

16th Sunday after Pentecost
 Commemoration of the Holy Hieromartyr Anthimus, Bishop of Nicomedia
 Commemoration of our Venerable Father Theoctistus, Fellow FASTER of Euthymius the Great

VESPERS: Tone 7

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

Stichera for the HM Anthimus (Tone 1)

5. O divinely wise and **blessed** one,/ with the dye of thy blood thou hast brightened thy sacred and divine **vesture**./ For **piously** thou hast gone from **strength** to strength/ and from glory to **glory**::// And now do thou pray that peace and great mercy be **granted** our souls.
6. **Thou** didst offer to God the unbloody **sacrifice**,/ as a most **lawful** priest;/ and **later**, as a **martyr** most true,/ thou didst offer thyself unto **Christ** with blood,/ as an **acceptable** sacrifice and a whole burnt **offering**,/ O divinely eloquent and most **honoured** one.// Him do thou entreat in behalf of those who **hymn** thee.
7. Legions of **martyrs** didst thou lead unto Christ, O father **Anthimus**,/ teaching and instructing by thy doctrines and **instructions**,/ **and** manifestly presenting thyself as an example, O divinely **wise** one./ With them do **thou** pray,// that peace and great mercy be given **to** our souls.

Stichera for St. Theoctistus (Tone 1)

8. O **father** Theoct**istus**,/ thy splendid memorial doth gladden the assemblies of monks with the **beauties** of thy life,/ the **riches** of thy **wonders**,/ and the **splendors** of thy gifts.// Entreat thou Christ, that peace and great mercy be **granted** our souls.

9. O **father** Theoctistus,/ the demons stood in awe of thy patient **abstinence**,/ and **they** were set at naught by thine unceasing supplications, O most **lauded** one;/ for thou didst acquire Christ as a **companion**.// Him do thou now beseech, that peace and great mercy be **granted** our souls.
10. O **father** Theoctistus,/ thou was a **dwelling** place of God;/ **for**, having preserved that which is in His **image**,/ proclaiming the truth by thy life, thou didst show forth the calling of thy holy model, O most **wondrous** one.// Entreat thou Christ, that peace and great mercy be **granted** our souls.

Glory... (Tone 6)

Thou wast a most **lawful** priest/ even to thine end, O blessed **Anthimus**;/ for, celebrating the divine and ineffable mysteries **as** a priest,/ thou didst shed thy blood for **Christ** God,/ and didst bring thyself to Him as a right acceptable **sacrifice**./ Wherefore, as thou dost possess boldness **before** Him,/ earnestly pray for those who with **faith** and love/ keep thine all-honoured **memory**,/ that they who honour it may be delivered from all temptations,// misfortunes and evil circumstances.

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

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

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

APOSTICHA: (Tone 7)

1. **Rising** from the tomb, O **Saviour** of the world,/ Thou **hast**, together with Thy flesh, **raised** up man:// To Thee, O Lord, be **glory**.
- V. The Lord is King,/ and hath put on glorious apparel.
2. **Come**, let us **worship** Him,/ Who **rose** from the tomb and gave **light** to all./ For **by** His resurrection on the **third** day/ He **set** us free from the **tyranny** of hell,// granting us life and great **mercy**.
- V. He hath made the world so sure/ that it cannot be moved.

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

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

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

Glory... (Tone 6)

O venerable **father**,/ word of thy corrections hath gone forth into **all** the earth;/ wherefore, thou hast received the reward of thy labors in the **heavens**./ Thou hast routed legions of **demons**/ and attained unto the ranks of the **angels**,/ whose life thou didst blamelessly **emulate**./ As thou hast boldness before **Christ** God,// ask **peace** for our souls.

