

The First Sunday in Lent
The Sunday of Orthodoxy
Commemoration of the First & Second Findings of the
Precious Head of the Holy Prophet and Forerunner John the Baptist

VESPERS: Tone 4

P. Regular Beginning

C. Lord I have cried...

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

Stichera from the Triodion, (Tone 6)

4. The prophets, inspired by Thy **Spirit**, O Lord,/ foretold that Thou, Whom nothing can **contain** or grasp,/ and Who hast shone forth in eternity before the **morning** star/ from the immaterial and bodiless womb of the **Father**,/ wast to become a child, taking flesh from the **Virgin**,/ being joined to men and seen by **those** on earth./ At the prayers of these Thy **prophets**,/ in Thy compassion count us worthy of **Thy** light,// for we sing the praises of Thine ineffable and holy Resurrection.
5. The divinely-inspired **prophets**/ preached Thee in word and **honoured** Thee in works,/ and they received as their reward **life** without end./ For they steadfastly refused, O **Master**,/ to worship the creation instead of Thee, the Creator;/ they renounced the whole world for the **Gospel's** sake,/ and in their suffering they were conformed to Thy Passion which **they** had foretold./ At their **intercessions**,/ count us worthy to pass through the period of the Fast **without** offense,// for Thou alone art rich in **mercy**.
6. Thou Who art uncircumscribed, O Master, in Thy divine **nature**,/ wast pleased in the last times to take flesh and be **circumscribed**;// and in assuming flesh, Thou hast also taken on Thyself all its distinctive **properties**./ Therefore we depict the likeness of Thine **outward** form,/ venerating it with an honour that is **relative**./ So we are exalted to the **love** of Thee,/ and following the holy traditions handed down by the **apostles**,// from Thine icon we receive the grace of **healing**.

7. As a precious **adornment**/ the Church of Christ has received the venerable and holy icons of the **Saviour** Christ,/ of God's Mother and of **all** the saints./ Celebrating now their triumphant **restoration**,/ she is made bright with grace and **splendor**,/ and drives away all **heretics**./ With great rejoicing she gives glory unto God Who **loves** mankind,// and Who for her sake endured His voluntary **Passion**.

Stichera from the Forerunner (Tone 5)

8. **Rejoice**, O sacred and **light**-bearing head,/ venerated by the **angels**,/ which of old was severed **by** a sword/ and didst cut down the shame of impurity with **sharp** reproofs,/ wellspring of miracles which giveth drink unto the **faithful**,/ and which proclaimed the saving advent of the **Saviour**/ and of old perceived the coming of the Spirit which took up His **abode** in thee/ who didst stand between the grace of the Old and New **Covenants**.// Entreat Christ God to grant our **souls** great mercy!
9. The **head** of the Forerunner,/ which once was concealed in an earthen **vessel**,/ hath appeared, manifestly given up from the bosom **of** the earth/ and pouring forth streams of **healing**;/ for in the waters did he wash the **head** of Him/ that even now covereth the chambers of the firmament with **waters**/ and raineth down divine remission **upon** men./ Wherefore, let us bless it as truly most **glorious**,/ and in its discovery let us joyously keep **festival**,// entreating Christ to grant our **souls** great mercy.
10. The **head** which proclaimed the **Lamb** of God/ Who hath **appeared** in the flesh,/ which with divine commands hath declared to all the ways of saving **repentance**,/ which of old denounced the transgression of **Herod**/ and was therefore severed from its body and endured concealment **for** a time,/ hath shone forth upon us like a radiant sun, **crying** out:/ Repent ye, and in compunction of soul now **submit** to Christ// Who granteth the **world** great mercy!

Glory... (Tone 2)

The grace of truth has shone forth **upon** us;// the mysteries darkly prefigured in the times of old have now been **openly** fulfilled./ For behold, the Church is clothed in a beauty that surpasses all things **earthly**,/ through the icon of the incarnate Christ that was foreshadowed by the ark of **testimony**./ This is the safeguard of the **Orthodox** faith;// for if we hold fast to the icon of the Saviour Whom we **worship**,/ we shall not **go** astray./ Let all who do not share this faith be **covered** with shame;// but we shall glory in the icon of the **Word** made flesh,/ which we venerate but worship not as an **idol**./ So let us kiss it, and with all the faithful **cry** aloud:// O God, save Thy people and bless Thine **inheritance**.

