

4th Sunday in Great Lent
Commemoration of St. John of the Ladder

VESPERS: Tone 4

P. Regular Beginning

C. Lord I have cried...

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

Sticheron from the Triodion, (Tone 8)

8. O **holy father** John,/ truly hast thou ever carried on thy lips the **praises** of the Lord,/ and with great wisdom hast thou studied the words of Holy **Scripture**/ that teach us how to practice the **ascetic** life./ So

hast thou gained the riches of grace, and thou hast become **blessed**,// overthrowing all the purposes of the **ungodly**.

9. Most **glorious father** John,/ with the fountain of thy tears thou hast **cleansed** thy soul,/ and by keeping vigils through the night thou hast gained God's **mercy**./ Thou wast raised on wings, O **blessed** one,/ to the love of Him and of His **beauty**;// and as is right thou dwellest now in His **unending** joy,/ with thy fellow soldiers in the **spiritual** fight,// O holy **saint** of God.
10. O **holy father** John,/ through faith thou hast lifted up thy mind on **wings** to God;/ hating the restless confusion **of** this world, /thou hast taken **up** thy Cross;/ and, following Him Who **sees** all things,/ thou hast subjected thy rebellious body to His guidance through ascetic **discipline**,// by the power of the Holy **Spirit**.

Glory... (Tone 5)

O holy **father**,/ hearing the voice of the **Gospel** of the Lord,/ thou hast forsaken the world, counting as naught its riches and its **glory**;// and so thou hast cried **out** to all:/ 'Love God, and ye shall find **eternal** grace./ Set nothing higher **than** His love,/ that, when He comes in glory, ye may find rest with **all** the saints.'// At their prayers, O Christ, guard and **save** our souls.

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

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 2)

Let us honour John, angel upon earth and man of God in **heaven**,/ adornment of the world, joy of the good and **virtuous**,/ glory of **ascetics**./ For planted in the house of God he has blossomed with the flower of **holiness**,/ and spread abroad like a cedar in the **desert**,/ causing the sheep of Christ's **spiritual** flock// to increase in sanctity and **righteousness**.

Both now and ever... (Tone 2)

Here is a new wonder greater than all the **miracles** of old,/ for who has ever known a mother bear a child without the **help** of man?/, and **hold** in her arms Him Who encompasseth the whole creation?/ It was the will of God to be **born** and thou,/ O all-pure Virgin, hast carried Him, an **infant** in thine arms./ The boldness of a mother is **therefore** thine./ Do thou then pray to Him without ceasing for us who **honour** thee,// and entreat Him to save our souls and have mercy upon us.

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 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.

Glory... Troparion of the saint, (Tone 1)

O dweller of the wilderness and angel in the body!/ You were a wonderworker, O our Godbearing Father John!/ You received heavenly gifts/ through fasting, vigil, and prayer:/ healing the sick and the souls of those drawn to you by faith./ Glory to Him Who gave you strength!/ Glory to Him Who granted you a crown!// Glory to Him Who through you grants healing to all!

Both now and ever... (Tone 1)

At the **sound** of Gabriel's voice calling out to thee: "Hail, **Virgin**,"/ the Master of all things became **incarnate** in thee,/ **thou** the Holy Tabernacle,/ as David the **righteous** said./ In **bear**-ing thy Creator, thou hast shown thyself to surpass the vastness of the **heavens**./ Glory unto Him Who **dwelt** in thee./ **Glory** unto Him Who from thee came **forth**./// Glory unto Him, Who by thy childbirth hath **set** us free.

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.

R. Psalm 118
 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 #1

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.

Most Holy Theotokos, Save us.

The people were shaken, the nations were troubled, and mighty kingdoms bowed down out of fear of thine Offspring, O pure one. For my King came: He cast down the tyrant and hath delivered the world from corruption.

Christ, Who dwelleth in the highest and descended unto mortal man, sanctified thee as His dwelling-place, and showed thee forth as unshaken. For thou, having borne the Creator, hast remained a treasury of virginity after childbirth.

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

O Christ my Saviour, I have become like the man who fell among thieves, who was wounded and left half dead. For through my sins I have wounds more grievous than his.