Both now and ever... (Tone 6)

O all-hallowed **Virgin**,/ Christ, the Maker and Deliverer and Lord **proceeded** from thy womb,/ and clothing Himself in me, set man free from the original curse of **Adam**./ Wherefore, O all-pure **Virgin**,/ we sing without ceasing to thee as Mother of God and **Virgin**/ in truly the greeting of the **angel**:// Rejoice! O Lady, advocate and defender and **salvation** of our souls.

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 7

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

Sunday Troparia (Tone 7) (once only)

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

Troparion for the HM Anthimus (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 visions, 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 Anthimus. Entreat Christ God, that our souls be saved.

Glory... Troparion for the venerable Theoctistus (Tone 8)

With the streams of thy tears thou didst irrigate the barren desert,/ and with sighs from the depths of thy soul thou didst render thy labors fruitful an hundredfold,/ and becamest a beacon for the whole world, resplendent with miracles.// O Theoctistus, our father, entreat Christ God, that our souls be saved.

Both now and ever... (Tone 8) See music in book

Thou, O good Lord, for our *sakes* wast born of a **Virgin**/ and hast endured crucifixion, despoiling **death** by death,/ and as God, Thou hast *shown* forth the Resurrection./ Despise not the work of **Thine** hands./ Show Thy love for man, O **merciful** Lord./ Accept the intercession made on our behalf by the Theotokos who **bore** Thee,// and, O our Saviour, save Thy despairing people.

Lord Have Mercy 3x
Glory...

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

R. Sessional Hymns:

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

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

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

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

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

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

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

The women ran to Thy tomb, bearing myrrh and tears; and while the soldiers were keeping watch over Thee, the King of all, they said to themselves: "Who will roll away the stone for us?" But the Angel of great

Counsel had arisen, trampling down death. O Lord almighty, glory be to Thee!

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

R. Psalm 118

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

P. Small Ectenia

R. Ypakoe:

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

Hymn of Degrees: (Antiphon One)

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

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

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

Hymn of Degrees: (Antiphon Two)

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

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

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

Hymn of Degrees: (Antiphon Three)

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

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

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

P. Prokimenon: (Tone 7)

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

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

Let every breath praise the Lord.

GOSPEL #5

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

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

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

Canticle One

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

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

Holy hieromartyr Anthimus, pray to God for us!

Receiving a wreath of piety plaited of the dual strands of hierarchy and martyrdom, thou art blessed by Christ, O all-glorious one.

Thy sacred minister is brought to Thee, the Chief Shepherd, like an innocent and pure lamb, on the arms of the iniquitous.

Thou didst demolish the bastions of the heretics with the boldness of piety, O hierarch, preaching the uncreated Trinity.

Theotokion

O all-pure Theotokos, who in manner past nature gavest birth unto the eternal and all-divine Word incarnate: we hymn thee.

Venerable father Theoctistus, pray to God for us!

Smitten with the desire for dispassion, O wise father Theoctistus, thou didst quell the uprisings of the flesh, aided by God. And now, entreat the

Lord, that we be filled with noetic light who chant: For gloriously hath He been glorified!

The great Euthymius, having cleaved to thee with divine love, o father Theoctistus, abiding with thee mightily, trod the path of abstinence with true activity; and with thee he cried out: Let us sing unto the Lord, for gloriously hath He been glorified!

Glory... Thou didst subjugate thy body, O all-blessed Theoctistus, enslaving the carnal passions, for thou didst receive the effulgence of grace; and, illumined therewith, didst cry out in godly manner: Let us sing unto the Lord, for gloriously hath He been glorified!

Both... Having thee as their hope of salvation, O Virgin Mother of God, who gavest birth unto the Word, the all-wise ones, the beloved Euthymius and the divine Theoctistus, shone forth upon all with divine knowledge in abstinence, crying out to the Lord: For gloriously hath He been glorified!

C. Katavasia (Tone 8)

Inscribing the invincible weapon of the Cross upon the waters,/ Moses marked a straight line before him with his staff/ and divided the Red Sea,/ opening a path for Israel who went over dry-shod./ Then he marked a second line across the waters and united them in one,/ overwhelming the chariots of Pharaoh.// Therefore let us sing to Christ our God, for He has been glorified.