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! (Three readings for St. John the Baptist)

THE READING FROM THE PROPHECY OF ISAIAH

Thus saith the Lord: Comfort ye, comfort ye My people, saith the Lord. Speak, ye priests, to the heart of Jerusalem; comfort her, for her humiliation is accomplished, her sin is put away: for she hath received of the Lord's hand double the amount of her sins. The voice of one crying in the wilderness, Prepare ye the way of the Lord, make straight the paths of our God. O thou who bringest glad tidings to Sion, go up on the high mountain; lift up thy voice with strength, thou who bringest glad tidings to Jerusalem; lift it up, fear not. I, the Lord God, I will hear the poor of Israel and will not forsake them: but I will open rivers on the mountains, and fountains in the midst of plains: I will make the desert pools of water, and a thirsty land watercourses. Let the heaven rejoice from above, and let the clouds rain righteousness: let the earth bring forth, and blossom with mercy, and bring forth righteousness likewise. Utter aloud a voice of gladness, and let this be made known, proclaim it to the ends of the earth. Say ye: The Lord hath delivered His servant Jacob. And if they shall thirst, He shall lead them through the desert; He shall bring forth water to them out of the rock. Rejoice, thou barren woman who bearest not; break forth and cry, thou who dost not travail: for more are the children of the desolate than of her who hath a husband.

THE READING FROM THE PROPHECY OF MALACHI

Thus saith the Lord Almighty: Behold, I send forth My messenger, and he shall survey the way before Me: and the Lord, Whom ye seek, shall suddenly come into His temple, even the angel of the covenant, whom ye take pleasure in. Who will abide the day of his coming, or who will withstand at his appearing? For he is coming in as the fire of a furnace and as the herb of those who wash. He shall sit to melt and purify as it were silver, and as it were gold. And he will come to you as a judge, and will be a swift witness against the wicked, and against the adulteresses, and against those who swear falsely by My name, and against those who keep back the hirelings' wages, and those who oppress the widow, and afflict orphans, and wrest the judgment of the stranger, and fear not Me, with the Lord Almighty: For I am the Lord your God, and I am not changed. But ye, the sons of Jacob, have perverted My statutes, and have not kept them. Wherefore, return to Me, and I will return to you, saith the Lord Almighty. And all nations shall call you blessed. Understand ye that I am the Lord Who discerneth between the righteous man and the iniquitous on the day whereon I shall preserve those who love Me. Be ye therefore aware and remember the law of Moses My servant, accordingly as I charged him with it in Horeb for all Israel, even the commandments and ordinances. And, behold, I will send to you Elijah the Tishbite, before the great and

glorious day of the Lord cometh, who shall turn again the heart of the father to the son, and the heart of a man to his neighbor, lest I come and smite the earth grievously, saith the Lord Almighty, the holy God of Israel.

THE READING FROM THE WISDOM OF SOLOMON

Though the righteous be prevented with death, yet shall he be in rest. Thus the righteous who is dead shall condemn the ungodly who are living. For they shall see the end of the wise, and shall not understand what God in His counsel hath decreed of him. For the Lord shall cast the ungodly down headlong, that they shall be speechless, and He shall shake them from the foundation; and they shall be utterly laid waste, and be in sorrow; and their memorial shall perish. And when they cast up the account of their sins, they shall come with fear: and their own iniquities shall convict them to their face. Then shall the righteous man stand in great boldness before the face of such as have afflicted him, and made no account of his labors. When they see it, they shall be troubled with terrible fear, and shall be amazed at the strangeness of his salvation. And they, repenting and groaning for anguish of spirit, shall say within themselves: "This was he whom we held betimes in derision, and as a proverb of reproach. We fools accounted his life madness, and his end to be without honour. How is he numbered among the children of God, and his lot among the saints? Therefore have we erred from the way of truth, and the light of righteousness hath not shined unto us, and the sun of righteousness rose not upon us. We have been full of the ways of the iniquitous and destruction, and have trodden trackless paths, but the ways of the Lord have we not known."

- P. Augmented Litany
- R. Vouchsafe...
- P. Litany of Fervent Supplication

C. Litya Prayers

First sticheron is of the temple

Stichera for the Forerunner (Tone 2)

Come, ye faithful,/ and let us honour today the precious head of the Baptist/ which was severed, greeting it with hymns on the day of its uncovering,/ and honoring it with love,/ for it poureth forth the grace of healings upon us./ Of old Herod the adulterer cut it off,// and it was wreathed about by the savagery of Herodias.

Like gold from the mine,/ so from the earth hath the head of the Forerunner shone forth,/ which hath appeared in an earthen vessel/ and doth plainly emit radiance to illumine our thoughts./ And venerating it, O ye faithful,/ let us honour it today with hymns,// for it doth entreat God in our behalf.