Stripped of all Thy wealth, he cried out lamenting: 'O Saviour, I am gravely wounded; leave me not to the thieves.' So do I also pray to Thee: Merciful Lord, O save me.

My mind has been scourged with the whips of sin by wicked thieves and evil thoughts. Heal, Christ my Saviour, and save me, for Thou art rich in mercy.

Theotokion

O undefiled Mother of Christ, God took flesh from thee while yet remaining always in the bosom of the Father; pray to Him without ceasing, that He may save from every peril the creatures He has formed.

Venerable father John, entreat God for us.

Ascending from the dark sorrow of material things, O holy John, thou hast gone to dwell in spiritual light: Give me light through thine intercessions to the Lord.

Suckled on the sweetness of abstinence, thou hast cast away the bitterness of sensual indulgence; and so, father, thou givest us a pleasure sweeter than honey and the honeycomb.

Glory... Ascending to the height of the virtues and rejecting the pleasures that creep upon the ground, O holy father, thou hast become the sweetness of salvation to thy flock.

Both... O thou who ineffably hast borne the Word and Wisdom of the Father, heal the harsh wounds of my soul and still the anguish of my heart.

C. Katavasia (Tone 4)

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

Canticle Three

Irmos: 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!"

Most Holy Theotokos, Save us.

The essence of men is purified, having been united through thee with the unbearable divine Fire, O all-pure Virgin, baked into Bread which was hid within thee, and Who preserved thee unharmed.

Who is this who is truly close to God? For, having surpassed all the ranks of the angels, she alone shineth forth as the Mother of the Almighty in the beauty of virginity.

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

Journeying on the path of life, O Christ, I have been sorely wounded by thieves because of my passions: I pray Thee, raise me up.

Thieves have robbed my mind and left me half dead, wounded by my sins: but heal me, O Lord.

My passions have stripped me bare of Thy commandments, O Saviour Christ, and I have been scourged by sensual pleasures. But pour oil upon my wounds.

Theotokion

Pray without ceasing, O pure Bride of God, to Him Who came forth from thy womb, that those who sing thy praises may be delivered from the deceit of the devil.

Venerable father John, entreat God for us.

With the fiery coal of thine ascetic warfare, O saint, thou hast burnt up the thorns of the passions, giving warmth through thy fervor to all who follow the monastic life.

Through thine ascetic labors, O saint, thou hast become myrrh of sanctification, offered up as sweet-smelling fragrance to God.

Glory... Attentive to the laws of asceticism, with the waters of thy tears thou hast drowned the passions, as the soldiers of Pharaoh once were drowned in the Red Sea.

Both... Check the restless tumult of my thoughts, O pure Mother of God, and guide me to thy Son.

C. Katavasia (Tone 4)

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

P. Small Ectenia

C. Kontakion of the Saint (Tone 4)

Truly the Lord has set thee/ as a fixed star/ in the firmament of abstinence,/ giving light to the ends of the earth,// O Father John our teacher.

R. Ikos

Truly, O father, thou hast made thyself into a house of God, adorned through thy divine virtues with faith, hope and true love, as if with gold shining from afar; thou hast explained the laws of God, and practiced abstinence as one who has no flesh; acquiring wisdom, courage, chastity and humility, thou wast raised on high; thou wast illumined with unceasing prayer, and hast attained the tabernacles of heaven, O father John our teacher.

R. Sessional hymns

With Thy Holy Cross as our weapon of salvation, we cry aloud to Thee, our Saviour: O Thou Who willingly hast suffered for our sake, save us, God of all, in thy great mercy.

Glory... Shining with the glory of the virtues, thou hast gone up to dwell in heaven, and in holiness thou hast entered the boundless depth of contemplation. Thou hast exposed to mockery all the snares of the demons, protecting mankind from their cruel violence. And now, O John, ladder of the virtues, thou dost intercede for the salvation of thy servants.

Both... He Who is enthroned upon the cherubim and Who dwells in the bosom of the Father, sits incarnate in thy bosom, O Lady, as though upon His holy throne. As God He is the ruler of all nations, and with understanding now we sing to Him; entreat Him for the salvation of thy servants.

