perfume of thy tears.

After the divine suffering and the awesome ascension of the Savior, thou didst go forth, announcing the word everywhere, as a glorious disciple of the Word, and pursuing the many who were deceived by ignorance.

Theotokion

He Whose good pleasure it was, in His boundless mercy, to be born of thee, O all-holy Maiden, delivereth me, who have fallen into the cunningly

wrought pitfalls of sin. Him do thou beseech, that those who hymn thee with faith may be delivered from all harm.

Holy Hieromartyr Phocas, pray to God for us!

Passing through like a precious stone, O venerable, by thy words and miraculous manifestations thou didst bring men who worshipped stones to the divine Faith.

Thou wast shown to be venerable among the righteous and splendid among the martyrs, O glorious and wondrous Phocas, having suffered wondrously and vanquished the adversary.

Glory... The angelic armies lifted their voices in song, beholding thee who suffered patiently, O blessed martyr, and, while yet in thy corruptible body, didst vanquish incorporeal demons.

Both... Save me who am tossed about by the billows of life, O all-pure one, and steer me to the calm havens of dispassion, O help of all Christians who art full of the grace of God.

C. Katavasia (Tone 4)

The whole **world** was amazed at thy divine **glory**,/ for **thou**, O Virgin who hast not known **wedlock**,/ hast **held** in thy womb the **God** of all,/ and hast given birth to an **eternal** Son,// Who rewards with salvation all who sing thy **praises**.

Canticle Six

Irmos: Beholding the sea of life/ surging with the tempest of temptations,/ fleeing to Thy calm haven I cry unto Thee:/ Lead up my life from corruption,// O greatly Merciful One.

Glory to Thy Holy Resurrection, O Lord.

O Master, crucified with nails, Thou hast wiped out the curse against us while pierced in Thy side by the lance, Thou hast torn up the handwriting against Adam and set the world free.

Tripped up by the heel through beguilement, Adam hath been led down towards the pit of hell. But God Who is compassionate by nature, descended to seek him and carrying him on His shoulders, He raised him up with Himself.

Theotokion

O all-pure Mistress who for men gavest birth to Christ, the Helmsman, allay the inconstant and grievous tumult of my passions, and grant serenity to my heart.

Most Holy Theotokos, Save us.

Moses, great among the Prophets, wrote proclaiming thee beforehand as being a Tabernacle and Table, and Candlestick and Jar, symbolically signifying the Incarnation of the Most High from thee, O Mother Virgin.

The law failed and the shadow passed away when the grace past thought and understanding of the birth of our God and Saviour from thee, O far-famed Virgin, was revealed to me.

Holy Equal-of-the-Apostles Mary Magdalene, pray to God for us!

The dew of thy words dispelled the burning heat of the apostles' grief, O honored one, for thou didst cry out: "Christ hath risen! Our Life hath appeared! The brilliant Sun hath shone forth!"

Behold, thy splendid commemoration hath shone forth, illumining the faithful who hymn thee thereon, and dispelling the darkness of the temptations of the evil demons, O right wondrous one.

Theotokion

O all-immaculate one, thou hast been shown to be a noetic and untouchable mercy-seat of sanctity, a lustrous candlestick, and a bridge leading to God those who confess thee to be the Theotokos.

Holy Hieromartyr Phocas, pray to God for us!

The dove sent to thee from on high related to thee, in a human voice, that which would come to pass, O all-glorious one, telling thee to drain the cup of salvation.

After the manifold drops of thy sweat and the measureless pangs of thy body, thou didst bow thy holy head under the sword and sanctify the ground with thy blood.

Glory... Refusing to worship in dead temples, O thou who art most rich, thou didst endure death and livest after death. Wherefore, we call thee bless, O Phocas.

Both... He Who dwelleth in the highest made His abode within thy holy womb, appearing to the world in a fleshly likeness. Wherefore, we glorify thee, O pure one.

C. Katavasia (Tone 4)

As we **celebrate**/ this sacred and solemn feast of the **Mother** of God,/ **let** us come, **clapping** our hands,/ O people **of** the Lord,/ and give **glory** to God// Who was **born** of her.

P. Small Ectenia

C. Kontakion (Tone 6)

When Christ God the Giver of Life,/ raised all of the dead from the valleys of misery with his mighty hand,/ He bestowed resurrection on the human race.// He is the Saviour of all, The Resurrection, the Life, and the God of all.

R. Ikos

We, the faithful, hymn and bow down before the Cross and Thy burial, O Bestower of life, O Immortal One. Thou didst raise the dead with Thyself, didst break down the gates of death, and didst destroy the dominion of hell, in that Thou art God. Wherefore, with love we mortals glorify Thee Who hast

arisen and cast down the most destructive might of the enemy, and hast raised up all who have believed Thee to have risen and delivered the world from the arrows of the serpent and the deception of the enemy, in that Thou art the God of all.