Canticle Three

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

The serpent who slithered forth from Eden, beguiling me with a desire to become a god, hath cast me down to the ground; but He Who is merciful and

compassionate by nature, having made His abode within thy womb and become like unto me, O Virgin Mother, hath taken pity and deified me.

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

Holy hieromartyr Anthimus, pray to God for us!

Having first served the Deliverer in thy sacred ministry, thou wast shown to be a hieromartyr; and after, thou didst make thyself a priestly sacrifice.

Thou wast not a hireling, but a shepherd most true, O venerable one, shedding thy blood for thy flock, O beloved of God.

Thou didst tend the flock of the Master with care, O hierarch; wherefore, thou hast made thine abode in a place of verdure.

Theotokion

By thine entreaties grant us aid, O all-pure one, repelling the assaults of grievous circumstances.

Venerable father Theoctistus, pray to God for us!

Thou didst mortify thy flesh with abstinence, O venerable one, and didst enlighten thy soul with gifts of divine grace.

Glory... Thou didst direct all thy desire toward thy Master, and didst arm thyself against the demons, O God-bearer.

Both... Chanting hymns, the fasters, divinely instructed, glorified thee as the Theotokos who gaveth birth to God, O Mistress.

C. Katavasia (Tone 8)

The **rod** of Aaron is an image of this **mystery**,/ for when it budded it **showed** who should be priest./ So in the Church that once was **barren**,/ the wood of the Cross has now put forth **flower**,// filling her with strength and **steadfastness**.

P. Small Ectenia

C. Kontakion for the HM Anthimus (Tone 4)

Having lived piously among priests and finished the path of martyrdom,/ thou didst extinguish the immolations of the idolaters, being a champion for thy flock, O divinely wise one./ Wherefore, it now honoureth thee, mystically crying out:/ By thy supplications deliver us from misfortunes,// O ever-memorable Anthimus.

R. Ikos for the HM Anthimus

Bestowing divine knowledge upon me, by thy supplications dispel the gloom of ignorance from my heart, that I may faithfully hymn thy holy memory, whereon the angelic choirs are divinely gladdened today, and men fittingly crown thy head with hymns of praise as with flowers, asking to receive from thee remission of their offenses, release from the evils of

lie, and to be delivered from enemies, visible and invisible, by thy prayers, O Anthimus, our father.

(There is no Kontakion nor Ikos for St. Theoctistus)

R. Sessional hymns

O wise one, thy blood, like that of Abel, cried out to God mystically from the ground, O divinely wise one; for thou didst clearly preach the uncreated Trinity. Wherefore, O Anthimus, shining forth as a shepherd, thou didst drive off the wild beasts of the heresies, in that thou art a protector of the Faith.

Glory... Chief among the fathers wast thou called, and thou wast an all-radiant beacon to the world, O venerable father Theoctistus. Wherefore, we honour thy memory unceasingly.

Both... Stretching forth thine all-pure hands, O Virgin Mother, protect those who set their hope on thee and cry out to thy Son: Grant Thou Thy mercies unto all, O Christ!

Canticle Four

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

For man, O pure one, thou gavest birth unto God, Who became incarnate of thy pure blood, and delivereth from many offenses those who with love glorify and honour thee, O Mother and Virgin.

Holy hieromartyr Anthimus, pray to God for us!

Transforming packs of wolves into lambs by thy discourse, O blessed one, thou wast slain in thy body, and didst commit thy spirit to the Lord.

Thy sacrifice was pleasing unto the King of all as a savor sweet and most precious: thee who dost offer it in divine wisdom and who art brought as an offering on the arms of the iniquitous.

Thou wast first anointed with the oil of the priesthood, O venerable one, and later thou wast perfected by the blood of thy suffering, O father.