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!"

Most Holy Theotokos, Save us.

The Invisible One, becoming visible, dwelt with men; He Who is in the form of the unapproachable Divinity took on a form alien to Himself through thee, O Maiden, and He saveth those who acknowledge thee to be the pure Mother of God.

The Virgin received the Immaterial One into material participation in matter, when He became a babe through her; wherefore, He alone is known in two essences: as incarnate God and transcendent man.

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

Thieves have despoiled me of my godly actions, leaving me chastised and in agony.

My unstable thoughts have stripped me bare of Thy commandments, O Saviour, and I have been scourged by my transgressions.

The Levite, when he saw me wounded, passed by on the other side, O Saviour; but do Thou preserve me.

Theotokion

As is right, we glorify thee, Virgin Theotokos, and with all the faithful we take refuge in thy haven.

Venerable father John, entreat God for us.

Thou art a fragrant meadow and a living paradise of the virtues, in which there grows the fruit of abstinence; and with it thou dost nourish all who honour thee.

For all who follow the ascetic and monastic way, thou art in truth a lawgiver like Moses, a meek and gentle ruler like David; and we bless thee, father.

Glory... Planted beside the waters of abstinence, O blessed father, thou art become a fruitful vine, bearing the grapes of true sanctity.

Both... Within time, O Mother of God, thou hast borne for us Him Who shone forth timelessly from the Father. Entreat Him to save those who sing thy praises.

C. Katavasia (Tone 4)

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

Canticle Five

Irmos: 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.

Most Holy Theotokos, Save us.

The Son of God, making His abode within thee, made thee for us a house of glory, the holy mountain of God, His bride, bridal-chamber and temple of sanctity, a paradise of everlasting delight, O pure one.

Through the Virgin's blood, O Christ, Thou didst receive blood which is seedless, all-pure, hypostatic, reasonable and noetic, animate, active, with a will, possessed of its own power, self-governing.

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

Bind up, O Jesus, the wounds of my soul, as the Samaritan bound up the wounds of him that fell among thieves, and heal me from my pain, I pray, O Christ.

Scourged by my transgressions, O Christ, my soul is sick and in agony, and I lie naked and bereft of the divine virtues; but I beseech Thee, save me.

When the priest and the Levite saw me, they could not help me, but passed by on the other side. But Thou in Thy compassion hast given me salvation and preserved me.

Theotokion

I entreat Thee, Master, despise me not in my wretchedness, for my mind has been scourged painfully by thieves. But take pity on me, Saviour, at the intercessions of Thy Mother.

Venerable father John, entreat God for us.

O blessed father, thou hast quenched all the passions with the dew of thine ascetic struggles, and with the fire of love and faith thou hast kindled the lamp of abstinence; thou art a light of dispassion and a child of the day.

With thy divine husbandry, O father, thou hast tended the grapes of faith; thou hast gathered them to the winepress and pressed them out by the labors of ascetic warfare; and, filling the spiritual cup of abstinence, thou makest glad the hearts of thy flock.

Glory... With courage thou hast endured the assaults and wounds of the enemy; thou art a pillar of steadfastness, supporting thy flock, O blessed father; guiding thy sheep with the staff of God, thou feedest them in green pastures and beside the waters of abstinence.

Both... As thou thyself hast said, we call thee blessed, O Virgin. For the Lord has indeed done unto thee great things and magnified thee; born from thy womb, He has made thee true Mother of God.

C. Katavasia (Tone 4)

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

Canticle Six

Irmos: 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.

Most Holy Theotokos, Save us.

Of old the serpent beguiled and slew me through my first mother Eve; but now, O pure one, He Who fashioned me hath through thee called me back from corruption.

The Abyss of compassion ineffably showed thee to be His chosen abyss of miracles, O Maiden; for from thee hath Christ the pearl shone forth through the lightning-flashes of His divinity.

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

I have wasted my God-given life on the passions, O Master, and I am fiercely scourged in every part by my transgressions; but I turn to Thee for refuge and I pray: Have pity on me.

Scourging my mind with the passions, thieves have seized my wealth and left me as one dead. But take pity on me and save me, O Lord.

