

Forgiveness Sunday
The Casting Out Of Adam From Paradise
Apodosis of the Meeting of the Lord

VESPERS: Tone 4

- P. Regular Beginning
 C. Lord I have cried...

1. **Ever** hailing Thy life-giving Cross, O **Christ** our Lord,/ we glorify Thy Resurrection on the **third** day,/ for **Thou** Who art all **powerful**/ hast thereby restored the corrupt **nature** of man/ and hast re-opened for us the upward path to **heaven**,// for Thou only art good and **lovest** mankind.
2. **Being** of Thine own Will nailed to the **wood** of the Cross,/ Thou hast abolished the penalty of disobedience **committed** through the tree/ and by **descending** into hell Thou hast broken, as Almighty, the **bonds** of death./ Therefore we worship Thy Resurrection from the dead,/ and, **rejoicing**, we cry:// Glory to Thee, O **almighty** Lord.
3. **Thou** hast broken in pieces the gates of **hell**, O Lord,/ and put an end by Thy death to the **dominion** of death,/ and **Thou** hast set **mankind** free/ by bestowing incorruption **upon** the world// together with life and Thy great **mercy**.

Stichera from the Triodion (Tone 6)

4. The Lord my Creator took me as **dust** from the earth/ and formed me into a living **creature**,/ breathing into me the breath of life and **giving** me a soul;/ He honoured me, setting me as ruler upon earth over all things **visible**,/ and making me companion of the **angels**./ But Satan the deceiver, using the serpent as his **instrument**,/ **enticed** me by food;/ he parted me from the **glory** of God/ and gave me over to the earth and to the lowest **depths** of death.// But, Master, in compassion call me **back** again.
5. In my **wretchedness**/ I have cast off the robe **woven** by God,/ disobeying Thy divine command, O Lord, at the counsel of the **enemy**;/ and I am clothed now in fig leaves and in **garments** of skin./ I am condemned to eat the bread of toil in the **sweat** of my brow,/ and the earth has been cursed so that it bears thorns and **thistles** for me./ But, Lord, who in the last times wast made flesh of a **Virgin**,// call me back again and bring me into **Paradise**.
6. O precious **Paradise**,/ unsurpassed in beauty, tabernacle **built** by God,/ unending gladness and delight, glory of the **righteous**,/ joy of the prophets, and **dwelling** of the saints,/ with the sound of thy leaves pray to the **Maker** of all:/ May He open unto me the gates which I closed by my **transgression**,/ and may He count me worthy to partake of the **Tree** of Life// and of the joy which was mine when I dwelt in **thee** before.

Stichera for the Feast (Tone 1)

7. **Tell** us, O **Symeon**:/ Whom bearest thou into the temple in thine arms, rejoicing?/ To **Whom** dost thou **cry** aloud:/ 'Now have I been freed, for I have beheld my **Saviour**!'/ 'He is the One Who is born of the **Virgin**!/ He is God the Word, Who from God became incarnate for our sake and **saveth** man!// Him let us **worship**!'
8. **Receive**, O **Symeon**,/ Him Whom Moses beheld in the gloom on Sinai **giving** the law,/ **and** Who hath become a babe, submitting **to** the law./ He is the One Who speaketh **through** the law;/ **He** is the One spoken of by the **prophets**,/ Who for our sake hath become incarnate and **saveth** man.// Him let us **worship**!
9. Let us **come** and greet Christ with **divine** hymns,/ and let us receive Him Whom Symeon perceived as our **salvation**./ **He** is the One Whom David proclaimed **beforehand**;/ He is the One spoken of in the **prophets**,/ Who for our **sake** hath become incarnate and speaketh **through** the law.// Him let us **worship**.

(Tone 6)

10. Let the gates of heaven be **opened** today;/ for the unoriginate Word of the **Father**,/ receiving a beginning under time, without abandoning His **divinity**,/ is of His own will borne by His Virgin Mother into the **temple** of the law/ as a babe **forty** days old./ And Symeon taketh Him in his arms, **crying**:/ 'Let Thy servant depart, O **Master**,/ for mine eyes have seen Thy **salvation**!/ O Lord Who hast come into the world to save the **human** race,// glory **be** to Thee!'

Glory... (Tone 6)

Adam sat before **Paradise**/ and, lamenting his nakedness, **he** wept:/ 'Woe is me! By evil deceit was I persuaded and **led** astray,/ and now I am an exile from **glory**./ **Woe** is me!/ In my simplicity I was stripped naked, and **now** I am in want./ O Paradise, no more shall I take **pleasure** in thy joy;/ no more shall I look upon the Lord my God and **Maker**,/ for I shall return to the earth whence I was **taken**./ O merciful and compassionate Lord, to Thee I **cry** aloud:// I am fallen, have mercy **upon** me.'

