

3rd Sunday after Pentecost (June 4/17)

Commemoration of Our Father Among the Saints, Metrophanes, Patriarch of Constantinople

VESPERS: Tone 2

P. Regular Beginning

C. Lord I have cried...

1. Come let us adore the **Word** of God,/ begotten of the Father before the **world** began,/ and **incarnate** of the Virgin **Mary**./ For of His own will He suffered the Cross and submitted to **burial**.// He also rose from the dead and saved me, an **erring** man.
2. Christ, our **Saviour**,/ blotted out the bond that pledged us to the **decrees** of the law/ by nailing it **to** the Cross,/ and He put down the **dominion** of death.// We worship His Resurrection on the **third** day.
3. In common with the Arch**angels**/ let us praise the Resurrection of Christ./ He is the Deliverer and **Saviour** of our souls./ And He will come again in dread glory and great **power**,// to judge the world He **fashioned**.
4. The angel proclaimed Thee, O Master, crucified and **buried**,/ and he said to the **women**:/ 'Come and **see** the place where the **Lord** lay./ For He is risen as He said, because He is **Almighty**.'/ Therefore, we worship Thee Who alone art **immortal**:// Have mercy upon us, O Christ, Thou **Giver** of life.
5. Thou hast abolished the curse of the tree **by** Thy Cross/ and by Thy burial Thou hast done away with the **dominion** of death,/ while by Thy **rising** Thou hast **enlightened** mankind./ Therefore, we **cry** unto Thee:// 'Glory to Thee, O Christ, our God and **Benefactor**.'
6. The gates of death opened before Thee in **fear**, O Lord,/ and the gatekeepers of hell, beholding Thee were **filled** with dread./ **Thou** it was Who hast destroyed the **gates** of brass/ and burst asunder the chains of **iron**./ Thou also hast led us out of the valley of the **shadow** of death// and torn our **bonds** apart.
7. Let us open our mouths to show forth Thy **salvation**./ Come ye and fall down in the House of the **Lord** and say:/ 'Cleanse our **sins**, O Thou, Who didst hang upon the Cross and **rise** from the dead// and Who art forever in the bosom of the **Father**.'

Stichera for St. Metrophanes (Tone 6)

8. Thou wast shown to be a God-**bearer**/ wholly consecrated, the holy **anointed** of God,/ clad in the Holy **Spirit**,/ ever entering with splendor into the holy of **holies**,/ illumined with godly **radiance**,/ partaking of the grace of the holy mysteries as a true and all-glorious **hierarch**,// praying with boldness in **behalf** of our souls.

9. Thy life was illumined with the radiance of the **virtues**,/ and thou hast enlightened the faithful and driven away the darkness of **falsehood**;/ for thou wast shown to be the bright **sun** of the truth,/ O all-blessed and holy hierarch Metro**phanes**./ And now thou hast made thine abode where shineth never-**waning** light,/ having become a child of the day through the grace of the Holy **Spirit**./ Wherefore, honorably celebrating thy divine and luminous **memory**,// we honour thee with love, O ever-**memorable** one.
10. Thy mind made beautiful by faith and through yearning for God, O divine **wise** one,/ thou wast shown to be **radiant**;/ and having learned incorruption in thy mortal and corruptible **body**,/ O all-wise one, thou didst acquire the splendors of the incor**poreal** ones,/ becoming a stranger to pleasures, adorned with **dispassion**,/ O all-wise father and hierarch Metro**phanes**,// thou radiant lamp and intercessor for those who honour thy memory **with** love.

G/B... Dogmatikon (Tone 2)

At the coming of grace, the shadow that is the law **passed** away./ Just as the bush that burned was **not** consumed,/ so hast **thou**, Virgin, given birth and **Virgin** remained./ Gone was the **Pillar** of fire,/ and lo, in its stead the Sun of Righteousness **shone** forth.// Behold, instead of Moses, Christ, the **salvation** of our souls.

- 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 2)

1. Thy **Resurrection**, O Christ,/ has given light to **all** the earth/ and has **called** up Thy **creature**.// Therefore, glory to Thee, O **Almighty** God.
- V. The Lord is King,/ and hath put on glorious **apparel**.
2. Through Thy rood, O **Saviour**,/ Thou hast done away with the **curse** of the tree,/ and through Thy **burial** Thou hast put down the **dominion** of death,/ and Thou hast enlightened mankind by Thy **Resurrection**./ Therefore we **cry** to Thee:// Glory to Thee, O Christ, our God, the **Giver** of life.
- V. He hath made the world so sure/ that it **cannot** be moved.
3. Thou, O Christ, didst appear, nailed **upon** the Cross/ having changed the beauty of **created** things./ And in **cruelty** the soldiers pierced Thy **side** with a lance;/ while the Jews begged that Thy **tomb** might be sealed,/ for they both had no faith in Thy **power**./ But Thou, O Lord, for Thy mercy's sake hast submitted **to** the tomb/ and hast risen on the **third** day.// Therefore, unto Thee be **glory**.