When the Levite saw how painfully I had been scourged, unable to endure the sight of my wounds he passed by on the other side. But Thou in Thy love hast poured upon me Thy rich mercy.

Theotokion

Rightly do we glorify thee as the Bush unconsumed by fire, the Mountain and the living Ladder and the Gate of Heaven, O glorious Mary, pride of the Orthodox.

Venerable father John, entreat God for us.

Thou hast received in thy soul the divine wealth of the Spirit; prayer without reproach, chastity, modesty, unremitting watchfulness, the labors of abstinence; and through these things thou hast become a house of God.

O wise father, thou hast passed by the worthless joys of this material world, and raised thy mind upon the wings of immaterial prayer; and through the perfection of thy life thou hast received an inheritance on high.

Glory... With the sweat of thine ascetic toil thou hast quenched the fiery arrows of the enemy; kindling the fire of faith, thou hast burnt up the proud insolence of unbelief and heresy.

Both... The majesty of the Most High has shone out from Zion; through an ineffable union He has put on flesh from thee, O Virgin, and brought light to the world.

C. Katavasia (Tone 4)

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

P. Small Ectenia

C. Kontakion Tone 4

My Saviour and Redeemer as God/ rose from the tomb and delivered the earthborn from their chains./ He has shattered the gates of hell,/ and as Master,// He has risen on the third day.

R. Ikos

O all ye mortals, let us all hymn Christ, the Bestower of life, Who hath arisen from the dead and the grave on the third day, demolished the gates of death by His own power today, slain hades, broken the sting of death, and freed Adam and Eve; and let us earnestly cry out praise, for He alone, as the only mighty God and Master, hath arisen on the third day.

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!

Most Holy Theotokos, Save us.

The fire of love for the Virgin which is within my heart moveth me to hymnody, so that I cry out to the Mother and Virgin: O blessed one, the Lord of hosts is with thee.

Thou wast shown to transcend creation, in that thou gavest birth to the Creator and Lord; wherefore, O Theotokos, I cry out to thee: O blessed one, the Lord of hosts is with thee.

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

Thieves fell upon me, poor wretch, and scourging me they left me a lifeless corpse; therefore I pray to Thee: Come to my aid.

My ever-moving thoughts have robbed my mind and, striking me through the passions, they have left me dead, because of the multitude of my transgressions. But O Saviour, heal me.

When the Levite saw me, injured and in pain, thinking my wounds incurable and unable to endure the sight of them, he passed by on the other side. But, O my Saviour, do Thou make me whole.

Theotokion

Taking flesh from the Virgin, O Christ, Thou hast saved me, pouring the oil of Thy rich mercy on my wounds. Therefore I glorify Thee.

Venerable father John, entreat God for us.

Thou hast led thy flock to pasture, O father, in the green meadows of the heavenly Kingdom, and with the rod of true dogma thou hast driven away the wild beasts of heresy; and thou dost sing aloud: O God of our fathers, blessed art Thou.

Thou hast entered into the joy of the heavenly bridal chamber of Christ the King, clothed in a garment worthy of Him that called thee to the feast; and, seated beside Him, thou dost cry aloud: O God of our fathers, blessed art Thou.

Glory... O father, thou art a river of abstinence, not polluted with sin, but washing clean the thoughts and purging away the filth of those who cry aloud in faith: O God of our fathers, blessed art Thou.

Both... The Lord of all came forth from thy womb, taking flesh from thee, O Virgin. Therefore with true Orthodox faith we honour thee as Theotokos, and we cry to thy Son: O God of our fathers, blessed art Thou.

C. Katavasia (Tone 4)

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

Canticle Eight

Irmos: 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.

Most Holy Theotokos, Save us.

The Lord of all, Who fashioned thee of the rib of Adam, became incarnate of thy virginity. Unto Him do we cry out, chanting: Bless the Lord, all ye works, and exalt Him supremely forever!

In a shadow Abraham beheld the mystery which is in thee, the Theotokos; for he received thine incorporeal Son, chanting: Bless the Lord, all ye works! Hymn and exalt Him supremely forever!