Both... Dogmatikon (Tone 4)

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

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

P. Litany of Fervent Supplication

C. Litya Prayers (Tone 1)

The **Ancient** of days, Who of old gave the law to Moses on **Sinai**,/ is seen today **as** a babe,/ **and** as the Creator of the law,/ under the law and **fulfilling** the law,/ He is **borne** into the temple and given to the **elder**./ And the righteous Symeon, **receiving** Him,/ and **seeing** the utter fulfillment of the promises, cried **out** with joy:/ 'Mine eyes have seen the mystery hidden from **before** time,/ which hath been **revealed** in these **latter** days:/ the Light illumining the darkness of the unbelieving **nations**,/ giving **glory** to the newly-chosen **Israel**!/ Wherefore, release Thy servant from the **bonds** of this flesh/ to the wondrous **life** which ageth not and is without end,// granting the world great **mercy**!'

Today, He Who gave the law to Moses on **Sinai**/ submitteth to the **commands** of the law,/ having become like us **for** our sake,/ in that He is full of loving-**kindness**./ **Now** our pure God, as a holy Infant, having opened the womb of the **pure** one,/ is offered to **Himself**, as God,// freeing our souls from the curse of the law and **enlightening** them.

(Tone 2)

Him to Whom the ministers on high pray with **trembling**,/ now, here below, Symeon taketh into his **material** arms./ He **announced** that God hath united **Himself** to men,/ and, seeing God as a heavenly man, cried out with joy at being separated from **those** on earth:/ 'O Lord Who revealest the never-waning light to those in **darkness**,// glory **be** to Thee!'

Today Symeon receiveth in his arms the Lord of **glory**,/ Whom Moses beheld before in the **darkness**,/ **and** Who gave him the tablets on Mount **Sinai**./ He is the Creator of the law, Who speaketh in the **prophets**./ He it is Who filleth **all** with awe,// Whom David proclaimeth, and hath great and rich **mercy**.

The sacred Virgin brought the Sacred One to the high priest in the **temple**,/ and Symeon, stretching forth his hands, received Him, rejoicing, and **cried** out:/ "**Now** lettest Thou Thy servant **depart** in peace,// O Lord, **according** to Thy word!"

Today the Creator of **heaven** and earth/ is borne by the holy elder Symeon **in** his arms;/ and through the Holy **Spirit** he said:/ "Now have I been **set** free,// for I have beheld my **Saviour**!"

Today the elder Symeon entereth the **temple**,/ rejoicing in **spirit**,/ to **receive** in his arms the **Fulfiller** of the law,/ Who gave the law unto **Moses**./ For Moses was vouchsafed to **behold** God/ in darkness and an **indistinct** voice,/ and with his face covered denounced the faithless **hearts** of the Jews;/ but Symeon bore the pre-eternal Word of the Father **incarnate**,/ and revealed to the **nations** the Light,/ the Cross and the **Resurrection**./ And Anna was shown to be a **prophetess**,/ proclaiming the Saviour and Deliverer of **Israel**./ To Christ our God let us **cry** out:// For the sake of the Theotokos, have **mercy** on us!

Stichera from the Triodion (Tone 5)

'**Woe** is me!' Adam cried lamenting:/ 'For the serpent and the woman have deprived me of my boldness **before** God,/ and through **eating** from the tree I have become an exile from the joy of **Paradise**./ **Woe** is me! No more can I **endure** the shame./ I who was once king of all God's creatures **upon** earth/ have **now** become a prisoner, led astray by evil **counsel**./ I who was once clothed in the glory of **immortality**/ must now, as one **condemned** to die,/ **wrap** myself miserably in the skins of **mortality**./ **Woe** is me! Who will share my **sorrow** with me?/ But, O Lord Who **lovest** mankind,/ Who hast **fashioned** me from the earth and art clothed in **compassion**,// call me back from the bondage of the enemy and **save** me.'

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

Glory... from the Triodion (Tone 6)

The sun hid its rays, the moon and stars were turned to blood,/ the mountains were afraid, the hills trembled,/ when Paradise was shut, Adam departed, beating his hands upon his face and saying:/ 'I am fallen;// merciful Lord, have mercy on me.'

Both... (Tone 5)

The **Ancient** of days, having become a babe, is borne into the temple by the Virgin **Mother**,/ fulfilling the promise of His **own** law;/ and **Symeon**, receiving Him, said: 'Now lettest Thou Thy servant **depart** in peace,/ according to **Thy** word;// for mine eyes have seen Thy **salvation**, O Holy One!'