The head of the Forerunner,/ which of old was hidden in a vessel in the ground like a divine treasure,/ is today disclosed to the ends of the earth,/ pouring forth an abundance of streams of healing,/ curing sicknesses

and enlightening souls./ Wherefore receiving the grace of all consolation,// let us hymn it reverently with songs.

(Tone 4)

Thy most precious head hath opened the outer gates of abstinence, O all-**praised** one,/ and hath set before all the most sweet substance of **divine** gifts;/ partaking thereof with faith,/ we sweeten the bitterness of fasting and praise thee **with** faith,/ and cry out to **Christ** God:// O Jesus Almighty, Thou art the **Saviour** of our souls!

The **head** of the Forerunner/ which putteth forth an everflowing stream of myrrh like **water**,/ set **today** upon a mystical and divine **table**,/ noetically perfumeth and dispelleth the bitterness of **sorrows**,/ and filleth with gladness all that cry **out** with love:// O Jesus Almighty, Thou art the **Saviour** of our souls!

Like a **sword** most sharp hath thy head severed the heads of the **iniquitous** foe,/ and hath poured forth healings and divine gifts upon all that **reverence** the Law./ **Wherefore**, we faithfully **praise** thee,/ the friend and Forerunner of the Creator, O John,/ and earnestly do we cry **out** to Him:// O Jesus Almighty, Thou art the **Saviour** of our souls!

Glory... of the Forerunner (Tone 6)

The divinely preserved head, a treasury of divine gifts, O Forerunner,/ hath shone forth from the bosom of the earth;/ and we, faithfully receiving and bowing down before it, O glorious one,/ are enriched by thee with most glorious miracles/ and the forgiveness of our offenses,// O Baptist of Christ!

Both now and ever... from the Triodion (Tone 2)

Rejoice, O honoured prophets,/ who proclaimed aright the law of the Lord:/ ye are firm and unshaken pillars of the faith./ Ye served as mediators of the New Covenant of Christ:/ and now that ye have gone to dwell in heaven,/ pray to Him for peace in the world// and for the salvation of our souls.

P. *Litya prayers in back of Church*

APOSTICHA: (Tone 4)

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

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

2. **Hung** upon the wood,/ Thou Who alone art mighty, hast shaken the whole creation:/ While **laid** in the tomb, Thou hast raised up those **dwelling** therein,/ and hast bestowed life and incorruption on **mankind**;/

therefore, we praise and **glorify**// Thy redeeming Resurrection on the **third** day.

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

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

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

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

Glory... For the Forerunner (Tone 2)

Like a most precious shrine of **divine** thought/ thy head, O **all**-praised John,/ hath shone forth today from the secret places of the earth, as from thy **mother's** womb,/ clearly foreseeing the mystery of the ineffable **Being**:/ and it hath rendered the whole earth **fragrant**,/ emitting the myrrh of sanctification,/ noetically preaching the way of **repentance**// and entreating the Saviour of all in **behalf** of our souls.

Both... from the Triodion (Tone 2)

Advancing from ungodliness to the **true** faith,/ and illumined with the light of **knowledge**,/ let us clap our hands and **sing** aloud,/ offering praise and thanksgiving to God;/ and with due honour let us venerate the holy **icons** of Christ,/ of the all-pure Virgin **and** the saints,/ whether depicted on walls, on wooden panels or on holy **vessels**,/ rejecting the impious teaching of the **heretics**./ For, as Basil says, the honour shown to the icon passes to the prototype it **represents**./ At the prayers of Thine undefiled Mother and of **all** the saints,// we beseech Thee, Christ our God, to bestow upon us Thy great **mercy**.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x2

Troparion of the Sunday of Orthodoxy (Tone 2) x1

We venerate Thy holy icon, loving Lord,/ asking Thee to pardon our transgressions, Christ our God./ For Thou of Thine own will wast pleased in the flesh to ascend upon the Cross,/ so to deliver from the bondage of the enemy those Whom Thou hast fashioned./ Therefore in thanksgiving we cry aloud to Thee:/ Thou hast filled all things with joy, our Saviour,// when Thou hast come to save the world.

P. Blessing of loaves.

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

MATINS: Tone 4

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

C. Sunday Troparia (Tone 4) x2

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

Glory... Troparion of the Forerunner (Tone 4)

The head of the Forerunner, which hath shone forth from the earth,/ doth shed rays of incorruption and healing upon the faithful./ On High it assembleth a multitude of angels,/ and below it calleth upon the human race// with one voice to send up glory to Christ God.