Canticle Seven

Irmos: An angel caused the furnace to pour forth dew/ upon the pious youths,/ and the command of God, which consumed the Chaldeans,/ prevailed upon the tyrant to cry out:// Blessed art Thou, O God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

The sun, lamenting at Thy Passion, was wrapped in gloom, and on that day, O Master, the light was darkened over the whole earth, that cried aloud: Blessed art Thou, the God of our fathers.

At Thy descent, O Christ, the lowest parts of the earth put on light: while our forefather appeared singing full of joy and he danced crying aloud: Blessed art Thou, O God of our fathers.

Theotokion

Through thee, O Virgin Mother, radiant Light hath shone forth upon the whole world; for thou gavest birth unto God, the Creator of all. Him do thou entreat, O most pure one, that He send down great mercy upon us, the faithful.

Most Holy Theotokos, Save us.

The serpent, most evil, pierced me with his deadly fangs, but thy Son, O Mother of God, broke them while He gave me the strength to cry aloud: Blessed art Thou, O God of our fathers.

Thou art the place where human nature is purified, O thou who alone art blessed of God; for, bearing in thine arms God Who sitteth upon the shoulders of the cherubim, thou criest: Blessed art Thou, O God of our fathers!

Holy Equal-of-the-Apostles Mary Magdalene, pray to God for us!

Thou hast dispelled diverse ailments, having the Word working within thee, before Whom thou now dost stand, O myrrh-bearer, crying out: Blessed art Thou, O Lord God, forever!

Before the others thou alone didst behold Christ our Life arisen, but thou didst suppose Him to be a gardener, and didst cry out: Blessed art Thou, O Lord God, forever!

Theotokion

Having conceived and given birth to the immortal God, O pure one, thou didst halt the course of death. To Him let us all chant: Blessed art Thou, O Lord God, forever!

Holy Hieromartyr Phocas, pray to God for us!

Passing through the fire like the three youths, through the power of Christ Who dwelt within thee, in manner past understanding thou didst remain unburnt, O martyr.

Enkindled within by the fire of divine love, O wise martyr Phocas, thou didst remain unconsumed though touched by material fire.

Glory... Adorned with the divine beauty of thy wounds, thou didst hasten to God, the Judge of thy contest receiving the crown of victory from Him.

Both... Delivered from all condemnation by thy wondrous birthgiving, O ever blessed Virgin, we hymn thee with joyful voices.

C. Katavasia (Tone 4)

The **Holy** Children bravely trampled upon the **threatening** fire,/ preferring not to worship created things rather than the Creator,/ and they **sang** in joy:/ 'Blessed art Thou and **praised** above all,// O Lord God of our **fathers**.'

Canticle Eight

Irmos: From the flame didst Thou pour forth dew upon the venerable ones,/ and didst consume the sacrifice of the righteous one with water;/ for Thou, O Christ, dost do all things soever Thou desirest.// Thee do we exalt supremely for all ages!

Glory to Thy Holy Resurrection, O Lord.

Envy hath now made the people of the Jews who killed the Prophets in past times into killers of God, since they hung Thee upon the Cross, O Word of God Whom we exalt above all forever.

Without forsaking the vaults of Heaven, Thou hast gone down into hell, and hast raised up with Thyself, O Christ, man entire who lay in decay and who exalts Thee above all forever.

Theotokion

From Light thou didst conceive the Word, the Bestower of light; and having ineffably given birth unto Him, thou hast been glorified. For the Spirit of God dwelt within thee, O Maiden. Wherefore, we hymn thee for all ages.

Most Holy Theotokos, Save us.

O Most Pure, thy Son, having made thee shine by the brightness of the spirit, set thee at His right hand, clothed as a Queen in garments of gold, and we exalt Him above all forever.

From the Union of the Word with me that is man, thou, O Most Pure, hast appeared as a divine dwelling-place, making the brightness of virginity plainly shine. We therefore praise thee forever.

Holy Equal-of-the-Apostles Mary Magdalene, pray to God for us!

Splendid was thy life, O Magdalene, and it shone forth with the rays of thy virtuous acts and thy divine preaching at God's behest, and with beams of love for the Creator, to Whom thou dost chant with the angels: Ye priests, hymn; ye people, exalt Him supremely forever!

Thou didst stand before the Cross, O glorious Mary, beholding the unjust slaughter of Him Who, in His ineffable mercy, had abased Himself; and, overflowing with tears and sighs, thou didst cry out: "What is this strange mystery? How is He Who is by nature Life and hath slain death, Himself put to death and dieth?"

