

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

VESPERS: Tone 8

- P. Regular Beginning
 C. Lord I have cried... (Tone 8)
1. We **offer** up to **Thee**, O Christ,/ our evening hymn and reasonable **service**/ for it hath pleased Thee to have **mercy** upon us// by Thy Resurrection.
 2. Lord, **Lord**, cast us not **away** from Thy face,/ but be pleased to have mercy upon us// by Thy Resurrection.
 3. **Rejoice**, O holy **Zion**,/ Mother of Churches and **dwelling**-place of God,/ for Thou hast been the first to **receive** remission of sins// by the Resurrection.
 4. **Begotten** before all ages of God the **Father**,/ the Word, Who in the **latter** time/ willed to take flesh of a maid who **knew** not a man,/ endured the death of the Cross and by His own Resurrection// saved man who in the past was made **subject** to death.
 5. We **glorify** Thy Resurrection from the **dead**, O Christ,/ by which Thou hast set free the line of Adam from the **torment** of hell/ and as God hast granted the world **eternal** life// and Thy great **mercy**.
 6. **Glory** be unto Thee, O Christ, our **Saviour**,/ Only begotten Son of God Who wast **nailed** to the Cross// and on the third day **rose** from the tomb.
 7. We **offer** Thee **glory**, O Christ/ Who of Thine own will hast endured the **Cross** for our sake,/ and we worship Thee, O Saviour almighty, Who **lovest** mankind./ Cast us not **away** from Thy face,// but hearken unto us and save us by Thy Resurrection.

Sticheron from the Triodion, (Tone 8)

8. O **holy** **father** John,/ truly hast thou ever carried on thy lips the **praises** of the Lord,/ and with great wisdom hast thou studied the words of Holy **Scripture**/ that teach us how to practice the **ascetic** life./ So hast thou gained the riches of grace, and thou hast become **blessed**,// overthrowing all the purposes of the **ungodly**.
9. Most **glorious** **father** John,/ with the fountain of thy tears thou hast **cleansed** thy soul,/ and by keeping vigils through the night thou hast gained God's **mercy**./ Thou wast raised on wings, O **blessed** one,/ to the love of Him and of His **beauty**;/ and as is right thou dwellest now in His **unending** joy,/ with thy fellow soldiers in the **spiritual** fight,// O holy **saint** of God.
10. O **holy** **father** John,/ through faith thou hast lifted up thy mind on **wings** to God;/ hating the restless confusion **of** this world, /thou hast

taken **up** thy Cross;/ and, following Him Who **sees** all things,/ thou hast subjected thy rebellious body to His guidance through ascetic **discipline**,// by the power of the Holy **Spirit**.

Glory... (Tone 5)

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

Both... Dogmatikon (Tone 8)

In His love for mankind,/ the King of Heaven appeared upon earth and **dwelt among** men./ For He took flesh of a pure **Virgin**,/ and thus incarnate He came **forth** from her./ The only **Son** is He:/ twofold in nature, but not in **person**./ In proclaiming Him perfect man and perfect **God** indeed,/ we confess **Christ** our God.// Beseech Him, O Mother without wedlock to have mercy upon 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 8)

1. O **Jesus** Who came down from **heaven**,/ Thou didst ascend upon the Cross and didst **come** to die,/ O **Immortal** Life,/ true Light for those sitting in **darkness**:/ and the Resurrection of all the **fallen**:// Glory unto Thee, our Saviour, Who **enlightens** us.

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

2. **Let** us glorify Christ risen **from** the dead,/ Who took upon Himself **body** and soul,/ and separated them one from another by His **Passion**:/ for His most pure soul went down to hell which **He** despoiled;/ and in the tomb the Holy Body of the **Deliverer** of our souls// knew not **corruption**.

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

3. We **glorify** Thy Resurrection from the **dead**, O Christ,/ in **psalms** and song,/ for by it Thou hast freed us from the **torments** of hell,/ and hast, since **Thou** art God,// granted eternal life and Thy great **mercy**.

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

4. O **Lord** of all, incomprehensible Maker of **heaven** and earth,/ through Thy passion **on** the Cross,/ Thou hast freed me from **passions**./ After enduring burial, Thou hast risen in **glory**,/ raising up Adam with Thy

mighty arm./ Glory be to Thy Resurrection on the **third** day,/ by which Thou hast endowed us with **eternal** life/ and granted us the **cleansing** of our sins,// for Thou alone art **compassionate**.