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

4. Of Thine own will Thou, O Christ, the **Giver** of life,/ for the sake of mortal man hast endured Thy **passion**/ and hast descended into hell, in mighty **power**,/ snatching as it were from the jaws of a great monster those who **awaited** Thee there,/ granting them an abode in **paradise**./ Therefore to us who give glory to Thy Rising on the **third** day,// grant cleansing of our sins and Thy great **mercy**.

G/B... (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 2

- P. Regular Beginning
 P. Great Ectenia
 C. God is the Lord...

C. Sunday Troparia (Tone 2) x2

When Thou didst descend to death, O life immortal,/ Thou didst slay hell with the splendor of Thy Godhead/ and when from the depths Thou didst raise the dead/ all the powers of heaven cried out:/ O Giver of life, Christ our God,// Glory to Thee!

Glory... Troparion for Saint Metrophanes (Tone 4)

The truth of things revealed thee **to** thy flock/ as a rule of faith, a model of meekness and teacher of **abstinence**;/ wherefore, thou hast attained the heights through **humility**/ and riches through **poverty**./ O hierarch Metrophanes, entreat Christ God, that our **souls** be saved.

Both... Theotokion (Tone 4)

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.

Lord Have Mercy 3x
 Glory...

- R. Now...

R. Kathisma II
P. Small Ectenia

R. Sessional Hymns:

The noble Joseph, taking Thine all-pure body down from the Tree and wrapping it in a clean winding-sheet, enclosed it in a new tomb with sweet spices; yet Thou didst arise on the third day, O Lord, 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.

Standing before the myrrh-bearing women at the tomb, the angel cried: "Myrrh is meet for the dead, yet Christ hath shown Himself to be a stranger to corruption! But cry aloud: The Lord hath risen, granting the world great mercy!"

G/B... Thy mystery, O Mother of God, is most glorious and passeth all understanding, for stamped with the seal of purity and thy virginity inviolate, thou art acknowledged without doubt to be the Mother who indeed hast given birth to the true God. Do thou beseech Him to save our souls.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

Without hindering the Jews from sealing the stone of the tomb, in arising Thou didst bestow the rock of faith upon all. O Lord, glory be to Thee!

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

With one accord the choir of Thy disciples rejoiceth with the myrrh-bearing women; and with them we celebrate a common feast to the glory and honour of Thy resurrection. And through them we cry out to Thee, O Lord Who lovest mankind: Grant Thy people great mercy!

G/B... All-blessed art thou, O Virgin Theotokos, for by Him Who became incarnate through thee hath hades been made captive, Adam restored, the curse annulled, Eve set free, death slain, and we have been given life. Wherefore, chanting, we cry aloud: Blessed is Christ God Who hath been thus well pleased! Glory be to Thee!

R. Psalm 118
C. Evlogitaria (Blessed art Thou, O Lord...)
P. Small Ectenia

R. Ypakoe:

After the Passion, when the women went to the tomb to anoint Thy Body, O Christ our God, they saw angels in the sepulcher and were affrighted, for they heard them say that the Lord was risen granting the world great mercy.

Hymn of Degrees: (Antiphon One)

I cast the eyes of my heart toward Thee in heaven, O Saviour. Save me by Thine overshadowing.

Have mercy on us who offend Thee greatly every hour, O my Christ, and grant that we may offer Thee repentance before the end.

G/B... It is fitting that the Holy Spirit reign, sanctify and move creation, for He is God, consubstantial with the Father and the Word.

Hymn of Degrees: (Antiphon Two)

If the Lord Himself were not with us, who would be preserved whole from the enemy, the slayer of men?

Give not Thy servant over to the teeth of mine enemies, O Saviour, for they move against me like lions.

G/B... The Holy Spirit is the Source of life and worship, for by His power as God He preserveth all created things in the Father by the Son.

Hymn of Degrees: (Antiphon Three)

They who hope in the Lord are like a holy mountain: they are in nowise moved by the assaults of the enemy.