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

Robbed by my thoughts and scourged by my transgressions, O Saviour, I have ruined my life, and I have been stripped of Thy divine image, O God Who lovest mankind; but take pity on me.

Thou hast come down upon earth from on high, O Saviour, taking pity on me when I was wounded in every part by the scourgings of sin; and in Thy compassion, O Christ, Thou hast poured upon me the oil of Thy mercy.

O Master and Saviour, Thou hast given Thy body and soul as a ransom for me; when I was wounded in every part by the great number of my offences and there was none to heal me, Thou hast saved me in Thy mercy.

Theotokion

At the word of the God-Man, O Virgin, in ways past understanding thou hast borne the Lord and still remained inviolate. With all His works we bless thee and exalt thee above all forever.

Venerable father John, entreat God for us.

O father John, truly in thee we have a living pillar and image of abstinence, and we all honour thy memory.

The brotherhood of monks rejoices, and the assembly of the saints and the righteous dances with gladness: for as thy just reward thou hast received a crown with them.

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

Adorned with the virtues, thou hast entered the bridal chamber of ineffable glory, singing in praise of Christ forever.

Both... Reject us not, O Virgin Maiden, for we need thy help; and we sing in praise of thee and exalt thee above all forever.

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

C. Katavasia (Tone 4)

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

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: 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.

Most Holy Theotokos, Save us.

We behold thee as a lily, arrayed in a robe dyed by the divine Spirit, O all-pure one, resplendent amid thorns and filling with sweet fragrance those who sincerely magnify thee.

The Incorrupt One, receiving corrupt human nature from thy womb, O most immaculate one, showed it to be incorrupt within Himself, in His loving-kindness; wherefore, we magnify thee as the Theotokos.

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

Yielding by my own free choice to the passions of sensual pleasure, I have not kept Thy commandments, O Master; I have been stripped of grace and I lie wounded and naked. Therefore I pray to Thee, O Saviour, save me.

The Levite could not cleanse my wounds, but Thou hast come to me in Thy compassion, O loving Saviour, and poured upon me the oil of Thy mercies; and as the best of all physicians Thou hast healed me.

Since Thou art compassionate, Thou hast taken pity on me and saved me, O Christ my Saviour, when I had been painfully scourged by the thieves; and instead of the two silver pieces Thou hast given Thy Soul and Body as a ransom for me.

Theotokion

Beyond our understanding is thy childbearing, O Mother of God. For without man thou hast conceived, and in virginity thou hast given birth; and the Child that thou hast borne is God. Him we magnify, O Virgin, and we call thee blessed.

Venerable father John, entreat God for us.

O blessed in God, thou art a physician to those sick through sin, an expeller of evil spirits; therefore we call thee blessed.

Leaving the earth wherein corruption dwells, thou hast gone to live, O father, in the land of the meek and gentle, and with them thou rejoicest in the blessings of God.

Glory... Today is a festival, for it calls together every part of the monastic flock, inviting all to share in a feast of spiritual rejoicing and in the food of sinless life.

Both... He Who took up His abode in thee, all-blameless Lady, has overthrown the murderer that in malice caused the fall of our first father and mother; He has been born and He has saved us all.

C. Katavasia (Tone 4)

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

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion One (Mt 28:16-20)

Let us go with the disciples into a mountain of Galilee to behold with faith Christ saying: Let us learn to receive power over things above and below; how to teach all the nations and to baptize them in the Name of the Father, the Son and the Holy Spirit, and as was promised I shall be even unto the end of the world with those who know the mysteries.

Glory... Exapostilarion from the Triodion

Thou hast rejected as burdensome the ease of the world; causing thy flesh to waste away through fasting, thou hast renewed the strength of thy soul, and thou wast enriched, O honoured saint, with heavenly glory. Cease not to intercede on our behalf, O John.

Both... From the Triodion

Saved through thee, O Lady, we acknowledge Thee to be in truth the Theotokos; for in ways past speech Thou hast borne God, Who has destroyed death by the Cross and called to Himself the assemblies of the saints. With them we praise Thee, O Virgin.

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.