Both... Troparion of the Sunday of Orthodoxy (Tone 2)

We venerate Thy holy icon, loving Lord,/ asking Thee to pardon our transgressions, Christ our God./ For Thou of Thine own will wast pleased in the flesh to ascend upon the Cross,/ so to deliver from the bondage of the enemy those Whom Thou hast fashioned./ Therefore in thanksgiving we cry aloud to Thee:/ Thou hast filled all things with joy, our Saviour,// when Thou hast come to save the world.

Lord Have Mercy 3x
 Glory...

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

R. Sessional Hymns:

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

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

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

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

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

Thou didst arise from the tomb as One Immortal, O Saviour, and by Thy power didst raise Thy world up with Thyself, O Christ our God; in might Thou didst crush the dominion of death, O Merciful One, and hast shown forth the resurrection unto all. Wherefore, we glorify Thee, O Thou Who alone lovest mankind!

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

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

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

C. Polyeleos

P. Megalynarion for the Forerunner (Clergy)

We magnify thee, / O Forerunner of the Saviour, / John, and we venerate the finding // of thine honourable head.

V. Blessed is the man that feareth the Lord.

C. We magnify thee, / O Forerunner of the Saviour, John, / and we venerate the finding // of thine honourable head.

V. In His commandments shall he greatly delight.

C. We magnify thee, / O Forerunner of the Saviour, John, / and we venerate the finding // of thine honourable head.

*Do **not** sing G/B Alleluia, alleluia, alleluia but go immediately to:*

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.

R. Sessional Hymns of the Forerunner (Tone 4)

As a divine treasure hidden in the earth/ hath Christ disclosed thy head unto us, O prophet and Forerunner;/ wherefore, assembling on the feast of the discovery thereof,/ with divinely eloquent songs we all hymn the Saviour// Who saved our life through thine intercession.

Freed from the impassable bosom of the earth/ like gold from a mine, thy sacred head hath most gloriously/ enriched all the thoughts of the faithful with knowledge divine,/ crying out: Repent! as is its wont./ And bowing down before it, O Forerunner,// we faithfully glorify Christ with loud voices.

Glory... (Tone 8)

Like a pearl was the head of the Baptist concealed in the damp earth,/ and, adorned like a divinely radiant lamp,/ it illumineth the whole world, working wonders./ For like the dawn hath the Forerunner put forth the sun most splendidly,/ preaching to us again with unwaning light, crying out:// Behold, the Lamb of God!

Both... (Tone 8)

We ever give thee thanks and magnify and bow down before thee, O pure Theotokos,/ hymning thy birthgiving and crying out unceasingly,/ O thou who art full of grace:/ Save us, O most merciful Virgin,/ in that thou art good,/ and at the hour of trial rescue us from the dread interrogation of the demons,// that we, thy servants, not be put to shame.

Hymn of Degrees: (Antiphon One)

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

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

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

Hymn of Degrees: (Antiphon Two)

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

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

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

Hymn of Degrees: (Antiphon Three)

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

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

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

P. Prokimenon: (Tone 4)

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

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

C. Let every breath praise the Lord.

P. GOSPEL #4

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. (Tone 8)

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

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

(Tone 6)

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

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

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

Anointing.

Canticle One

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Holy Prophet, Forerunner and Baptist John, Pray to God for us.

Come, ye faithful, and with spiritual songs let us glorify the Forerunner, the voice of the Word, weaving hymns with a right laudable tongue and an almighty spirit, though our lips be impure.

With peaceful tranquility is the Church of Christ calmed and with countless multitudes is it tended prosperously, giving utterance to its annual hymnody unto thee, O Forerunner.

Assembling, O ye faithful, let us all honour with hymns, as is meet, the God-bearing head of the Forerunner, which hath been given unto us by God as an inviolable treasure.

Theotokion

O pure one, who received the Creator, as He Himself did desire, incarnate past all understanding of thy seedless womb, thou hast truly been shown to be the Mistress of creation.

Glory to Thee, Our God, Glory to Thee!

Leaping up with joy, let us and all the faithful cry aloud today: How marvelous are Thy works, O Christ! How great is Thy might! For Thou hast made us of one mind and brought about our agreement.

O people of God, come and let us celebrate a day of joy; the heaven now makes glad, and earth with all the hosts of angels and the companies of mortal men, each in their different orders, keeps the feast.