Let those who live godly lives stretch not their hands forth to iniquities, for Christ will not withhold His staff from such in His portion.

G/B... Through the Holy Spirit doth all wisdom flow: through Him have the prophets received vision, hath grace come upon the apostles, and have the martyrs been crowned with the endurance of suffering.

P. Prokimenon: (Tone 2)

Arouse Thyself, O Lord my God, in the commandment which Thou hast enjoined, / and a congregation of peoples shall surround Thee.

V. O Lord my God, in Thee have I put my hope: Save me.

C. Let every breath praise the Lord.

P. GOSPEL #3

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

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

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

Anointing.

Canticle One

Irmos: Overwhelming power once laid low the whole army of Pharaoh in the deep, / and the incarnate Word hath destroyed pernicious sin. / All-glorious is the Lord, // for gloriously hath He been glorified.

Glory to Thy Holy Resurrection, O Lord.

The prince of this world, under whom we have enlisted, not having obeyed Thy commandment, was condemned by Thy Cross, O Good One; for the weak one attacked Thee as one mortal, recoiled from the might of Thine authority, and was exposed as weak.

Thou camest into the world, the Deliverer of the human race and Author of life incorruptible; for by Thy resurrection Thou didst break asunder the

bonds of death. This do we all glorify, for gloriously hast Thou been glorified.

Theotokion

Thou wast revealed as higher than all creation, visible and invisible, O pure Ever-virgin; for thou gavest birth to the Creator, in that He was well pleased to become incarnate in thy womb. Entreat Him with boldness, to save our souls.

Glory to Thy Precious Cross and Resurrection, O Lord.

O Christ, through the suffering of Thy flesh Thou becamest the power of the weak, the resurrection of the fallen and the incorruption of the dead, for Thou hast been glorified.

God the Creator, the Restorer Who was put to death, had compassion on His fallen image, raised it up which was broken down, and hath given life unto all, for He hath been glorified.

Most Holy Theotokos, Save us.

Of old, the immaterial ladder and the strangely solidified path amid the sea revealed thy birthgiving, O pure one, which we all hymn, for it hath been glorified.

The Power of the Most High, the perfect Hypostasis, the Wisdom of God, Who became incarnate of thee, O most pure one, drew nigh unto men, for He hath been glorified.

The Sun of righteousness passed through the impassable door, thy closed womb, O pure one, and shone forth upon the world, for He hath been glorified.

Holy Hierarch Metrophanes, pray to God for us!

Standing with the heavenly choirs as a holy hierarch and servant of God, pray thou earnestly for us, that by thy supplications we may receive eternal good things.

Chosen to serve the precious Gospel of the Lord; O blessed father Metrophanes, with thine all-wise teachings thou didst cause men to grow in goodly understanding.

Glory... Enriched with the understanding of God, thou didst pour forth the word of life from thy heart, watering souls hardened by the passions, O all-wise and divine blessed Metrophanes, hierarch of God.

Both... From afar the sacred choir of the prophets revealed thee as the one who would become the true Mother of God, O pure one who art more exalted than the cherubim and all creation.

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: The desert, the barren Church of the nations, / blossomed like a lily at Thine advent, O Lord; // and therein hath my heart been established.

Glory to Thy Holy Resurrection, O Lord.

During Thy suffering creation was altered, beholding Thee, Who founded all by Thy divine gesture, in pauper's form, mocked by the iniquitous.

With Thy hand Thou didst fashion me out of dust, in Thine image; and having descended into hades, O Christ, with Thyself Thou didst raise me up who had again been broken down into the dust of death for my sins.

Theotokion

The ranks of the angels marveled, O most pure one, and the hearts of men have been filled with awe at thy birthgiving; wherefore, we honour thee, the Theotokos, with faith.

Glory to Thy Precious Cross and Resurrection, O Lord.

Christ Who is higher than all became a little lower than the nature of the angels through His suffering in the flesh.

Reckoned as dead with the iniquitous, O Christ, after the resurrection Thou didst appear to the women, resplendent in a crown of glory.

Most Holy Theotokos, Save us.

He Who, as the Creator of time, far transcendeth all time, was of His own will formed of thee as a babe, O Virgin.

Let us hymn the womb which is more spacious than the heavens, through which Adam, rejoicing, dwelleth in the heavens.

Holy Hierarch Metrophanes, pray to God for us!

Letting divine sweetness fall from thy lips, O father, thou didst dry up the outpouring of bitter godlessness, giving the pious the understanding of God to drink, O blessed one.