Glory... (Tone 2)

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

Both now and ever... (Tone 2)

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

C. St. Symeon's Prayer
R. Trisagion
C. Rejoice, O Virgin Theotokos 3x

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

MATINS: Tone 8

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

C. Sunday Troparia (Tone 8) 2x
Thou didst descend from on high, O merciful one./ Thou didst endure the three day burial/ to free us from our sufferings.// O Lord, our Life and Resurrection, Glory to Thee.

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:

Thou didst arise from the dead, O Life of all, and the radiant angel cried to the women: "Cease your weeping! Declare unto the apostles, and cry aloud, singing: Christ the Lord hath risen, Whose good pleasure, as God, it hath been to save the human race!"

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

O Thou Who didst truly rise from the dead, Thou didst command the venerable women to proclaim Thine arising to the apostles, as it is written; and speedy Peter ran quickly to Thy tomb and, beholding a light within the sepulcher, was filled with awe. Wherefore, seeing the grave-clothes lying without the divine body in them, he cried out with faith: "Glory to Thee, O Christ God our Saviour, for Thou savest all, in that Thou art the Effulgence of the Father!"

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

R. Kathisma III
 P. Small Ectenia

R. Sessional Hymns:

Men sealed Thy tomb, O Saviour, but an angel rolled the stone away from its entry. The women beheld Thee risen from the dead, and in Sion they proclaimed to Thy disciples the glad tidings that Thou hadst arisen, O Life of all, and that the bonds of death are broken. O Lord, glory be to Thee!

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

The women who bore the burial spices heard from the tomb the voice of the angel, saying: "Cease your weeping, and receive joy instead of grief! Cry aloud, singing that Christ the Lord hath risen, Whose good pleasure it hath been, as God, to save the human race!"

G/B... All creation—the assembly of angels and the human race—rejoiceth in thee, O thou who art full of grace, O sacred temple and reason-endowed paradise, thou boast of virgins, from whom God, Who existeth from before time, was incarnate and became a child; for He made thy loins a throne, and thy womb He made more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee!

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

R. Ypakoe:

Standing before the tomb of the Bestower of life, the myrrh-bearing women sought the immortal Master among the dead; and receiving the joyous announcement from the angel, they exclaimed to the apostles that Christ God is risen, granting the world great mercy.

Hymn of Degrees: (Antiphon One)

From my youth hath the enemy tempted me, causing me to burn with pleasures; but, trusting in Thee, O Lord, I vanquish him.

Let those who hate Sion be as grass before it is mowed down; for Christ will cut through their necks with the scythe of torments.

G/B... By the Holy Spirit are all things given life. Him do we praise with the Father and the Word, as Light from Light, the great God.

Hymn of Degrees: (Antiphon Two)

Let my heart, humble of mind, be covered with the fear of Thee, O most Compassionate One, and let it not, exalting itself, fall away from Thee.

May he who setteth his hope on the Lord not be terrified when all things will be tried by fire and torment.

G/B... Through the Holy Spirit doth every godly man see and prophesy, working exalted miracles, and hymning the one God in Three Persons; for though Three shine together, the Godhead ruleth as One.

Hymn of Degrees: (Antiphon Three)

I have cried unto Thee: Hearken, O Lord, and incline Thine ear to me who cry out; and before Thou takest me away from hence make me pure.

Everyone who returneth to his mother, the earth, is released to receive torments or honours for those things he did during life.

G/B... Through the Holy Spirit proceedeth the theology of the thrice-holy Unity: for the Father is unoriginate, and from Him hath the Son been begotten timelessly, and the Spirit is equally enthroned and hath the same image, shining forth from the Father.

Hymn of Degrees: (Antiphon Four)

Behold now, what is so good or so beautiful as for brethren to dwell together? For therein hath the Lord promised life eternal.

He Who adorneth the lilies of the field doth warn that it is not fitting for man to give thought to his raiment.

G/B... By the Holy Spirit, the single Cause, are all things sustained through the bestowal of peace; for He is God, Who in dominion is consubstantial with the Father and the Son.

P. Prokimenon: (Tone 8)

The Lord shall be king unto eternity;/ Thy God, O Zion, unto generation and generation.

V. Praise the Lord, O my soul. I will praise the Lord in my life.

C. Let every breath praise the Lord.

P. GOSPEL #8

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: The staff of Moses, once working a wonder,/ striking the sea in the form of the Cross and dividing it,/ drowned the mounted tyrant Pharaoh,/ and saved Israel// who fled on foot, chanting a hymn unto God.

Glory to Thy Holy Resurrection, O Lord.

How shall we not wonder at the almighty divinity of Christ, Who through His sufferings sheddeth dispassion and incorruption upon all the faithful, and poureth forth a wellspring of immortality from His holy side and life ever-lasting from His tomb?