Seeing this great blessing that we have received, how the divided members of Christ have been brought to unity, let us clap our hands for joy and praise God Who has bestowed peace upon us.

Glory... Today a festival of victory has been given to the Church, through the divinely-inspired intention and will of our rulers Michael and Theodora, who in piety uphold the true Faith.

Both... The swords of impious heresies have failed: For in deep reverence, pure and holy Virgin, we gaze now upon thy temple, adorned with icons, and we rejoice with holy joy.

C. Katavasia (Tone 4) USE USUAL TONE 4 CANON MUSIC ODE 1

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.

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!"

Holy Prophet, Forerunner and Baptist John, Pray to God for us.

A barren womb put thee forth as a divine shoot, a glorious attendant to the Bride which is the Church of the nations, betrothing her to Christ, the true God and Bridegroom.

O Forerunner John, the wretched adulteress could not stop thy divinely eloquent voice with the sword, for from earth thou dost reveal thy divine head to us.

The city of Jerusalem, desiring thee and radiantly celebrating, keepeth festival, having found thy head to be a hidden treasure and an inexhaustible wellspring of healings, O Forerunner.

Theotokion

The wonder of thy divine birthgiving doth surpass all the order of nature; for in manner transcending nature thou didst conceive God in thy womb and, having given birth, dost ever remain a Virgin.

Glory to Thee, Our God, Glory to Thee!

No longer now are the impious heretics exalted in their pride: For the power of God has firmly established Orthodoxy.

Today, at the restoration of the faith, let the prophets sprinkle upon us life-giving dew from heaven.

Let the mystical trumpets of Christ's apostles sound in God-given harmony, proclaiming the re-establishment of the precious icons.

Glory... Let us sing in praise of Christ, Who has appointed a devout and pious Empress to rule over us, together with her son crowned by God.

Both... We pray thee, most pure Lady, with the light of grace shine now upon the faithful, who have gathered in thy holy house.

C. Katavasia (Tone 4) USE USUAL TONE 4 CANON MUSIC ODE 3

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

P. Small Ectenia

C. Kontakion for the Forerunner, (Tone 2)

O prophet of God and Forerunner of grace,/ having obtained thy head from the earth like a most sacred rose,/ we ever receive healings,/ for again, as of old,// thou dost preach repentance in the world.

R. Ikos for the Forerunner

Thou wast more exalted than all men, O John, as the Lord Himself bore witness. Hence, I fear to offer thee hymns of praise; yet, impelled by love, I have made bold to begin a hymn. Wherefore, deem me not to be an unworthy helper, that I may crown thy holy head, O thou of threefold riches; for thou dost preach repentance to the world.

R. Sessional Hymns

Like a treasure laid up in a hiding place was the head of the Forerunner preserved; the voice of the Word was hidden in a cistern. But like a grain of wheat planted in the depths of the earth it blossomed forth, yielding the fruit of divine life. The discovery thereof do we all honour, glorifying Christ Who hath imparted to it the grace to pour forth healings. (2x)

G/B... Sessional Hymn from the Triodion (Tone 1)

Depicting Thy divine form in icons, O Christ,/ we openly proclaim Thy Nativity,/ Thine ineffable miracles and Thy voluntary Crucifixion./ So the devils are driven out in fear// and the heretics, their fellow-workers, lament in shame and sorrow.

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!"

Holy Prophet, Forerunner and Baptist John, Pray to God for us.

Clearly thou wast the seal of the Old Covenant and the prophets, O thou that art most rich, and thou didst preach unto the ends of the earth; and thou hast been revealed as the adorer of the bridal chamber of the New Covenant, O Forerunner.

O Forerunner, rejoicing, thou didst by habit endure the covering of thy precious and glorious head with coarse rags, as with a robe of royal purple.

By thy divine instructions, O John, a poor man, fleeing and wandering about, doth show thy divine head to be an abundant treasure.

Theotokion

Eating hath shown me to be a dead plant, O all-pure one, but the Tree of Life Who revealed Himself through thee, hath raised me up and made me an heir to the food of paradise.

Glory to Thee, Our God, Glory to Thee!

Through the divine descent of the Comforter sanctify Thy temple, and by His coming banish the error of heresy, O most merciful Word of God.

Deliver Thy people from the violence of impiety, and kindle them with zeal for Orthodoxy, as they cry aloud to Thee in faith: Glory to Thy power, O Lord.

Seeing the churches of God bright with the sacred icons of Christ and the Theotokos, we rejoice with holy joy.