Chosen beforehand by the judgment of God, O holy hierarch father Metrophanes, thou wast shown to be a hierarch, offering unbloody sacrifices to God Who was sacrificed for our sake.

Glory... The tomb where thy precious body lieth poureth forth sweet fragrance as if it were the garden of God, perfuming the faithful, O all-glorious and most honorable Metrophanes.

Both... The human mind is at a loss how to understand the ineffable depths of thy birthgiving, O pure one; for, abasing Himself in His compassion, within thy womb God hath wholly restored me.

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 for St. Metrophanes (Tone 4)

From childhood thou wast shown to be a precious vessel,/ becoming a chosen hierarch of God;/ and to Him thou hast cried out with gladness:/ O Christ,// Thou art equal to the Father and the Spirit!

R. Ikos

Such a high priest, an initiate and minister of the Word, befitted us-- as the divine Paul, the instrument of Christ, crieth out--ever offering service to God as one blameless and honorable. And though seen to be clad in a corrupt body, he converseth in his service with the incorporeal ones, removing the offenses of the people with a just scale. And now, as a great hierarch, Metrophanes hath appeared unto us, preaching with boldness: O Christ, Thou art equal to the Father and the Spirit.

R. Sessional Hymns

Having gained dominion over the carnal passions, thou didst show thyself to be a godly hierarch, venerable and divinely inspired one, and didst most gloriously shepherd the imperial city, fending off the hordes of heretics with the staff of thy divine words. Wherefore, after thine end thou hast worthily inherited infinite grace, O blessed and holy hierarch, for which cause we cry out to thee: Entreat Christ God, that He grant remission of sins unto those who honour thy most precious memory.

G/B... Having fallen into greatly tangled perils from enemies visible and invisible, and been beset by the tempest of my countless offenses, O pure one, I flee to the haven of thy goodness as to my fervent help and protection; wherefore, O all-pure one, earnestly entreat Him Who became incarnate of thee without seed, in behalf of all thy servants who unceasingly praise thee, ever beseeching Him, O all-pure Theotokos, to grant remission of offenses unto those who fittingly hymn thy glory.

Canticle Four

Irmos: Thou didst come forth from the Virgin,/ neither a mediator nor an angel,/ but Thyself incarnate, O Lord,/ and hast saved me, the whole man;// wherefore, I cry to thee: Glory to Thy power, O Lord.

Glory to Thy Holy Resurrection, O Lord.

O God my Master, Thou standest before the judgment-seat as one condemned, without crying out, bringing forth judgment in behalf of the gentiles. Thereby Thou hast wrought salvation for the whole world through Thy suffering, O Christ.

Through Thy suffering, O Christ, the weaponry of the enemy failed, and by Thy descent into hades the cities of the adversary were destroyed and the audacity of the tyrant set at naught.

Theotokion

O Theotokos and Mistress, all of us, the faithful, know thee to be the haven of salvation and an immovable rampart; for through thy supplications, thou dost deliver our souls from perils.

Glory to Thy Precious Cross and Resurrection, O Lord.

Beholding thee nailed to the Tree, O Christ, the Virgin who gave birth unto Thee without pain endured a mother's pangs.

Death was vanquished when, dead, Thou didst storm the gates of hades; for when the all-devouring one was destroyed, all things which are past nature were given to me.

Most Holy Theotokos, Save us.

Lo! as the dwelling-place of the Lord, the Mother of God, the divine mountain, hath most clearly been exalted far higher than the hosts of heaven.

Having given birth beyond the laws of nature unto Him Who hath dominion over creation, O only Virgin, thou wast vouchsafed a divine calling.

Holy Hierarch Metrophanes, pray to God for us!

Full of the Holy Spirit, O sacred father Metrophanes, thou didst drive evil spirits away from men, and by thy spiritual teachings hast rendered them faithful.

Thou didst theologize concerning the uncreated Unity indivisible in three Persons, inseparable and unconfused, illumining the pious with thy sacred theology.

Glory... Having first mortified carnal thoughts by asceticism and labors, thou didst show thyself to be a godly hierarch and a most sacred intercessor before the Trinity.

Both... Through thee, O all-pure Mother of God, hath the curse of our first mother been annulled, for thou gavest birth for us to the Wellspring of holiness, to Life everlasting.

C. Katavasia (Tone 4)

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

Canticle Five

Irmos: Thou art a Mediator between God and man, O Christ God:/ For by Thee, O Master,/ are we led up out of the night of ignorance to Thy Father,// the Source of light.