P. *Litya prayers in back of Church*

APOSTICHA: (Tone 4)

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

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

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

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

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

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

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

Glory... (Tone 6)

Adam was cast out of Paradise through **eating** from the tree./ Seated before the gates **he** wept,/ lamenting with a pitiful voice and **saying**:/ 'Woe is me, what have I suffered in my **misery**!/ I transgressed one commandment of the **Master**,/ and now I am deprived of every **blessing**./ O most holy Paradise, planted for my sake and shut **because** of Eve,/ pray to Him that made thee and **fashioned** me,/ that once more I may take pleasure in thy **flowers**.'/ Then the Saviour **said** to him:/ 'I desire not the loss of the creature which I **fashioned**,/ but that he should be saved and come to **knowledge** of the truth;// and when he comes to me I will not **cast** him out.'

Both... For the Meeting (Tone 8)

He Who is borne upon the cherubim and is hymned by the **seraphim**,/ is borne into the temple of God today in **accordance** with the law,/ sitteth in the arms of the elder as **on** a throne,/ and as God receiveth gifts from Joseph: a pair of **turtledoves**--the undefiled Church and the people newly-chosen from among the **gentiles**;/ and two young pigeons--the beginning of the **Old** and the New./ And Symeon, finally receiving the fulfillment of the promise **made** to him/ and blessing the Virgin Mary, the **Theotokos**,/ foretold in imagery the sufferings **she** would endure/ and asked from God deliverance, **crying** out:/ 'Now let me depart, O Master, as Thou didst **tell** me before;/ for I have seen Thee, the pre-**eternal** Light,// the Saviour and Lord of the Christian **people**!'

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x2

C. Troparion for the Feast (Tone 1) (See music)

Rejoice, O Virgin Theotokos, full of grace,/ for from thee hath shone forth Christ our God, the Sun of righteousness,/ Who doth illumine them that are in darkness./ Be glad, thou also, O righteous elder/ who receivest in thine arms the Deliverer of our souls,// Who granteth us resurrection.

P. Blessing of loaves.

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

MATINS: Tone 4

- P. Regular Beginning
 P. Great Ectenia
 C. God is the Lord... (Tone 4)

C. Sunday Troparia (Tone 4) x2

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

G/B... Troparion for the Feast (Tone 1)

Rejoice, O Virgin Theotokos, full of grace,/ for from thee hath shone forth Christ our God, the Sun of righteousness,/ Who doth illumine them that are in darkness./ Be glad, thou also, O righteous elder/ who receivest in thine arms the Deliverer of our souls,// Who granteth us resurrection.

Lord Have Mercy 3x
 Glory...

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

R. Sessional Hymns:

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

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

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

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

- R. Kathisma III
 P. Small Ectenia

R. Sessional Hymns:

Thou didst arise from the tomb as One Immortal, O Saviour, and by Thy power didst raise Thy world up with Thyself, O Christ our God; in might Thou

didst crush the dominion of death, O Merciful One, and hast shown forth the resurrection unto all. Wherefore, we glorify Thee, O Thou Who alone lovest mankind!

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

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

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

C. Polyeleos with the addition of the following: (Tone 6)

By the waters of Babylon/ we sat down and wept,/ when we remembered Zion.// Alleluia.

We hanged our harps/ upon the willows in the midst thereof.// Alleluia.

For there they that had taken us captive/ required of us a song;/ and they that had carried us away/ required of us a hymn, saying,/ Sing us one of the songs of Zion.// Alleluia.

How shall we sing/ the Lord's song in a strange land?// Alleluia.

If I forget thee, O Jerusalem,/ let my right hand be forgotten.// Alleluia.

If I do not remember thee,/ let my tongue cleave to the roof of my mouth;/ if I prefer not Jerusalem as my chief joy.// Alleluia.

Remember, O Lord,/ the children of Edom in the day of Jerusalem;/ who said, Down with it, down with it,/ even to the foundation thereof.// Alleluia.

O wretched daughter of Babylon,/ happy shall he be that shall reward thee/ as thou hast served us.// Alleluia.

Happy shall he be,/ that shall take and dash thy little ones against the rock.// Alleluia.

C. Evlogitaria (Blessed art Thou, O Lord...)

P. Small Ectenia

R. Ypakoe:

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

Hymn of Degrees: (Antiphon One)

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

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

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

Hymn of Degrees: (Antiphon Two)

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

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

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

Hymn of Degrees: (Antiphon Three)

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

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

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

P. Prokimenon: (Tone 4)

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

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

C. Let every breath praise the Lord.

P. GOSPEL #4

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. (Tone 8)

Glory... Open unto me, O **Giver** of Life,/ the gates of **repentance**:/ for early in the morning my spirit seeks Thy holy **temple**,/ bearing a temple of the body **all** defiled.// But in Thy compassion cleanse it by Thy loving-kindness and Thy **mercy**.

Both now... **Guide** me in the paths of salvation, O **Theotokos**:/ for I have befouled my soul with **shameful** sins/ and have wasted all my life in **slothfulness**.// By thine intercessions deliver me from all **uncleanness**.