The magnificent angel hath now appeared to the women, bearing splendid tokens of natural and immaterial purity, by his appearance proclaiming the light of the resurrection, crying: The Lord is risen!

Theotokion

All-glorious things have been said of thee among generations of generations, O thou who contained God the Word in thy womb, remaining pure, O Mary Theotokos; wherefore, we all honour thee, our help after God.

Most Holy Theotokos, Save us.

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

O Christ, the Virgin gave birth unto Thee, the Life-bearing Cluster of grapes which exudeth the sweetness of universal salvation.

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

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

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

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

Theotokion

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

Venerable father John, entreat God for us.

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

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

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

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

C. Katavasia (Tone 4)

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

Canticle Three

Irmos: O Christ Who in the beginning/ established the heavens in wisdom/ and founded the earth upon the waters,/ make me steadfast upon the rock of Thy commandments;// for none is holy as Thee, O Thou Who lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Adam, who was condemned by his sinful tasting, didst Thou justify by the saving suffering of Thy flesh, O Christ; for Thou Thyself wast not subject to the trial of death, O Sinless One.

Jesus my God, the Light of the resurrection, shone forth upon those sitting in darkness and the shadow of death, and binding the mighty one with His divinity, He despoiled his vessels.

Theotokion

O Theotokos, thou hast been shown to be more exalted than the cherubim and seraphim; for thou alone didst receive the uncontainable God in thy womb, O undefiled one. Wherefore, all of us, the faithful, bless thee with hymns, O pure one.

Most Holy Theotokos, Save us.

Thou wast the correction of our first mother Eve, having given birth to Christ, the Author of the life of the world, O Theotokos.

Gird me about with power, O most pure one, who hast truly given birth unto God in the flesh, the hypostatic Power of the Father.

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

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

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

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

Theotokion

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

Venerable father John, entreat God for us.

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

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

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

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

C. Katavasia (Tone 4)

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

P. Small Ectenia

C. Kontakion of the Saint (Tone 4)

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

R. Ikos

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

R. Sessional hymns

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

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

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

Canticle Four

Irmos: Thou art my strength, O Lord,/ Thou art my power, Thou art my God,/ Thou art my joy,/ Who, without leaving the bosom of the Father,/ hast visited our lowliness./ Wherefore, with the Prophet Habakkuk I cry to Thee:// Glory to Thy power, O Thou Who lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Thou didst love me, Thine enemy, exceedingly, for in a strange abasement Thou didst descend to earth, O Saviour of loving-kindness, refusing to reject mine utter reproach; and abiding in the heights of Thine all-pure glory, Thou hast glorified that which before was dishonoured.

Who is not filled with awe, beholding death destroyed by Thy Passion, O Master? For by the divine power of Thee Who wast crucified was corruption put to flight by the Cross and hades emptied of its riches by Thy death. Wondrous are Thy works, O Thou Who lovest mankind!

Theotokion

Thou art the boast of the faithful, O thou who knewest not wedlock, and thou art also the refuge, bulwark and haven of Christians; for thou bearest entreaties to thy Son, O most immaculate one, and savest from misfortunes those who with faith and love know thee to be the pure Theotokos.

Most Holy Theotokos, Save us.

O Theotokos, thou unploughed field which gave rise to the life-creating Grain Who giveth life to the world: Save those who hymn thee.

Grant that our ignorance may be washed away, in that Thou art sinless, and bring peace to Thy world, O God, through the prayers of her who gave Thee birth.

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

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

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

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

Theotokion

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

Venerable father John, entreat God for us.

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

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

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

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

C. Katavasia (Tone 4)

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

Canticle Five

Irmos: Wherefore hast Thou turned Thy face from me,/ O Light never-waning?/ And why hath a strange darkness covered me, wretch

that I am?/ But turn me, and guide my steps// to the light
of Thy commandments, I pray.

Glory to Thy Holy Resurrection, O Lord.

Mocked, Thou didst deign to be clad in a purple robe before Thy sufferings, O Saviour, thus covering the ugly nakedness of the first-created man; and, naked, Thou wast nailed to the Cross in the flesh, O Christ, stripping off our robe of mortality.

Arising, Thou didst fashion anew from the dust of death my fallen essence, O Christ, and didst render it never-aging, showing it again to be a royal image, resplendent in the life of incorruption.

Theotokion

Possessed of maternal boldness before thy Son, O most pure one, dismiss not the thought of us as thy kin, we pray thee; for thee alone do we Christians set before the Master, to obtain merciful purification.

Most Holy Theotokos, Save us.

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

The ranks of the angels and the assembly of men minister to thine Offspring, O all-pure Theotokos.