Glory to Thy Holy Resurrection, O Lord.

Thou didst break the audacity of the nations by Thy will, as if they were cedars, O Christ Master, for it was Thy will to be lifted up in the flesh upon the cypress, the pine and the cedar.

When they laid Thee, dead and bereft of breath, in a deep pit, O Christ; yet, wounded, through thy wounds Thou didst raise up with Thyself the forgotten dead who slept in the graves.

Theotokion

Entreat thy Son and Lord, O pure Virgin, that He grant peace unto those who hope in thee and deliverance from the assaults of adversaries unto captives.

Glory to Thy Precious Cross and Resurrection, O Lord.

The first Adam refused to fast and ate of the deadly tree; yet his sin was erased when the second Adam was crucified.

By human nature Thou becomest able to experience suffering and death, O Christ Who in Thine immaterial divinity art dispassionate; and untouched by corruption Thou didst raise up the dead from the nethermost parts of hades.

Most Holy Theotokos, Save us.

O ye clouds, rain down the delight of gladness upon those on earth, for a Child hath been given, He Who hath existed from before time: Our God Who is incarnate of the Virgin.

Light hath shone upon my life and flesh and destroyed the gloom of sin! In latter times the Most High became incarnate of the Virgin without seed.

Holy Hierarch Metrophanes, pray to God for us!

Performing the divine mysteries in godly manner and touching pure things with most pure thoughts, serving God thou wast shown to be immaculate, as a most sacred hierarch of God.

Adherents of idolatry became favorites of God through thine honoured teachings; and in removing them from unworthy things, thou didst show thyself to be a worthy favorite of God Almighty.

Glory... Called by grace, thou didst destroy the ungodliness of idolatry, O venerable, and with the rain of thy discourses thou didst render stony hearts fruitful through the grace of God.

Both... After thy strange birthgiving thou didst remain a virgin as thou wast before; for God was born, transforming all things by His will, O Mary, Bride of God who knewest not man.

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: Whirled about in the abyss of sin,/ I call upon the unfathomable abyss of Thy loving-kindness:// Lead me out up from corruption, O God.

Glory to Thy Holy Resurrection, O Lord.

The Righteous One was condemned as a malefactor and nailed to the Tree with iniquitous men, through His blood granting remission to the guilty.

Through one man, the first Adam, did death enter the world of old, and through the one Son of God hath the resurrection been revealed.

Theotokion

Thou gavest birth without having known a man, O Virgin, and thou remainest a virgin eternally, revealing the images of the true divinity of thy Son and God.

Glory to Thy Precious Cross and Resurrection, O Lord.

Thou didst set the Cherubim as guardians of the tree of life against the fallen one, yet, beholding Thee, the doors were opened; for Thou didst appear escorting the thief into paradise.

Hades was emptied and overthrown by the death of One; for the one Christ emptied it for us all of the great treasure which it had hoarded.

Most Holy Theotokos, Save us.

Human nature, enslaved to sin, hath through thee obtained its freedom, O pure Mistress; for thy Son is slaughtered like a lamb for all.

We all cry out to thee, the true Mother of God; Deliver thy servants, who move God to wrath, for thou alone hast boldness before thy Son.

Holy Hierarch Metrophanes, pray to God for us!

Thy tongue wisely sharpened by the Spirit like the pen of a scribe, thou didst inscribe the word of grace upon the hearts of the pious at the behest of God, O most sacred father.

Learning things divine as one who entereth the mystic holy of holies, with the radiance of the Trinity and by the Spirit thou renderest men faithful, O sacred father, most perfect Metrophanes.

Glory... Pushing back the turgid commands of the impious with the streams of thy precepts, thou wast shown to be like a river of peace, watering the congregations of the faithful with piety, O most honoured and holy hierarch.

Both... The Word made His abode within thy womb without seed and revealed Himself as perfect man, restoring nature in godly manner, as He alone knew how to do, O God-receiving and most immaculate Maiden.

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 2)

Hell became afraid, O almighty Saviour,/ seeing the miracle of Thy Resurrection from the tomb!/ The dead arose! Creation, with Adam, beheld this and rejoiced with Thee!// And the world, O my Saviour praises Thee forever.

R. Ikos

Thou art the light of those in darkness; Thou art the resurrection of all and the life of men, and hast raised up all with Thyself, O Saviour, abolishing the dominion of death and breaking down the gates of hades, O Word. And the dead, beholding the wonder, marveled, and all creation rejoiceth in Thy resurrection, O Thou Who lovest mankind. Wherefore, we all glorify and hymn Thy condescension; and the world, O my Saviour, ever hymneth Thee.