Theotokion

As Thou art without sin, O God, grant us cleansing of the sins we have committed in ignorance, and bring peace to Thy world, through the prayers of her who gave birth unto Thee.

Venerable father Theoctistus, pray to God for us!

Thou wast shown to be a lover of the primal Wisdom, O all-wise one; for, wholly purified in soul and mind, thou didst live a blameless life, crying aloud: Glory to Thy power, O Lord!

Having rid thy mind of the tumult of the passions, O glorious one, and wisely set thy senses aright, thou didst hasten to undisturbed serenity, O father, diligently crying out: Glory to Thy power, O Lord!

Glory... Shaking off earthly grief through abstinence, the divine Theoctistus, Thy favored one, O Master, acquired heavenly hope, crying out with Euthymius: Glory to Thy power, O Lord!

Both... As thou didst appear in the world as a man from the Virgin, Thou hast granted victory to Thy venerable ones; for by Thy Cross they drove away the demons, crying out with faith: Glory to Thy power, O Lord!

C. Katavasia (Tone 8)

O Lord, I have heard the mystery of Thy dispensation;/ I have considered Thy works,// and I have glorified Thy Godhead.

Canticle Five

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

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

Holy hieromartyr Anthimus, pray to God for us!

Thou didst offer the unbloody sacrifice unto the Lord, and through thy blood didst bring thyself to Him as fruit, O Anthimus.

The divine Spirit enlightened thee, O hierarch; wherefore, we celebrate thine all-glorious memory.

Thy divine tongue dripped salvation, and the stream of thy blood dripped spiritual joy.

Theotokion

Still thou the constant tempest of my passions, O thou who gavest birth to the Helmsman and Lord.

Venerable father Theoctistus, pray to God for us!

Mortify our presumption and the uprisings of our flesh, O Thou Who lovest mankind, through the right acceptable supplications of Thy venerable one.

Glory... Thou lookest down upon us from on high, O most blessed one, and settest aright the life of us who keep thy memory with love, O wise one.

Both... The two most excellent and divinely called ones who lived together preached God Who was incarnate of the pure Virgin and hath shone forth ineffably upon us.

C. Katavasia (Tone 8)

O thrice-blessed Tree, on which Christ the King and Lord was stretched!/ Through thee the beguiler fell, who tempted mankind with the tree./ He was caught in the trap set by God,/ Who was crucified upon thee in the flesh,// granting peace unto our souls.

Canticle Six

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

The first-created Adam, who of old was banished from the divine delight of Eden through the treachery of the slayer of man, didst thou restore when thou gavest birth unto Him Who hath delivered us from his transgression, O thou who knewest not wedlock.

Holy hieromartyr Anthimus, pray to God for us!

Thou didst baptize thy people with water and the Holy Ghost, as thou thyself wast baptized; and thou wast again baptized in thy blood, O father.

Choice and precious as a branch of the vine of life, thou hast produced a multitude of fruit for thy Master, O most blessed one.

Cease not to make entreaties to Christ for thy flock, O blessed one, setting forth thy blood as supplication.

Theotokion

O Theotokos, we, the faithful, declare thee to be the temple and tabernacle of God, the animate chamber and the portal of heaven.

Venerable father Theoctistus, pray to God for us!

Thou didst shine forth upon those who are on earth like the sun, illumining them with the light of purity, emitting the radiance of the virtues, and teaching the splendors of chastity. And now, O Theoctistus, bring peace to the whole world by thy prayers.

Glory... Having been blessed with divinely wise thought, thou didst vanquish all things on earth, and didst prefer a heavenly inheritance, O all-blessed Theoctistus; and now thou manifestly livest in the heavens, rejoicing.

Both... O right gracious and godly ones, ye were attracted by the beauty of the love of Christ, Who appeared in the world in the flesh of the holy and pure Mother of God; and ye were shown to be models of the renowned life of monks.

