

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

VESPERS: Tone 7

P. Regular Beginning

C. Lord I have cried...

1. O **come** let us rejoice in the **Lo**-ord/ Who **destroyed** the power of death and **enlightened** mankind,/ and **let** us cry aloud with the **angels**::// Glory to Thee, our Creator and our **Saviour**.
2. **On** our account Thou hast endured the **Cross** and the tomb:/ and as **God** Thou hast by death also put **death** to death:/ **Therefore**, we worship Thy Resurrection on the **third** day:// Glory to **Thee**, O Lord.
3. On **beholding** the Resurrection of the Creator,/ the **Apostles**, marveling, sang an angelic **song** of praise:/ **Here** is the glory of the Church,/ **here** the richness of the **Kingdom**:/ **Glory** be to **Thee**, O Lord,// Who hast suffered **death** for us.
4. O **Christ**, though Thou hast been taken captive by **wicked** men,/ Thou **art** my God and I am **not** shamed;/ I deny not that Thy **back** was scourged;/ I keep not **hid** that Thou wast **nailed** to the Cross./ I **boast** of Thy Resurrection, for Thy **death** is my life;// O almighty Lord, Who lovest mankind, to Thee be **glory**.
5. **Christ**, fulfilling the prophecy of **David**,/ **revealed** to His disciples the majesty of His habitation in **Zion**;/ and **showed** Himself forth as ever praised and **glorified**/ with the **Father** and the Holy **Spirit**,/ being **first** the Word without flesh that is without **beginning**/ and **then** incarnate for our sakes and slain as man and risen in **power**,// as He **loves** mankind.
6. As **God** and Lord, O Christ, of Thine **own** Will,/ Thou hast **descended** into hell despoiling death;/ **and** the third day Thou hast risen again, raising with Thee **Adam**,/ held **captive** by the chains of hell and of **corruption**,/ who **cried** and said: Glory be to Thy Resurrection,// O Thou, Who alone **lovest** mankind.
7. O **Lord**, Thou wast laid in the tomb as **if** asleep/ and after three **days** Thou didst rise again in **mighty** strength,/ raising **up** with Thee Adam from the **corruption** of death,// as Thou art **almighty**.

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 now & ever... Dogmatikon (Tone 7)

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

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

APOSTICHA: (Tone 7)

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

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

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

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

Glory... (Tone 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 7

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

Sunday Troparia (Tone 7) x2

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

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:

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

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

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

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

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

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

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

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

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

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

R. Psalm 118

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

P. Small Ectenia

R. Ypakoe:

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

Hymn of Degrees: (Antiphon One)

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

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

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

Hymn of Degrees: (Antiphon Two)

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

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

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

Hymn of Degrees: (Antiphon Three)

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

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

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

P. Prokimenon: (Tone 7)

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

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

Let every breath praise the Lord.

GOSPEL #7

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

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

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

The serpent who slithered forth from Eden, beguiling me with a desire to become a god, hath cast me down to the ground; but He Who is merciful and compassionate by nature, having made His abode within thy womb and become like unto me, O Virgin Mother, hath taken pity and deified me.

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

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, pray to 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: O Christ God Who, without leaving the bosom of the Father, didst descend to earth;/ I have heard the mystery of Thy

dispensation, // and have glorified Thee, Who alone lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

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

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

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

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

Glory to Thy Holy Resurrection, O Lord.

The souls of the righteous imprisoned in hell and left there, remembered Thee and besought salvation of Thee, which through the Cross Thou

didst grant to the nether regions, O Christ, having come there full of loving-kindness.

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

Theotokion

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

Most Holy Theotokos, Save us.

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

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

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, pray to 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 7

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

R. Ikos

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

Canticle Seven

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

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

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Theotokion

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

Most Holy Theotokos, Save us.

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

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

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

Glory to Thy Holy Resurrection, O Lord.

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

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

Triadicon

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

Most Holy Theotokos, Save us.

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

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

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, pray to 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 honour the holy feast of the **Mother** of God,/ and **let** them cry:// Hail! Pure and blessed ever-Virgin, who gavest **birth** to God.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion (John 20:1-10)

Mary having said that they had taken the Lord away, Simon Peter and the other friend of Christ whom He loved, ran to the tomb and they both found the grave clothes lying alone therein and the napkin that had been about his head not with them but apart. They therefore kept silence again until they saw Christ.

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 7 Stichera

Le-et every breath **praise** the Lord/

Praise the Lord from the **Heavens**/

Pra-**aise** Him in the **highest**/

To **Thee** is due a **hymn**, O God/

Praise Him, all ye His **Angels**;/

Pra-**aise** Him, all **ye** His hosts.//

To Thee is due a **hymn**, O God.

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

Praise Him, O sun and moon; praise Him, all ye stars and light.

Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.

He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons and all ye abysses,

Fire, hail, snow, ice, blast of tempest, which perform His word,

The mountains and all the hills, fruitful trees, and all cedars,

The beasts and all the cattle, creeping things and winged birds,

Kings of the earth, and all peoples, princes and all judges of the earth,

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

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

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

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

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

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

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

The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples,

To bind their kings with fetters, and their nobles with manacles of iron,

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 **capt**ive, / **Adam** recalled, the curse annulled, Eve set free, **death** slain, / and we are given life. Wherefore, we cry **aloud** in praise: / Blessed art Thou, O **Christ** God, // Who hast been thus well-pleased, **glory** to Thee.

P. The Great Doxology

R. Dismissal Tropar:

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

P. Litanies
Dismissal

C. G/B... Gospel Sticheron (Tone 7)

Behold it is dark and very early in the **morning**. / And **what** art thou doing on the tomb, thy mind full of darkness, O **Mary**? / **Why** dost thou ask where Jesus **has** been laid? / **See** how the disciples running forward with the grave-clothes and the **napkin** / have **positively** proved the Resurrection / and have **remembered** that which had been written concerning this in the **Scriptures**. / And **we**, believing with them and through them sing Thy **praises**, // O Chri-ist, **Giver** of life.

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 7

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

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

Prokimenon for 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 7

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

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

Alleluia for St. John (Tone 2)

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

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