(Tone 6)

Have mercy **upon** me, O God,/ in Thy great **mercy**:/ and according to the multitude of Thy **compassion**// blot out my **transgressions**.

As I ponder in my **wretchedness**/ the many evil things that **I** have done,/ I tremble for the fearful day of **judgment**./ But trusting in Thy merciful **compassion**,/ like David do I **cry** to Thee:// Have mercy upon me, O God, in Thy great **mercy**.

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

Anointing.

Canticle One

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Have mercy on me, O God, have mercy on me!

Come, my wretched soul, and weep today over thine acts, remembering how once thou was stripped naked in Eden and cast out from delight and unending joy.

In Thine abundant compassion and mercy, O Fashioner of the creation and Maker of all, Thou hast taken me from the dust and given me life, commanding me to sing Thy praises with Thine angels.

In the wealth of Thy goodness, O Creator and Lord, Thou hast planted in Eden the sweetness of Paradise, and bidden me take my delight in fair and pleasing fruits that never pass away.

Woe to thee, my wretched soul! Thou hast received authority from God to take thy pleasure in the joys of Eden, but He commanded thee not to eat the fruit of knowledge. Why hast thou transgressed the law of God?

Most Holy Theotokos, save us.

Let the clouds pour forth rain, for Christ the Sun Who is borne aloft upon a light cloud is brought to the temple as a babe on the arm of the unblemished one. Wherefore, O ye faithful, let us cry aloud: Let us sing unto the Lord, for gloriously hath He been glorified!

Glory... Be strong, ye hands of Symeon feeble with age; and ye weary legs of the elder, move quickly and straight to meet Christ, joining chorus with the incorporeal ones, chanting: Let us sing unto the Lord, for gloriously hath He been glorified!

Both... O ye heavens stretched out in wisdom, be glad; and rejoice, O thou earth! For Christ the Artificer, having come forth from the most blessed womb of His Mother, is borne by the Virgin Mother to God the Father

as a babe, He Who was before all the ages, for gloriously hath He been glorified!

C. Katavasia (Tone 3)

The sun once passed over dry land born of the deep,/ for the water became firm as a wall on either side/ when the people traversed the sea,/ chanting in God-pleasing manner:// Let us sing unto the Lord, for gloriously hath He been glorified!

Canticle Three

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Have mercy on me, O God, have mercy on me!

Long ago the crafty serpent envied my honour and whispered deceit in Eve's ear. By her was I led astray and banished, woe is me! from the dance of life.

Rashly I stretched out my hand and tasted from the tree of knowledge, though God had ordered me on no account to eat from it; and I was bitterly cast out from the divine glory.

Woe to thee, my wretched soul! How hast thou not recognized the craftiness of the enemy? How hast thou not perceived his deceit and envy? But thou wast darkened in mind and hast transgressed the commandment of thy Maker.

O holy Virgin, thou art my hope and my protection, for thou alone hast covered fallen Adam's nakedness: by thy childbearing, pure Lady, clothe me once more with incorruption.

Most Holy Theotokos, save us.

He that was first begotten of the Father before the ages hath appeared as the firstborn Babe of the undefiled Virgin, stretching forth His hand unto Adam.

Glory... God the Word hath appeared as a babe, setting aright the first-created man, who through deception had become childish of mind.

Both... The Creator, having become a Babe without undergoing change, hath shown forth our nature, the product of the earth to which it doth return again, to be like unto divinity.

C. Katavasia (Tone 3)

O Lord, the firm foundation of those that put their trust in Thee,/ do Thou confirm the Church,// which Thou hast purchased with Thy precious blood.

P. Small Ectenia

C. Kontakion from the Triodion (Tone 6)

O Master, Guide to wisdom,/ Giver of prudent counsel,/ Instructor of the foolish and Champion of the poor,/ make firm my heart and grant it understanding./ O Word of the Father, give me words, for see,/ I shall not stop my lips from crying out to Thee:// I am fallen, in Thy compassion have mercy on me.

R. Ikos

Banished from the joys of Paradise, Adam sat outside and wept, and beating his hands upon his face he said: 'I am fallen, in Thy compassion have mercy on me.'

When Adam saw the angel drive him out and shut the door of the divine garden, he groaned aloud and said: 'I am fallen, in Thy compassion have mercy on me.'

O Paradise, share in the sorrow of thy master who is brought to poverty, and with the sound of thy leaves pray to the Creator that He may not keep thy gate closed forever. I am fallen, in Thy compassion have mercy on me.

O Paradise, perfect, all-holy and blessed, planted for Adam's sake and shut because of Eve, pray to God for the fallen. I am fallen, in Thy compassion have mercy on me.