Theotokion

With oneness of mind we glorify thee, the Mother of God, who art more exalted than creation, O pure one; for in thee hath the condemnation which began with Adam been annulled, and the fallen nature of men been restored, which chanteth: Ye priests, bless; ye people, exalt Him supremely forever!

Holy Hieromartyr Phocas, pray to God for us!

God the Creator of all sanctified thee from thine earliest infancy, and, when thou didst attain the measure of age for Christian sufferings, thou also didst undergo suffering and didst overcome the power of the prince of evil; and, bearing thy crown, thou hast attained unto the habitation of the mansions on high.

They that sail ever invoke thee as an excellent helmsman, O wise martyr, and by thy right pleasing supplications are delivered from misfortunes at sea, hymning God the King and Creator, forever.

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

In thy profound and honored old age the enemies of the Lord slaughtered thee like an innocent lamb, O glorious Phocas, who slayest the enemy, the author of evil, with the sword of thy confession and boldness forever.

Both... Having given birth to the Lamb of God Who, in His utter lovingkindness, taketh away the offenses of men, thou hast become the cleansing of our fallen, corrupt nature. Wherefore, O Virgin Theotokos, we hymn thee with joy.

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

C. Katavasia (Tone 4)

The **Offspring** of the Theotokos/ saved the holy Children in the **furnace**./ **He** Who was then prefigured has since been **born** on earth,/ and He gathers together all the creation to sing:/ O all ye **works** of the Lord,// bless ye the Lord and exalt Him above all forever.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: It is not possible for men/ to behold God,/ upon Whom the ranks of angels dare not gaze;/ but through thee, O most pure one,/ hath the Word appeared incarnate unto men;// and magnifying Him with the armies of heaven, we call thee blessed.

Glory to Thy Holy Resurrection, O Lord.

Having associated in the flesh with passion, Thou hast remained without participation in passion. And Thou, O our Saviour, dost set man loose from passion by having made the passions suffer. For Thou only art impassible and almighty.

Having accepted the corruption of death, Thou hast kept Thy body from tasting corruption: While Thy life-giving and divine soul, O Master, hath not been left in hell, but Thou, risen as from sleep, hast made us rise with Thyself.

Triadicon

O all ye men, with pure lips let us glorify God the Father and the Son Who is equally without beginning, and let us honour the ineffable and all-glorious power of the most Holy Spirit; for Thou alone art the almighty and indivisible Trinity.

Most Holy Theotokos, Save us.

Strengthened by thy power and grace, I have earnestly set forth hymnody for thee with all my heart. Accept it, O pure Virgin, bestowing on me thy greatly radiant grace out of thine incorrupt treasures, O blessed of God.

Resurrection hath now been given to the dead through thine ineffable and unutterable birthgiving, O most pure Theotokos; for Life, clothing Himself in flesh through thee, shone forth upon all, and hath manifestly lifted the gloom of death.

Holy Equal-of-the-Apostles Mary Magdalene, pray to God for us!

Thou hast now been transported to divine joy, to the broad expanse of paradise, to the noetic and heavenly mansions, where the ranks of the venerable dwell, and where the voice of those who keep splendid festival is heard, O God-bearing Mary. Wherefore, we all call thee blessed.

Nought didst thou prefer on earth to the love of Christ God, and consumed by His beauties alone and following His steps, directly illumined by the rays He sendeth upon thee, O most honored one, thou didst cry out: "Thee do I magnify, O greatly Merciful One!"

Having received God-given deification, having drunk of the torrent of grace, and in godly manner received recompense for thy pangs, O Magdalene, disciple of the Word, numbered with the ranks of the angels, by thy supplications preserve those who honor thee with love.

Theotokion

As the Mother of Him Who suffered for us, deliver me from soul-corrupting passions; as thou art merciful, loose thou the bonds of mine

offenses; and as thou art good, bless now my soul, which hath been vexed by the temptations of the demons, O Virgin Theotokos, that I may hymn thee, the most hymned one.

Holy Hieromartyr Phocas, pray to God for us!

Beaten, O Phocas, in the beauties of thy miracles thou hast been recognized as a heaven strewn with stars, ever illumining the earth and dispelling the darkness of the passions and all wickedness. Wherefore, we hymn thee with faith.

Thou didst tread the narrow path on earth, O martyr Phocas, in the hope of everlasting good things, and, expanding in piety, thou didst constrict all the evil schemes of the enemy.

Glory... Now hath thy hallowed solemnity and honored festival dawned, bringing us perfect joy. Thereon thy mighty valor and struggles are truly glorified, and therein do thou remember us, O passion-bearer and martyr.

Both... "Thou bearest my likeness while possessing the Father's countenance, O my Son; for Thou dost manifestly desire to heal the ugliness of mortals!" the all-pure one cried out, bearing Christ in her arms. Her do we hymn with never-ceasing voices.