Glory... Adorned with her royal crown, the Empress, out of love for the true Kingdom of Christ, has restored in all the churches His most pure icon and the pictures of the saints.

Both... O full of grace, who hast borne God the incarnate Word, thou wast sanctified as the holy temple of God: Therefore we consecrate thy shrine, newly adorned with glory.

C. Katavasia (Tone 4) USE USUAL TONE 4 CANON MUSIC ODE 4

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.

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.

Holy Prophet, Forerunner and Baptist John, Pray to God for us.

O Baptist, thou wast not a reed ever shaken by the trying winds of enmity, but wast an unshakable pillar for the people of God; for thou didst show thyself forth with the power of Elijah and the Spirit.

He who rejected the Godhead and belittled the glory of Christ Who was baptized of thee, and concealed thy divine grace, is rightly kept from the fold of God.

Thou hast opened up the portal of a bountiful and divine wellspring which poureth forth the waters of grace divine upon those who hymn thee with love, O glorious Forerunner, gladdening all with streams of healing.

Theotokion

Bearing the noetic beauty of thy soul thou didst become the Bride of God, sealed in thy virginity, O pure one, enlightening the world with the radiance of purity.

Glory to Thee, Our God, Glory to Thee!

Firmly establish Thy church, O Lord, that unto the ages of ages she may stand unshaken by the tempest of heresy.

The rejoicing granted to the faithful from on high and the help they have received from God has shone with glory over all the earth.

O Thou Who alone art good and the source of goodness, raise up the horn of the Orthodox rulers who honour Thine icon.

Glory... The light of the true Faith that knows no evening has shone forth upon us, at the divinely-inspired commandment of our faithful monarchs.

Both... Renew for us the ancient splendors, O most pure Mother of God, and sanctify this thy dwelling with thy grace.

C. Katavasia (Tone 4) USE USUAL TONE 4 CANON MUSIC ODE 5

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.

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.

Holy Prophet, Forerunner and Baptist John, Pray to God for us.

Christ called thee a true prophet, and the most exalted of the prophets, the Baptist and Forerunner of Life; for thou didst behold Him Whom the Law and the prophets foretold.

The fountain of miracles, the treasury of grace, thy sacred head, O Baptist, Prophet and Forerunner, could not bear to be concealed, and, having revealed itself, it poured forth the springs of healing.

The Christ-loving and right glorious city doth set before itself thy precious and divine head, O Forerunner, as most rich praise, a radiant adornment and a splendid shield.

Theotokion

Moses, great among the prophets, prefigured thee in the ark, the table, the candlestick and the jar, signifying the incarnation of the Most High which took place through thee, O Virgin Mother.

Glory to Thee, Our God, Glory to Thee!

Once more the Master's countenance is depicted, honoured with faith and venerated; once more the Church regains her boldness of approach to God, reverently glorifying the Saviour.

The Church of Christ is delivered from the dark despondency of heresy: she puts on a robe of gladness, and is clothed in the light of divine grace.

Glory... The Orthodox people have regained the light and glory which it had of old, through the decision of the Empress Theodora and her pious son the Emperor Michael.

Both... He Who of old commanded Moses to set up the ark of the testimony, came to dwell in thee, O Virgin, as in a spiritual ark: He alone is glorified, and He makes thy temple glorious with miracles.

C. Katavasia (Tone 4) USE USUAL TONE 4 CANON MUSIC ODE 6

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.

P. Small Ectenia

C. Kontakion from the Triodion (Tone 8)

The uncircumscribed Word of the Father became circumscribed,/ taking flesh from thee, O Theotokos,/ and He has restored the sullied image to its ancient glory, filling it with the divine beauty.// This our salvation we confess in deed and word, and we depict it in the holy icons.

R. Ikos from the Triodion

Enlightened by this mystery of God's providence, the divinely-inspired prophets foretold it of old; and this they did for our sakes, who see the fulfillment of the ages. Receiving through this mystery divine knowledge, we know one Lord and God, glorified in three Persons, and Him alone we worship; we have one faith, one baptism, and we are clothed in Christ. This our salvation we confess in deed and word, and we depict it in the holy icons.

R. Reading from the Synaxarion or Prologue

Canticle Seven

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Holy Prophet, Forerunner and Baptist John, Pray to God for us.

The Offspring of the Virgin called thee the greatest among those born of women, for thou didst live for Him on earth like an incorporeal being, an equal to the angels, crying out: Blessed art Thou, O God of our fathers!