C. Sessional from the Triodion (Tone 4)

Adam was cast out from the delight of **Paradise**:/ bitter was his eating, when in uncontrolled desire he broke the commandment of the **Master**,/ and **he** was condemned to work the earth from which he had himself been **taken**,/ and to eat his bread in **toil** and sweat./ Therefore let us love **abstinence**,// that we may not weep as he did outside Paradise, but may enter **through** the gate.

Glory... Another Sessional Hymn from the Triodion

The season of the virtues now has come and the Judge is at the door. Let us not hold back with darkened face, but let us keep the Fast, offering tears, contrition and almsgiving; and let us cry: Our sins are more in number than the sand of the sea; but, Deliverer of all, forgive each one of us, that we may receive an incorruptible crown.

Both... Of the Feast

Of old, on Mount Sinai, Moses beheld the back-parts of God, and in the midst of the darkness and whirlwind he was counted worthy to hear the still small voice of God; and now Symeon hath received in his arms God Who hath become immutably incarnate for our sake. And he hastened to leave things here below for life everlasting; therefore, he cried out: 'Now lettest Thou Thy servant depart, O Master!'

Canticle Four

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Have mercy on me, O God, have mercy on me!

Thou hast counted me worthy of honour in Eden, O Master. But alas! in my wretchedness how have I been deceived by the envy of the devil and cast out from before Thy face!

O ranks of angels, O beauty of Paradise and all the glory of the garden: weep for me, for in my misery I was led astray and rebelled against God.

O blessed meadow, trees and flowers planted by God, O sweetness of Paradise: let your leaves, like eyes, shed tears on my behalf, for I am naked and a stranger to God's glory.

No longer do I see thee nor delight in thy joy and splendor, O precious Paradise. For I have angered my Creator and naked I have been driven out into the world.

Most Holy Theotokos, save us.

Rejoicing, the Theotokos cried out: O Symeon, initiate of ineffable mysteries, take in thine arms Christ, the Word become a babe, of Whom thou wast informed of old by the Holy Spirit, and cry out to Him: All things are filled with Thy praise!

Glory... O Symeon, rejoicing take up Christ, the little Child on Whom thou hast set thy hope, the Consolation of the Israel of God, the Creator and Master of the law, Who fulfilleth the order of the law; and cry aloud unto Him: All things are filled with Thy praise!

Both... Beholding the unoriginate Word borne as a babe in the flesh by the Virgin as on the throne of the cherubim, the Author of all, Symeon marveled and cried out to Him: All things are filled with Thy praise!

C. Katavasia Tone 3

Thy virtue hath covered the heavens, O Christ; for having issued forth from Thine immaculate Mother, the ark of Thy holiness, Thou hast appeared in the Temple of Thy glory as a babe borne in arms, and all things have been filled with Thy praise.

Canticle Five

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Have mercy on me, O God, have mercy on me!

Of old the enemy who hates mankind envied me the life of happiness that I had in Paradise, and taking the form of a serpent he caused me to stumble, and made me a stranger to eternal glory.

I weep and lament in soul, and with mine eyes I shed abundant tears, when I reflect upon the nakedness that is mine through the transgression.

Out of the earth was I fashioned by the hand of God, and I was told in my wretchedness that to the earth I should again return. Who would not weep for me! I am cast out from God's presence and have exchanged Eden for hell.

In faith we all proclaim thee as the mystical bridal chamber of glory, O undefiled Mother of God. Therefore I entreat thee: Raise me up, for I am fallen, and make me dwell in the bridal chamber of Paradise.

Most Holy Theotokos, save us.

The divine elder, comprehending the glory that was manifested of old to the prophet, beholding the Word held in His Mother's arms, cried out: Rejoice, O pure one, for as a throne dost thou hold God, the Light unwaning, Who reigneth with peace!

Glory... The elder, bowing low and divinely touching the feet of the Mother of God who kneweth not wedlock, said: O pure one, thou dost bear Fire! I fear to hold the infant God, the Light unwaning, Who reigneth with peace!

Both... Isaiah was purified by the burning ember brought by the seraph, the elder cried to the Mother of God, and thou dost illumine me, giving me Him Whom thou dost bear in thine arms as with tongs, the Light unwaning, Who reigneth with peace!

C. Katavasia Tone 3

In a vision Isaiah beheld God exalted/ upon a throne borne aloft by angels of glory,/ and he cried: Woe is me!/ for I have beheld beforehand the incarnate God,// the unwaning Light, Who reigneth with peace!

Canticle Six

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Have mercy on me, O God, have mercy on me!

O Saviour, in Thy compassion Thou hast clothed me in Eden with a divinely woven garment; but, persuaded by the devil, I neglected Thy commandment and was stripped naked in my wretchedness.