C. Katavasia (Tone 8)

Jonah stretched out his hands in the form of a Cross in the belly of the sea **monster**,/ plainly prefiguring the redeeming **Passion**./ Cast out from hence after **three** days,/ he foreshadowed the marvelous Resurrection of **Christ** our God,/ Who was crucified in the flesh and **enlightened** the world// by His Rising on the **third** day.

P. Small Ectenia

C. Kontakion, Tone 7

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

R. Ikos

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

Canticle Seven

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

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

Holy hieromartyr Anthimus, pray to God for us!

Thy sacrifice was shown to be good and rich, O all-blessed Anthimus; for, offering up the unbloody sacrifice, thou didst offer thyself to the Master Himself with blood, crying out: O God of our fathers, blessed art Thou!

Having shepherded and been shepherded, thou didst derive wealth from both, O father; and safeguarding this, thou didst preserve it with the seal of martyrdom, chanting unto Christ: O God of our fathers, blessed art Thou!

Thou didst theologize concerning the nature of the Hypostases in the Church of the faithful, and, slain by the judgment of the unjust before it, O God-bearer, thou didst chant: O God of our fathers, blessed art Thou!

Theotokion

For our salvation Thou didst reveal Thyself incarnate of the Virgin's womb. Wherefore, knowing Thy Mother to be the Theotokos, we cry out in thanksgiving: O God of our fathers, blessed art Thou!

Venerable father Theoctistus, pray to God for us!

Having cleaved to thy Master with all thy desire and with steadfast abstinence, thou art now sustained by His splendors, crying out: Blessed art Thou, O Lord God, forever!

Thou didst offer thy life to the Master as a divine fruit, a pleasing and unblemished sacrifice, O thrice-blessed one, crying out: Blessed art Thou, O Lord God, forever!

Glory... Thou didst find the end of sickness and the delight which is in paradise, O father; for, through the narrow way thou didst attain unto the broad expanse of the kingdom, O most wise one, blessing Christ forever.

Both... Behold, the Virgin gave birth unto the divine Babe, acknowledging Whom as God and Lord, the God-bearers now cry out: Blessed art Thou, O Lord God, forever!

C. Katavasia (Tone 8)

The senseless decree of the wicked tyrant,/ breathing forth threats and blasphemy hateful to God, confused the people./ Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three Children,/ but standing together in the flame,/ fanned by the wind that brought refreshment as the dew, they sang:/ 'Blessed art Thou and praised above all,// O our God and the God of our fathers.'

Canticle Eight

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

With the light of thy birthgiving thou didst strangely enlighten the whole world, O Theotokos; for in thine arms thou dost bear Him Who is truly God, Who enlighteneth the faithful, who ever cry: O ye works of the Lord, hymn the Lord and exalt Him supremely for all ages!

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

Holy hieromartyr Anthimus, pray to God for us!

O ye faithful, let us be glad on the day of the commemoration of the right glorious hieromartyr, crying out: Thee do we exalt supremely, O Christ, forever!

Beholding a hierarch fittingly adorned with the crown of martyrdom, we hymn the Lord and exalt Him supremely forever.

Let us honour the favorite of the Trinity, who shed his blood for His sake, hymning and exalting the Lord supremely for all ages.

Theotokion

The unapproachable Light, Who dwelt within thee, O Virgin, hath shown thee to be a luminous and golden lamp forever.

Venerable father Theoctistus, pray to God for us!

Thy memorial is celebrated with praises, O God-bearer; for thou wast shown to be a nurturer of righteousness, courage, wisdom and chastity, O wise father, crying out to the Creator and Deliverer: Ye children, bless; ye priests, hymn; ye people, exalt Him supremely forever.

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

With godly praises let us honour the God-bearer as one manifestly full of grace and enlightened thoroughly with divine splendors, who crieth out to the Creator and Deliverer: Ye children, bless; ye priests, hymn; ye people, exalt Him supremely forever.