C. Katavasia (Tone 4)

Let every mortal **born** on earth,/ radiant with light, in spirit **leap** for joy;/ and **let** the hosts of the angelic powers **celebrate**/ and honor the holy feast of the **Mother** of God,/ and **let** them cry:// Hail! Pure and blessed ever-Virgin, who gavest **birth** to God.

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.

Exapostilarion for Saint Mary Magdalene

The never-setting Sun Who shone forth from the Father in the beginning, O maiden, was sealed in the tomb by the assembly of the Jews; yet thou, O Mary, didst behold Him risen and didst announce this to the disciples.

Glory... Exapostilarion for Saint Phocas

Thou hast been shown to be the adornment of hierarchs, the helper of the poor and a pillar of the virtues, O divinely wise Phocas; wherefore, remember all of us who hymn thee.

Both... Theotokion

Things great and exceeding strange hast Thou done for me, O my most merciful Christ. For unsearchably hast Thou been born of a Virgin Maid and hast accepted the Cross and endured death, and hast risen in glory to set

our nature free from death. Glory to Thy glory, O Christ, glory to Thy strength.

C. Lauds: Tone 6 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. Thy **Cross**, O Lord,/ is the life and resurrection of Thy **people**/ and assured of this, we sing unto Thee our **risen** God:// Have mercy upon us.

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

2. Thy burial, O **Master**,/ opened Paradise for **mankind**,/ and we, delivered from **corruption**,/ sing unto Thee our **risen** God:// Have mercy upon us.
- V. Praise Him for His mighty acts,/ praise Him according to the multitude of His greatness.
3. Let us praise Christ with the Father and the **Spirit**:/ Let us cry aloud unto Him **risen** from the dead:/ Thou art our life and **resurrection**:// Have **mercy** on us.
- V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.
4. O Christ, on the **third** day,/ Thou hast risen from the tomb according to the **Scriptures**,/ having raised our **forefather** with Thyself:// therefore, mankind glorifies Thee and praises Thy **Resurrection**.
- V. Praise Him with timbrel and dance,/ praise Him with strings and flute.
5. O Lord, mighty and dreadful is the mystery of Thy **Resurrection**./ For Thou hast come forth **from** the tomb/ as a bridegroom from his **chamber**,/ after destroying death by death that Adam might be **set** free./ Therefore, the angels in heaven make glad and **men** on earth/ give glory to Thy compassion that Thou hast **shown** towards us,// O Thou, Who **lovest** mankind.
- V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.
6. O **wicked** Jews,/ where are the seal and the pieces of silver that ye **gave** to the guards?/ The treasure was not stolen, but rose up according to His **power**:/ and ye were yourselves put to shame by **denying** Christ,/ the Lord of glory, Who suffered and was buried and **rose** from the dead:// Him let us **worship**.
- V. Arise, O Lord my God, let Thy hand be lifted high:// forget not Thy paupers to the end.
7. The tomb sealed, the guard set and the **stamps** attached:/ How was He stolen, O ye Jews?/ Through the closed door the King **proceeded**:/ Either show Him dead or worship Him as God, and **sing** with us:// Glory, Lord, to Thy Cross and Thy **Resurrection**.
- V. I will confess Thee, O Lord, with my whole heart,/ I will tell of all Thy wonders.
8. The women bearing sweet-smelling **ointments**/ came in tears to Thy tomb that held **life**, O Lord,/ and carried with them spices wherewith they sought to anoint Thine all-pure **Body**./ But seated on the stone they found a shining **angel**,/ who called out to **them** and said:/ 'Why do ye weep for Him from Whose side flows life unto the world?/ Why do ye seek Him Who is immortal as **dead** in the tomb?/ Go rather and announce

to His **disciples**/ the good tidings of His Resurrection, joy of **all** the world.'/ Having also enlightened us by it, O **Saviour**,// mayest Thou grant us cleansing and great **mercy**.

Glory... 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.

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.

The Great Doxology

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

R. Hours:
Tropar: Resurrection & Saint Mary/Saint Phocas (alternating)
Kontak: Resurrection

At Liturgy:

Order of Troparia & Kontakia as per Double service

Prokimenon for 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 Saints (Tone 4)

Wondrous is God in His saints...

Epistle(s): Rom 15:1-7 & ICor 9:2b-12

Alleluia for Tone 6

V. He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven.

V. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him.

Alleluia for the Saints (Tone 1)

Gospel(s): Matt 9:27-35 & Luke 8:1-3 (Menaion) **OR** John 20:11-18
(Liturgical Gospel)

Communion Verse: Praise Ye & Rejoice in the Lord, O ye righteous...