From within the barren womb of thy mother, thou didst recognize Him that had taken up His abode in the Virgin's womb, O Forerunner; and, using the voice of thy mother, leaping, thou didst cry out to Him: Blessed art Thou, O God of our fathers!

Having acquired thee as a treasure, O ever-memorable one, this city is now truly blessed among all cities, O Forerunner of Christ. Wherefore, keeping festival it crieth out: Blessed art Thou, O God of our fathers!

Theotokion

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

Glory to Thee, Our God, Glory to Thee!

Let the hosts of angels share in the joy of the Church, and filled with the love of God let them cry aloud: 'Blessed art Thou, O Lord, in the temple of Thy glory.'

The triumphant assembly and Church of the firstborn rejoices as it now beholds the people of God cry aloud with one accord: 'Blessed art Thou, O Lord, in the temple of Thy glory.'

Glory... Delivered from the dark heresies of the past through the decision of the honoured Empress Theodora, we cry aloud: 'Blessed art Thou, O Lord, in the temple of Thy glory.'

Both... O most pure Virgin, thou art exalted above the choirs on high, for alone among women thou hast become Mother of the Creator of all. And so in joy we shout aloud: 'Blessed art thou among women, O Lady undefiled.'

C. Katavasia (Tone 4) USE USUAL TONE 4 CANON MUSIC ODE 7

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.

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.

Holy Prophet, Forerunner and Baptist John, Pray to God for us.

The Forerunner was sent as the voice of the Son of God, crying out to barren hearts, making steadfast pious faith in Him Who is God, Whom we exalt supremely for all ages!

Even now the Forerunner saith: Prepare ye the way of the Lord! For, having come for the sake of our sanctification, He maketh His abode in our hearts forever with the Father and the Spirit.

When the voice of the Father was heard and the divine Spirit was seen by human eyes, John the Forerunner, laying his hand upon Thee, O Christ, became a God-bearer in all ways.

Theotokion

The golden candlestick prefigured thee who hast received ineffably the unapproachable Light which illumineth all with the knowledge of Himself. Him do we exalt supremely for all ages!

Glory to Thee, Our God, Glory to Thee!

Keeping the laws of the Church that we have received from the Fathers, we paint icons of Christ and His saints, and with our lips and heart and

will we venerate them as we cry aloud: O all ye works of the Lord, bless ye the Lord.

The honour and veneration that we show to the icon we ascribe to the prototype it represents, following the teaching of the saints inspired by God, and with faith we cry aloud to Christ: O all ye works of the Lord, bless ye the Lord.

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

Her mind enlightened by the illumination of the Holy Spirit and filled with the wisdom of God, the honoured Empress has loved the beauty and splendor of Christ's Church, and with all the faithful she blesses Jesus, the God-Man.

Both... Illumined by rays of spiritual light, Thy holy house overshadows all of us with the cloud of the Spirit, and sanctifies the faithful who sing with one accord: O all ye works of the Lord, bless ye the Lord.

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

C. Katavasia (Tone 4) USE USUAL TONE 4 CANON MUSIC ODE 8

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!

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.

Holy Prophet, Forerunner and Baptist John, Pray to God for us.

Being manifestly a mighty keeper of the fulfillment of the ten commandments, O Forerunner, thou wast rightly honoured by Christ with ten-fold gifts. Wherefore, knowing thee to be a friend of the Word, we bless thee as an initiate of the mysteries of the Spirit.

Unbelief of soul is reproved by the miracle of the withered hand of the priest; for when his faith blossomed anew and thy head appeared, O blessed one, his outstretched hand was restored.

The ranks of angels have truly proclaimed thy prophetic appearance to the beholder, emulating the divine announcement of Gabriel which the sacred Zachariah received before thy birth.

Theotokion

Let us draw forth the healing of our passions, making haste to the glorious temple of the Forerunner; for choirs of angels, the souls of all the righteous, the Mistress and John the Baptist enter therein, bestowing healings.

Glory to Thee, Our God, Glory to Thee!

Seeing the Holy Church once more adorned with icons, let us make haste and with reverence cry aloud to Christ: We magnify Thee, O Thrice-Holy.

As a mark of glory and honour, the Church possesses Thy Cross and the holy icons of the saints, O Master, and with joy and gladness she magnifies Thee.

Glory... Shine upon our rulers with Thy divine glory, O compassionate Master, and fence them about with the protection of the angelic hosts, subjecting the proud heathen beneath their feet.

Both... The condemnation of our first mother Eve has been abolished, since thou, pure Theotokos, in ways past all interpretation, hast given birth to the Master of all; and now we kiss His likeness in the icons.