Canticle Seven

Irmos: The command of the iniquitous tyrant, opposed to God,/ raised up a lofty flame;/ but Christ, Who is blessed and all-glorious,// spread a spiritual dew upon the pious youths.

Glory to Thy Holy Resurrection, O Lord.

In Thy loving-kindness, O Master, Thou couldst not bear to see man tormented by death; and, becoming man, Thou didst come and save him by Thy blood. Blessed and most glorious is the God of our fathers!

Seeing Thee arrayed in the vesture of vengeance, O Christ, the gatekeepers of hades were affrighted; for Thou didst come to slay Thy servant, the mindless tyrant. Blessed and most glorious is the God of our fathers!

Theotokion

We understand thee to be holier than the Holy of holies, for thou alone gavest birth to the immutable God, O blameless Virgin, unwedded Mother; for thou hast poured forth incorruption upon all the faithful through thy divine birthgiving.

Glory to Thy Precious Cross and Resurrection, O Lord.

Of old, in Eden, disobedience condemned our forefather; yet the most divine and most glorious God of our fathers was willingly condemned, loosing the transgressions of him who had transgressed.

Thou didst save him who was wounded in Eden by the tongue of the serpent through the jealousy of the slayer of man; for by Thy voluntary suffering Thou didst heal the bite he willingly took. Most divine and most glorious is the God of our fathers!

To the light Thou didst call me who walk in the shadow of death, O Thou Who didst clothe dark hades with the lightning of divinity. Most divine and most glorious is the God of our fathers!

Most Holy Theotokos, Save us.

At night, Jacob beheld as in a vision the incarnate God, Who through thee hath appeared in splendor to those who chant: Most divine and most glorious is the God of our fathers!

Manifesting within thee beforehand the signs of the ineffable descent whereby He united Himself unto men of His own will, O pure one, the most divine and all-glorious God of our fathers wrestled with Jacob.

Abominable is he who doth not with undoubting faith and tongue proclaim Thee the Son of the Virgin, Who art one of the most hymned Trinity, crying out: Most divine and most glorious is the God of our fathers!

Holy Hierarch Metrophanes, pray to God for us!

Illumined with the grace of the Spirit and by sharing in the will of God, thou becamest a radiant star, O wise one, enlightening those who chant: Blessed is the God of our fathers!

As a most holy temple made splendid by virtuous deeds, thou didst have the uncreated Trinity dwelling within thee, O sacred one, and didst cry aloud: Blessed is the God of our fathers!

Glory... Driving slumber from thine eyes with divine wakefulness, thou didst receive from an angel of light the effulgence of God, which made thee a pillar and support of the faithful, a true holy hierarch.

Both... The Uncircumscribable One Who sitteth in the bosom of the Father, O all-pure one, now sitteth, circumscribed, in thy bosom, clad in thy visage, having become circumscribed for the salvation of Adam.

C. Katavasia (Tone 4)

The **H**oly 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: Once, in Babylon,/ the fiery furnace divided its activity at the command of God,/ consuming the Chaldeans, but bedewing the faithful, who chant:// Bless the Lord, all ye works of the Lord!

Glory to Thy Holy Resurrection, O Lord.

Beholding the vesture of Thy flesh stained with Thy blood, O Christ, the ranks of the angels were filled with awe and trembling at Thy great longsuffering, cried aloud: Bless the Lord, all ye works of the Lord!

By Thine arising, O Compassionate One, Thou hast clothed my mortality in immortality; wherefore, in gladness Thy chosen people thankfully hymn Thee, O Christ, crying out to Thee: Death is swallowed up in victory!

Theotokion

Without seed thou didst conceive Him Who is inseparable from the Father, and He dwelt in thy womb as God and man; and thou didst ineffably give birth unto Him O all-pure Theotokos. Wherefore, we acknowledge thee as the salvation of us all.

Glory to Thy Precious Cross and Resurrection, O Lord.

O Thou Who art rich in mercy, Thou wast seen to be nailed to the Cross and buried of Thine own will; and Thou didst arise on the third day, O Thou Who lovest mankind, and hast delivered all men, who chant with faith: Let all creation hymn the Lord and exalt Him supremely for all the ages.