Both... The divinely wise fasters who were planted in godly manner by the virtues, yearned to philosophize with the desire for the hypostatic Wisdom which appeared to the world through thee, O all-immaculate Maiden, Whom the children bless, the priests hymn and the people exalt supremely for all ages.

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

C. Katavasia (Tone 8)

O ye children, equal in number to the **Trinity**,/ bless ye God the Father and Creator;/ Sing ye the praises of the Word Who descended and changed the **fire** to dew;/ and exalt ye above all forever the Most Holy **Spirit**,// Who gives **life** to all.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Triadicon

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

Most Holy Theotokos, Save us.

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

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

Holy hieromartyr Anthimus, pray to God for us!

Thou wast shown to be a faithful shepherd of thy sheep, and didst bring thyself as a lamb to sacrifice to the Shepherd, and didst receive twofold glory. Wherefore, honouring thee, we call thee blessed.

Depicting thy lineaments with abstinence in hues of piety, O all-blessed one, thou didst show thy soul to be truly according to the image of God, O blessed one.

Preserving thy traditions inviolate and honouring thy suffering, O father, with unceasing hymns we piously bless the Trinity in the One Nature of the Godhead.

Theotokion

Those who oppose Thy Church, O Christ, do Thou crush with Thine arm for the sake of the Theotokos; and confirm the faithful Orthodox hierarchs, that we may magnify Thee unceasingly.

Venerable father Theoctistus, pray to God for us!

Cleansed by the streams of thy tears, thou now delightest in the thrice-radiant Light, O Theoctistus; standing manifestly before It and illumined thoroughly with the rays emitted thereby, thou lookest down from on high upon us who keep thy memory, O most blessed one.

Armed with love and hope and protected with faith, thou didst set at naught the artifices and wiles of the enemy; and, as a crowned victor, thou now livest with the divine choirs of the angels and the venerable, around the throne of the King of all.

Glory... Having lived chastely, righteously and piously with men on earth, O divinely wise faster, ye shine in the heavens with the ranks of the incorporeal ones, delighting in the radiance of the Godhead, from whence, as victors, ye have rightly received crowns for your struggles.

Both... O ye two divine, all-radiant and sacred fathers of godly wisdom, by your supplications ask ye that God send down peace upon the world and true oneness of mind and faith upon the Churches, through the right acceptable supplications of the Theotokos, O all-blessed ones.

C. Katavasia (Tone 8)

O **Theotokos**, thou art a mystical **paradise**,/ who untilled hast **brought** forth Christ./ He has planted upon earth the life-giving **tree** of the Cross:/ Therefore at its exaltation on this day, // we worship Him and thee do we **magnify**.

P. Small Ectenia
 C. Holy is the Lord our God...

R. Exapostilarion Five (Luke 24:12-25)

Christ, the Life and the Way, risen from the dead, accompanied Cleopas and Luke on their way and He was made known to them at Emmaus at the breaking of the bread. And their souls and hearts were on fire when He spoke to them on the way and He interpreted to them the Scriptures and the things He had endured. Let us cry with them: "He is risen and has appeared to Peter."

Glory... Exapostilarion for the HM Anthemus

O city of Nicomedia, rejoicing, bring forth today a choir for the annual commemoration of thy good shepherd, and leap for joy, having a watchman preserving thee who is greater than the bane of the enemy.

Both... Theotokion

I sing the praises of Thy mercy without measure, O my Maker. For Thou hast emptied Thyself to suffer and save the nature of mortal man grown evil. And being God, Thou hast been pleased to be born from the Pure Maid of God according to my likeness, and Thou hast gone down even into hell, wishing by the intercession of Her that bore Thee to save me, O Word, Thou all-merciful Master.