O miserable soul, thou hast departed far from God through thy carelessness; thou hast been deprived of the delight of Paradise and parted from the angels; thou hast been led down into corruption. How art thou fallen!

Almighty God, have mercy and take pity on the work of Thy hands. I have cut myself off from the choir of Thine angels; but I entreat Thee, loving Lord, reject me not.

O Mary chosen by God, Queen of the world, thou hast borne the Lord Who is King of all and Redeemer. I am a prisoner and an exile from the glory of Paradise: I entreat thee, call me back.

Most Holy Theotokos, save us.

In Sion wast Thou set as a stone of stumbling and a rock of offense for the disobedient, and the inviolate salvation of the faithful.

Glory... Manifestly bearing the lineaments of Him Who begot Thee before the ages, Thou hast now been clothed in the weakness of mortals in Thy lovingkindness.

Both... Now lettest Thou depart in peace him that worshipped Thee as the Son of the Most High, the Son of the Virgin, God become a Child.

C. Katavasia Tone 3

The Elder, having seen with his eyes the salvation/ that was come to the peoples, cried aloud unto Thee:// 'O Christ that comest from God, Thou art my God.'

P. Small Ectenia

C. Kontakion of the Feast (Tone 1) (see music)

O Thou that didst hallow the Virgin's womb by Thy birth/ and didst bless the hands of Symeon as was meet,/ by anticipation Thou hast now saved even us, O Christ God./ But in the midst of battle grant peace to Thy community,/ and strengthen the hierarchs whom Thou hast loved,// O Thou Who alone lovest mankind.

R. Ikos of the Feast

Let us make haste to the Theotokos, desiring to behold her Son borne to Symeon. Looking upon Him from heaven, the bodiless hosts are amazed, saying: "Things wondrous, most glorious, unapproachable and ineffable do we behold: for He Who created Adam is borne as an infant; He Whom naught can contain is held in the elder's arms; He Who is in the infinite bosom of His Father is of His own will limited by the flesh, but not in His divinity, He Who alone loveth mankind."

R. Reading from the Synaxarion and the Prologue

Canticle Seven

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Have mercy on me, O God, have mercy on me!

O Lord Who rulest over all the ages, Who by Thy will hast created me, I was beguiled of old through the envy of the crafty serpent and I angered Thee: despise me not, O God my Saviour, but call me back.

Woe is me, for in place of a robe of light I am clothed in shameful garments. I weep from my loss, O Saviour, and cry to Thee with faith: Despise me not, O God of love, but call me back.

The evil serpent in his envy wounded all my soul and caused me to be banished from the delight of paradise. In Thy loving compassion despise me not, O God my Saviour, but call me back.

O pure and blameless Lady, in thy loving compassion accept my entreaty; grant me forgiveness of my offenses, for fervently I cry aloud with tears: Despise me not, O good Virgin, but call me back.

Most Holy Theotokos, save us.

I go to announce the glad tidings unto Adam who dwelleth in hades and unto Eve, cried Symeon, joining chorus with the prophets, singing: Blessed is the God of our fathers!

Glory... God Who doth deliver the mortal race shall go even unto hades; He shall grant remission to all, sight to the blind, and even the mute shall chant: Blessed is the God of our fathers!

Both... And Symeon foretold to the Virgin: A sword shall pierce thy heart, O incorrupt one, beholding thy Son upon the Cross, to Whom we cry out: Blessed is the God of our fathers!

C. Katavasia Tone 3

We hymn Thee, God the Word/ Who bedewed the theologizing children in the fire/ and dwelt within the incorrupt Virgin,/ and piously we chant:// Blessed is the God of our fathers!

Canticle Eight

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

Glory to Thy Holy Resurrection, O Lord.

Stretching forth Thy hands, Thou didst gather in all the nations, O Master, and didst reveal the one Church which hymneth Thee, unto those in heaven and on earth, who sing together: Bless the Lord, all ye works of the Lord! Hymn and exalt Him supremely forever!

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

Theotokion

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

Have mercy on me, O God, have mercy on me!

O Lord Who alone lovest mankind, at the beginning Thou hast honoured the work of Thy hands with every kind of gift: but alas! the hateful serpent deceived us with his hissing and stripped us of the blessings which we had received.

Why hast thou hearkened to bitter counsel and disobeyed the divine ordinance? Woe to thee, miserable soul, thou hast grieved God! Yet thou wast created to glorify Him with the angels forever.

Thou wast the appointed ruler over creeping things and wild beasts: why then hast thou conversed with a creature that crept upon the earth, destroying souls? And why hast thou taken the destroying enemy as thy counselor? O my wretched soul, how hast thou been deceived!

O Mary, full of divine grace, tabernacle of the Light and dwelling-place of God incarnate, we sing thy praises. I am darkened grievously by the passions: Shine upon me with the light of mercy, O Hope of the hopeless.