Thou didst descend into the nethermost parts, O Christ, Thou Word of God, to deliver from corruption, by Thy divine power, that which Thou hadst created; and fashioning it without corruption, Thou didst make it a partaker of Thine everlasting glory, that, crying out, it may chant: Let all creation exalt Christ supremely unto the ages.

Most Holy Theotokos, Save us.

Through thee the One Who is incomparable in goodness and power was seen on earth and dwelt with men. And, chanting unto Him, all of us, the faithful, cry: Let all existing creation hymn the Lord and exalt Him supremely for all ages!

Truly proclaiming thee to be the pure Theotokos, we glorify thee; for thou gavest birth to the One of the Trinity Who became incarnate, to Whom, with the Father and the Spirit, we all chant: Let all creation hymn the Lord and exalt Him supremely for all the ages!

Holy Hierarch Metrophanes, pray to God for us!

Thou didst bring low the prideful serpent by thy humility, O blessed one, being elevated to God by thy pure understanding. Wherefore, we honour thee, exalting Christ supremely forever.

Thou didst theologize concerning the incarnate Word, and didst save men from slavery to falsehood, driving away the ungodliness of idolatry, O hierarch father Metrophanes, all-wise God-bearer.

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

Having a life like unto that of thy Master, and discourse befitting such a life, thou hast passed over to places of rest on high, O father, full of the spiritual days.

Both... Delivered from the primal curse by thy birthgiving, O all-blessed and divinely joyous Maiden, we address to thee the cry of Gabriel: Rejoice, thou cause of the salvation of all!

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

C. Katavasia (Tone 4)

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

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: God the Lord, the Son of the unoriginate Father,/ hath revealed Himself to us incarnate of the Virgin,/ to enlighten those in darkness and to gather the dispersed.// Wherefore, we magnify the all-hymned Theotokos.

Glory to Thy Holy Resurrection, O Lord.

The thrice-rich tree of Thine all-pure Cross was planted on Golgotha as in paradise, O Saviour; and watered with the blood and divine water of Thy side, as by a divine spring, O Christ, it hath budded forth life for us.

Crucified, O Omnipotent One, Thou didst cast down the mighty; and raising up human nature, which lay below in the stronghold of hades, Thou didst set it upon the throne of the Father. And worshipping Thee Who wilt come therewith, we magnify Thee.

Triadicon

Chanting, O ye faithful, in Orthodox manner let us glorify the threefold Unity, the consubstantial Trinity, the indivisible, all-divine essence, the thrice-radiant, the only incorrupt and never-waning Effulgence, which hath shone forth light upon us.

Glory to Thy Precious Cross and Resurrection, O Lord.

On Golgotha Thou wast lifted up on the Cross like a lamb between the condemned, O Christ, and pierced in the side by a spear. In that Thou art good, Thou didst give life unto us who are made of dust, who honour Thy divine resurrection with faith.

O all ye faithful, let us worship God Who by His own death abolished the might of death with power; for He Who raised up with Himself the dead of ages past bestoweth life and resurrection upon all.

Most Holy Theotokos, Save us.

In thy womb, O pure one, the Word of God was given to corrupt nature as a staff of strength; and He raised it up which had fallen headlong into hades. Wherefore, O most pure one, we magnify thee as the Theotokos.

O Master, mercifully accept as advocate for us Thy Mother, Whom Thou didst choose. All things will be filled with Thy goodness, that we may all magnify Thee as our Benefactor.

Holy Hierarch Metrophanes, pray to God for us!

As one meek and innocent thou hast made thine abode in the land of the meek, O holy hierarch, joining the armies of heaven, wholly adorned with the splendors of the virtues and clad in the light of virtue.

Thou beholdest the splendors of God and the angels, and the beauties of the patriarchs, martyrs and apostles, with them entreating Him Who loveth mankind, that He grant remission of sins and amendment of life unto us who praise thee, O venerable one.

Glory... Thou didst first splendidly adorn the throne of the foremost of all cities, having lived therein like an angel and adorned it with thy hierarchy; and anointing, thou hast sanctified the people, rendering them divinely wise.

Both... Like a heavenly rain God descended into thy womb, O Virgin, and hath dried up the torrents of falsehood and rained down incorruption upon all men. And through thee, O divinely joyous one, hath deliverance been granted.

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 Three (Mark 16:12-20)

Let no man not believe that Christ has risen. For He appeared to Mary and afterwards was seen by those walking in the country, and He again appeared as they lay, to the eleven who knew the mysteries, and having sent them out to baptize, He was received up into heaven from whence He came down confirming their preaching with a multitude of signs.