C. Katavasia (Tone 4) USE USUAL TONE 4 CANON MUSIC ODE 9

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.

P. Small Ectenia

C. Holy is the Lord our God...

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

Lightning-bright with the virtues, we see standing upon the life-bearing tomb a man in shining garments while the women bearing myrrh bowed down their faces to the earth. Let us learn of the rising of Him Who reigns

over heaven and let us hasten with Peter to Life in the tomb and wondering at that which has happened let us stay to behold Christ.

Glory... Exapostilarion of the Forerunner

Thy precious and luminous head hath shone forth from the impassable bosom of the earth, O Forerunner John, beacon of immaterial light; and lovingly celebrating the discovery thereof, we entreat thee to obtain the remission of our grievous deeds, that we may complete the period of abstinence well, through thy prayers, O all-praised Baptist of the Saviour.

Both... Exapostilarion from the Triodion

Leap for joy and clap your hands with gladness, sing and cry aloud: How strange and wonderful are Thy works, O Christ! And who can tell of all Thy mighty acts, O Saviour, Who hast united us in harmony and concord with one Church!

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.

Stichera from the Triodion, (Tone 4)

6. O Lord Who **lovest** mankind,/ the Church rejoices now in Thee, her Bridegroom and her **Founder**,/ for **by** Thy divine Will Thou hast delivered her from the error of **idolatry**,/ and by Thy precious Blood Thou hast

betrothed her **to** Thyself./ With joy she accepts the holy restoration of the **icons**,// and with faith she sings in praise of Thee and gives Thee **glory**.

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

7. Restoring to the **churches**/ the representations of Thy **flesh**, O Lord,/ we **ascribe** to them an honour that is **relative**,/ and so express the great mystery of Thy dispensation./ For Thou hast not appeared to us, O **loving** Lord,/ merely in outward **semblance**,/ as say the followers of **Mani**,/ who are **enemies** of God,/ but in the full and true reality of the flesh;/ and so the icons that **depict** Thy flesh// lead us to the desire and **love** of Thee.

V. I will be glad and rejoice in Thee, I will sing to Thy Name, O Most High.

8. A **feast** of joy and gladness is **revealed** to us today./ For the teachings of the true Faith shine forth in all their **glory**,/ and the **Church** of Christ is bright with **splendor**,/ adorned with the holy **icons**/ which now **have** been restored;// and God has granted to the faithful unity of mind.

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

(Tone 6)

9. Moses, in the season of **abstinence**,/ received the Law and proclaimed it to the **people**./ Elijah by fasting closed the **heavens**;/ and the three Children of Abraham through fasting overcame the lawless **tyrant**./ Count us also **worthy**, O Christ,/ through fasting to attain the Feast of Thy Resurrection, as we **cry** aloud:// Holy God, Holy and Strong, Holy and Immortal, have **mercy** on us.

Glory... (Tone 6)

Moses, in the season of **abstinence**,/ received the Law and proclaimed it to the **people**./ Elijah by fasting closed the **heavens**;/ and the three Children of Abraham through fasting overcame the lawless **tyrant**./ Count us also **worthy**, O Christ,/ through fasting to attain the Feast of Thy Resurrection, as we **cry** aloud:// Holy God, Holy and Strong, Holy and Immortal, have **mercy** on 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:

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 4)

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

R. Hours
Tropar: Resurrection & Triodion/Forerunner alternating
Kontak: Resurrection/Triodion/Forerunner/Resurrection in order

At Liturgy of St. Basil the Great:

Order of Troparia & Kontakia:

Tropar Sunday

Tropar Triodion

Tropar Forerunner

Kontak Sunday

Glory... Kontak Forerunner

Both... Kontak Triodion

Prokimenon for the Sunday of Orthodoxy (Tone 4)

Blessed art Thou, O Lord, the God of our fathers; and praised and glorified is Thy Name unto the ages.

V. For righteous art Thou in all which Thou hast done for us

Prokimenon for the Forerunner (Tone 7)

The righteous man shall rejoice in the Lord, and shall hope in Him.

Epistle(s): Heb 11:24-26, 32-12:2 & II Cor 4:6-15

Alleluia for the Sunday of Orthodoxy (Tone 4)

Alleluia for the Forerunner (Tone 4)

Gospel(s): John 1:43-51 & Matt 11:2-15

Theotokion: All creation rejoiceth in thee...

Communion Verse: Rejoice in the Lord.. & In everlasting remembrance...

NOTE: Praise Ye is NOT done