5. Without **parting** from the bosom of the **Father**,/ O Only-begotten **Son** of God,/ Thou **hast** in Thy love for mankind descended to earth and become **man** in truth,/ and, impassible in Thy **Divinity**/ hast Thou suffered the Cross and **death** in the flesh/ and Thou hast risen **from** the dead/ and granted mankind **immortality**// because Thou alone art **Almighty**.

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

6. The **stones** fell on **Golgotha**/ when Thy Cross was set up, O **Saviour**,/ and the **gatekeepers** of hell were afraid when Thou wast laid in the **tomb** as dead./ For Thou hast destroyed the power of death by Thy **Resurrection**,/ and hast granted all the dead incorruption, O **Saviour**:/ Glory be **unto** Thee,// Lord and **Giver** of Life.

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

7. The **women** wished to behold Thy Resurrection, O **Christ** our God,/ and Mary Magdalene went **before** them/ and **found** the stone rolled back **from** the tomb,/ and an angel sitting **there** who said:/ Why do ye seek the living **among** the dead?/ He is **risen** as God,// so as to **save** the world.

V. I will be glad and rejoice in Thee, I will chant unto Thy name, O Most High.

8. **Where** is Jesus Whom you thought you had **under** watch?/ Tell us, O Jews, where is He Who was laid in the tomb upon which **seals** were put?/ Give up the **dead**, O ye who **rejected** the Life./ Yield up the Body or believe in Him **risen**./ If ye keep silence about His **rising**,/ the stone rolled back from the tomb will itself **cry** aloud./ Great is Thy mercy, great the mystery of Thy **dispensation**:// Glory be to Thee, O **Saviour**.

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

(Tone 1)

9. **Come**, let us work in the mystical **vineyard**,/ making fruits of repentance grow **within** it;/ let us not labor for the sake of **food** and drink,/ but through prayer and fasting let us gain the **virtues**./ And the Lord of the vineyard, pleased by our labor, will provide the **payment**,/ whereby He redeems our souls from the **debt** of sin,// for He alone is rich in **mercy**.

Glory... From the Triodion, (Tone 1)

Come, let us work in the mystical **vineyard**,/ making fruits of repentance grow **within** it;/ let us not labor for the sake of **food** and drink,/ but through prayer and fasting let us gain the **virtues**./ And the

Lord of the vineyard, pleased by our labor, will provide the **payment**,/
whereby He redeems our souls from the **debt** of sin,// for He alone is rich in
mercy.

Both now and ever... (Tone 2)

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

P. The Great Doxology

R. Dismissal Tropar:

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

P. Litanies
Dismissal

C. G/B... Gospel Sticheron (Tone 1)

When the **disciples** had gone up into the **mountain**,/ for His ascension
from the earth,/ the Lord stood **by** and they **worshipped** Him./ And, having
been taught that power had been given to them **everywhere**,/ they were **sent** as
far as heaven **covers**/ to preach the Resurrection from the dead,/ **and** the
restoration to **heaven**./ And Christ, God and **Saviour** of our souls,//
promised without fail to be with them **eternally**.

R. Hours
Tropar: Resurrection & Saint John
Kontak: Resurrection

At Liturgy of St. Basil:

Order of Troparia & Kontakia (for Temple of a Saint):

Tropar Sunday
Tropar Temple
Tropar St. John
Kontak Sunday
Kontak Temple
Glory... Kontak St. John
Both... O Unfailing Intercessor...

Prokimenon for Tone 4

How magnified are thy works, O Lord! In wisdom hast Thou made them all!
V. Bless the Lord, O my soul; O Lord my God, Thou hast been magnified
exceedingly.

Prokimenon for Saint John (Tone 7)

The saints shall boast in glory and they shall rejoice upon their beds.

Epistle(s): Heb 6:13-20 & Eph 5:9-19

Alleluia for Tone 4

V. Bend thy bow, and proceed prosperously, and be king, because of truth
and meekness and righteousness

V. Thou hast loved righteousness and hated iniquity.

Alleluia for St. John (Tone 2)

Gospel(s): Mark 9:17-31 & Matt 4:25-5:12

Instead of "It is Truly Meet..." do "All Creation Rejoiceth..."

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