Glory... Exapostilarion for St. Theophanes

We know thee to be a greatly radiant star of the Church, O holy hierarch Metrophanes; for with the council thou didst cast down the blasphemy of Arius, illumining the Church with Orthodox doctrines. Wherefore, we hymn thee with faith.

Both... Theotokion

O Sun, having risen upon the tomb today as a Bridegroom from the bridal chamber, having harrowed hell and dashed death down, by the intercession of Her that bore Thee, Thou hast sent us light--light that has enlightened our hearts and our souls, light that has directed us all to walk in the paths of Thy commandments and the ways of peace.

C. Lauds: Tone 2 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. All that hath breath, all the creation praises **Thee**, O Lord./ For Thou alone **lovest** men,/ **and** hast put down de-ath **through** Thy Cross,// so as to show mankind Thy **Resurrection**.

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

2. Let the Jews say how the soldiers lost the King over **Whom** they watched./ Why did the stone fail to guard the **rock** of life?/ Let them give up Him who was buried or worship Him risen and **declare** with us:// Glory to Thy manifold mercies, Glory unto Thee, our **Saviour**.

- V. Praise Him for His mighty acts,/ praise Him according to the multitude of His greatness.
3. O ye people, **rejoice** and make glad./ An angel sat upon the stone of the tomb and **announced** to us:/ **Christ**, Saviour of the world is risen **from** the dead/ and has filled the universe with **fragrance**./ Rejoice and make glad, O ye **people**.
- V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.
4. Before Thy **conception**, O Lord,/ an angel brought the joyful salutation to the Virgin, **full** of grace,/ **while** at Thy Resurrection an angel rolled back the stone of Thy **glorious** tomb./ The one, in place of sorrow disclosed **tokens** of joy,/ the other instead of death, proclaimed the Master, Giver of **life** to us./ Therefore we cry: Glory to **Thee**, O Lord,./ Benefactor of **all** mankind.
- V. Praise Him with timbrel and dance,/ praise Him with strings and flute.
5. Weeping, the women poured myrrh **upon** Thy tomb,/ and then their voices were filled with joy **as** they said:./ The Lord is **risen**.
- V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.
6. Let the Gentiles and the people praise **Christ** our God,/ Who for our sakes willingly suffered the Cross and spent three **days** in hell./ And let them **worship** His Resurrection **from** the dead./ that sheds light to the **ends** of the world.
- V. Arise, O Lord my God, let Thy hand be lifted high;/ forget not Thy paupers to the end.
7. Crucified and buried of Thine **own** will,/ Thou didst despoil **death**, O Christ,/ and as **God** and Master,./ Thou didst grant the world eternal life and Thy great **mercy**.
- V. I will confess Thee, O Lord, with my whole heart,/ I will tell of all Thy wonders.
8. In truth, ye, evil-doers, who **sealed** the stone,/ ye granted us a greater **wonder**;/ the watch knew that He left the **tomb** and they said:/ 'Ye tell us that while we slept, the disciples came and **stole** Him away.'/ But whoever steals a body and a body that is **unclothed**?/ He rose up of His own accord, because **He** is God,/ leaving His grave clothes **in** the tomb./ O ye Jews go and see how He left the seals **unbroken**,/ having trampled death and granted mankind **life** without end./ and His great **mercy**.

When Mary Magdalene announced the good **tidings/ of** the Saviour's Resurrection from the dead and His **appearing,** the **disciples,** not believing, were reproached for their **hardness** of heart. **But** they were sent to preach, armed with signs and **wonders.** And **Thou,** O Lord, hast been lifted up to the Father, the **Arch-Light,** **while** they preached the Word in all places, made secure by **miracles.** Therefore **we,** enlightened by them, glorify Thy Resurrection from the dead, // O Lord Who **lovest** mankind.

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.

The Great Doxology

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

R. Hours:
Tropar: Resurrection & St. Metrophanes
Kontak: Resurrection

At Liturgy

Order of Troparia & Kontakia as per simple Service

Prokimenon for Tone 2

The Lord is my strength and my song, and He is become my salvation.

V. With chastisement hath the Lord chastened me, but He hath not given me over unto death.

Epistle(s): Rom 5:1-10

Alleluia for Tone 2

V. The Lord hear thee in the day of affliction; the name of the God of Jacob defend thee.

V. O Lord, save the king, and hearken unto us in the day when we call upon Thee.

Gospel: Matt 6:22-33

Communion Hymn: Praise ye only