Most Holy Theotokos, save us.

O people of Israel, beholding your glory, Emmanuel, the Babe born of the Virgin, now join ye chorus in the presence of the Ark of God, chanting: Bless the Lord, all ye works of the Lord, and exalt Him supremely for all ages!

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

Behold, cried Symeon, this One Who is both God and Babe shall be a sign of contradiction. O ye faithful, let us cry out: Bless the Lord, all ye works of the Lord, and exalt Him supremely for all ages.

Both... God the Word, being Life itself and having become a Babe, shall be the downfall of the disobedient, but the restoration of them that chant with faith: Bless the Lord, all ye works of the Lord, 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 3)

Standing together in the unbearable fire/ yet not harmed by the flame,/ the Children, champions of godliness, sang a divine hymn:/ 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: Christ, the Chief Cornerstone uncut by human hands,/ Who united the two disparate natures,/ was cut from thee, the unquarried mountain, O Virgin./ Wherefore, in gladness// we magnify thee, O Theotokos.

Glory to Thy Holy Resurrection, O Lord.

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

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

Triadicon

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

Have mercy on me, O God, have mercy on me!

Sweet seemed to me the taste of the fruit of knowledge in Eden when I took my fill of eating, but the end of it was gall. Woe to thee, O wretched soul! See how uncontrolled desire has made thee an exile from Paradise!

O God of all, Lord of mercy, look down compassionately upon my lowliness and do not send me far away from Eden; but may I perceive the glory from which I have fallen, and hasten with lamentations to regain what I have lost.

I lament, I groan, I weep as I look upon the cherubim with the sword of fire set to guard the gate of Eden against all transgressors. Woe is me! I cannot enter unless Thou, O Saviour, dost grant me free approach.

O Christ my Saviour, boldly I put my trust in the abundance of Thy mercies and in the Blood that flowed from Thy divine side; for through Thy Blood Thou hast sanctified the nature of mortal man, O loving Lord, and hast opened unto those that worship Thee the gates of Paradise that of old were closed to Adam.

Most Holy Theotokos, save us.

The ancients were wont to offer a pair of newborn doves and two young birds, but the godly elder and the chaste prophetess Anna serve in their stead, magnifying the only-begotten Son of the Father, Who was born of the Virgin and is borne into the temple.

Glory... Thou hast imparted unto me the joy of Thy salvation, cried Symeon. Accept Thou Thy servant, for I am weary of the shadow, as a mystic and sacred preacher of the new grace, magnifying Thee in praise!

Both... The aged Anna, chaste and venerable, prophesying in sacred manner, openly confessed the Lord in the temple, and she magnified the Theotokos, proclaiming her to all present.

C. Katavasia (Tone 3)

In the shadow and letter of the Law,/ let us, the faithful, discern a figure:/ every male child that opens the womb shall be sanctified to God./ Therefore do we magnify the firstborn Word and Son of the Father without beginning,// the firstborn Child of a Mother who had not known man.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Four, (Luke 24:1-12)

Lightning-bright with the virtues, we see standing upon the life-bearing tomb a man in shining garments while the women bearing myrrh bowed down their faces to the earth. Let us learn of the rising of Him Who reigns over heaven and let us hasten with Peter to Life in the tomb and wondering at that which has happened let us stay to behold Christ.

Glory... Exapostilarion from the Triodion

In my wretchedness, O Lord, I have disobeyed Thy commandment. Woe is me! I have been stripped of glory, filled with shame, and cast out from the joy of Paradise. I have been justly deprived of Thy blessings: but in Thy mercy and compassion take pity on me.

Both... Exapostilarion of the Feast

Set by the Spirit in the sanctuary, the elder doth take the Master of the law in his arms, crying out: 'Now loose Thou the bonds of my flesh in peace, as Thou didst say; for with mine eyes have I beheld the revelation of the gentiles and the salvation of Israel!'

C. Lauds: Tone 4 Stichera

Let every breath **praise** the Lord/
 Praise the Lord from the **Heavens**/
Praise Him in the **highest**/
 To Thee is due a **hymn**, O God/
 Praise Him, all ye His **Angels**://
 Praise Him, all ye His hosts.
 To Thee is due a **hymn**, O God.

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

Praise Him, O sun and moon; praise Him, all ye stars and light.
 Praise Him, ye heavens of heavens, and thou water that art above the heavens.
 Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.
 He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.
 Praise the Lord from the earth, ye dragons and all ye abysses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,

Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.

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

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

Sing unto the Lord a new song; His praise is in the church of the saints. Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

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

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

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

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

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

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

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

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

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

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

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

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

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

Stichera for the Feast (Tone 4)

5. **He** Who loveth mankind, fulfilling the law of the **Scriptures**,/ is now borne into the **temple**;/ and the **elder** Symeon receiveth Him in his arms, **crying**:/ 'Now Thou lettest me depart to Thy **blessedness**,/ for today I have seen clad in **mortal** flesh// Him Who hath dominion over life and **mast'ry** over death!