C. Lauds: Tone 7 Stichera

Le-et every breath **praise** the Lord/
Praise the Lord from the **Heavens**/
 Pra-**aise** Him in the **highest**/
 To **Thee** is due a **hymn**, O God/
Praise Him, all ye His **Angels**;//
 Pra-**aise** Him, all **ye** His hosts.//
 To Thee is due a **hymn**, O God.

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

Praise Him, O sun and moon; praise Him, all ye stars and light.
 Praise Him, ye heavens of heavens, and thou water that art above the heavens.
 Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.
 He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.
 Praise the Lord from the earth, ye dragons and all ye abysses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,
 Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.
 His praise is above the earth and heaven, and He shall exalt the horn of His people.
 This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.
 Sing unto the Lord a new song; His praise is in the church of the saints.
 Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

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

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

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

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

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

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

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

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

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

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

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

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

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

5. O **Lord**, by thy mighty **power**,/ Thou hast **broken** in pieces the gates of
hell and brought down the **dominion** of death,/ **and** as Master of the
inhabited earth and **almighty** God,/ **Thou**, by Thy divine and glorious
Resurrection// hast raised up the dead lying from eternity in **darkness**.

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

6. **Come**, let us rejoice in the **Lo-ord**,/ and make **glad** in His Resurrection,/ **for** with Himself He raised up the dead from the enduring **bonds** of hell,/ granting the **world**, **because** He is God,// eternal life and great **mercy**.

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

7. An **angel**, shining like **lightning**,/ sat **upon** the stone of the tomb, that had **held** life,/ and he **announced** the good tidings to the women, **saying**:/ 'As He **said** unto you, the Lord is **risen**./ **Announce** to His disciples that He goeth before you into **Galilee**,// and that He granteth the world eternal life and great **mercy**.

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

8. O iniquitous Jews! Why did ye reject the **Cornerstone**?/ **He** is the stone that God laid in **Zion**:/ **He** it is Who made water gush out of the rock in the **wilderness**,/ and Who pours **forth** from His side immortality **unto** us./ **He** is the Stone that was cut from the Virgin Mountain without the **will** of man./ **He**, as Daniel said, is the **Son** of Man/ coming **upon** the clouds of heaven going towards the **Ancient** of days// and His Kingdom is **everlasting**.

Glory... Gospel Sticheron (Tone 5)

How **wise**, O Christ, are Thy **judgments**!/ How by the grave clothes lying alone, Thou hast given Peter to understand Thy Resurrection!/ And **Thou** hast conversed on the way with Luke and Cleopas,/ and while **conversing**, Thou hast not straightway made Thyself **manifest**./ Therefore hast Thou been reproached as being only a stranger in **Jerusalem**/ not **sharing** to the end in her **counsels**./ But **dispensing** all things for the expedience of the **creature**,/ Thou hast unfolded the prophetes **concerning** Thee/ and **made** Thyself known to them by the **blessing** of the bread./ And their **hearts** were set on fire by **knowledge** of Thee./ And they already plainly proclaimed Thy Resurrection to the assembled **disciples**.// Through which have **mercy** upon us.

Both now and ever... (Tone 2)

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

P. The Great Doxology

R. Dismissal Tropar:

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

P. Litanies
Dismissal

R. Hours
Tropar: Resurrection & Anthimus/ Theoctistus alternating
Kontak: Resurrection

At Liturgy:

Order of Troparia & Kontakia as per Double service

Prokimenon for Tone 7

The Lord will give strength unto His people; the Lord will bless His people with peace.

V. Bring unto the Lord, ye sons of God, bring unto the Lord the sons of rams.

Prokimenon for the Saints (Tone 7)

Precious in the sight of the Lord...

Epistle(s): IICor 6:1-10 & Heb 13:7-16

Alleluia for Tone 7

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 Saints (Tone 2)

Gospel(s): Matt 25:14-30 & John 10:9-16

Communion Verse: Praise Ye & In everlasting remembrance...