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

6. **Thou** didst show Thyself to be the Light of revelation,/ the Sun of righteousness seated upon a **light** cloud,/ fulfilling the shadow of the law,/ and revealing the beginning of the **new** grace./ Wherefore, Symeon, seeing Thee, **cried** out:// 'Set me free of corruption, for I have **seen** Thee today!'

V. Now lettest Thou Thy servant depart in peace, O Master, according to Thy word.

7. **Without** being separated from the bosom of the Father in Thy **divinity**,/ incarnate, as Thou didst so will, Thou wast held in the embrace of the Ever-**virgin**,/ and wast **given** into the arms of Symeon the God-**receiver**,/ O Thou Who holdest all things in **Thy** hands./ Wherefore, he cried **aloud** with joy:// 'Now Thou lettest me, Thy servant, depart in peace, for I have seen Thee, O **Master**!'

V. A Light to enlighten the gentiles, and the glory of Thy people Israel.

(Tone 6)

8. O **Christ** our God,/ Whose good pleasure it was to sit today in the arms of the **elder**,/ as in the chariot of the **cherubim**:/ in that Thou lovest mankind, deliver and save us who **hymn** Thee// calling us forth from the tyranny of the **passions**.

V. Arise, O Lord my God, lift up Thine hand: forget not Thy paupers to the end.

(Tone 6)

9. Adam was driven out of **Paradise**,/ because in disobedience he had **eaten** food;/ but Moses was granted the **vision** of God,/ because he had cleansed the eyes of his soul by **fasting**./ If then we long to dwell in **Paradise**,/ let us abstain from all **needless** food;/ and if we desire to **see** God,/ let us like Moses fast for **forty** days./ With sincerity let us persevere in prayer and **intercession**;/ let us still the **passions** of our soul;/ let us subdue the rebellious instincts of the flesh./ With light step let us set out upon the path to **heaven**,/ where the choirs of angels with never-**silent** voice/ sing the praises of the undivided **Trinity**;/ and there we shall behold the surpassing beauty of the **Master**./ O Son of God, Giver of Life, in Thee we **set** our hope:/ Count us worthy of a place there with the **angelic** hosts,/ at the intercessions of the Mother who **bore** Thee, O Christ,// of the apostles and the martyrs and of **all** the saints.

Glory... (Tone 6)

The time is **now** at hand/ for us to start upon the spiritual **contest**/ and to gain the victory over the demonic **powers**./ Let us put on the armor of abstinence and clothe ourselves in the glory of the **angels**./ With boldness Moses spoke to the Creator,/ and he heard the voice of the invisible God./ In Thy love for **man**, O Lord,/ grant us with the same boldness to venerate Thy **Passion**// and Thy Holy Resurrection.

Both now and ever... (Tone 2)

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

P. The Great Doxology

R. Dismissal Tropar:

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

P. Litanies

Dismissal

G/B... Gospel Sticheron, (Tone 4)

It is very early in the **morning**/ and the women went to Thy **tomb**, O Christ,/ but the **Body** desired by them was **not** to be found./ Therefore two men stood by them in shining **garments**/ and said to them as they were **much** perplexed:/ "Why seek ye the living **among** the dead?/ He is risen as He **beforehand** said./ Why remember ye **not** His words?"/ And believing the things they had seen they **proclaimed** them/ but it was thought that the good tidings were **idle tales**./ So dull still were the **disciples**./ But Peter ran and beholding, gave Thee glory in himself for the **wonders**.

R. Hours

Tropar: Resurrection & Feast

Kontak: Triodion/Feast alternating

At Liturgy:

Order of Troparia & Kontakia as follows:

Tropar Sunday

Tropar Feast

Glory... Kontak Feast

Both... Kontak Triodion

Prokimenon from the Triodion (Tone 8)

Make your vows and pay them to the Lord our God.

V. In Judea is God known; His name is great in Israel.

Prokimenon for the Feast (Tone 3)

My soul doth magnify the Lord...

Epistle(s): Rom 13:11b-14:4

Alleluia for the Triodion (Tone 6)

V. It is good to give praise unto the Lord, and to chant unto Thy name, O Most High.

V. To proclaim in the morning Thy mercy, and Thy truth by night.

Alleluia for the Feast (Tone 8)

V. Now lettest Thou Thy servant depart in peace, O Master, according to Thy word.

Gospel(s): Matt 6:14-21

Instead of "It is Truly Meet..." do Ode 9 of Feast w/refrain

Communion Verse: Praise Ye & I will take the Cup of Salvation...