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

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

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

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

Theotokion

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

Venerable father John, entreat God for us.

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

With thy divine husbandry, O father, thou hast tended the grapes of faith; thou hast gathered them to the winepress and pressed them out by the

labors of ascetic warfare; and, filling the spiritual cup of abstinence, thou makest glad the hearts of thy flock.

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

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

C. Katavasia (Tone 4)

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

Canticle Six

Irmos: Cleanse me, O Saviour,/ for many are my transgressions/ and lead me up from the abyss of evils, I pray,/ for to Thee have I cried,// and Thou hast hearkened unto me, O God of my salvation.

Glory to Thy Holy Resurrection, O Lord.

By a tree the author of evil mightily cast me down; but, having been uplifted upon the Cross, Thou, O Christ, didst with greater might cast him down, putting him to shame; and thou didst raise up him who was fallen.

Rising from the grave, Thou didst take pity on Sion, by Thy divine blood making it new instead of old, in that Thou art compassionate; and Thou now reignest therein forever, O Christ.

Theotokion

Let us be delivered from grievous transgressions through thine entreaties, O pure Theotokos, and let us receive the divine effulgence of the Son of God, Who ineffably became incarnate of thee, O all-pure one.

Most Holy Theotokos, Save us.

O Theotokos, we, the faithful, declare thee the temple and ark of God, the animate bridal-chamber and the gate of heaven.

Thine Offspring, the Destroyer of the temples of the idols, is worshiped as God with the Father and the Spirit, O Mary Bride of God.

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

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

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

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

Theotokion

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

Venerable father John, entreat God for us.

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

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

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

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

C. Katavasia (Tone 4)

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

P. Small Ectenia

C. Kontakion (Tone 8)

By rising from the tomb, Thou didst resurrect Adam./ Eve exults in Thy Resurrection,// and the world celebrates Thy rising from the dead, O greatly merciful One.

R. Ikos

O my long-suffering Saviour, Bestower of life Who lovest mankind, Who captured the kingdoms of hades and raised up the dead, Thou didst greet the myrrh-bearing women, offering them joy instead of grief, didst proclaim signs of victory to Thine apostles, and dost enlighten creation. Wherefore, the world rejoiceth at Thine arising from the dead, O greatly Merciful One.

Canticle Seven

Irmos: Once, in Babylon,/ the fire stood in awe of the condescension of God;/ wherefore, the youths, dancing with joyous step in the furnace,/ as in a meadow, chanted:// Blessed art Thou, O God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

Thy glorious abasement, the divine riches of Thy poverty, O Christ, amaze the angels who behold Thee nailed to the Cross to save those who cry out with faith: Blessed art Thou, O God of our fathers!

By Thy divine descent Thou didst fill the nether regions with light, and darkness which before reigned as tyrant was driven away. Wherefore, those held prisoner from ages past arose, crying: Blessed art Thou, O God of our fathers.

Triadicon

Theologizing in Orthodox manner concerning Thee, we declare Thee unto all as the Lord, the only Father of the only-begotten Son, acknowledging that from Thee proceedeth the one upright Spirit, Who is of the same nature and is equally eternal.

Most Holy Theotokos, Save us.

Thou didst appear incarnate of the Virgin's womb for our salvation; wherefore, acknowledging Thy Mother as the Theotokos in Orthodox manner, we cry out: O God of our fathers, blessed art Thou!

Through the Theotokos, O hypostatic Wisdom of the Most High, with wisdom and divine power fill all who chant to Thee with faith: O God of our fathers, blessed art Thou!

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

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

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

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

Theotokion

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

Venerable father John, entreat God for us.

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

Thou hast entered into the joy of the heavenly bridal chamber of Christ the King, clothed in a garment worthy of Him that called thee to the feast;

and, seated beside Him, thou dost cry aloud: O God of our fathers, blessed art Thou.

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

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

C. Katavasia (Tone 4)

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

Canticle Eight

Irmos: Madly did the Chaldaean tyrant/ heat the furnace sevenfold for the pious ones;/ but, beholding them saved by a higher Power,/ he cried out to the Creator and Deliverer:/ ye children, bless; ye priests, hymn;// ye people, exalt Him supremely for all ages.

Glory to Thy Holy Resurrection, O Lord.

The all-divine power of the divinity of Jesus shone forth divinely within us; for, having in the flesh tasted death on the Cross for all, He destroyed the might of hades. Him do ye unceasingly bless, O children! Ye priests, hymn; ye people, exalt Him supremely for all ages!

The Crucified hath arisen! The braggart hath fallen! He who fell and was broken hath been set aright! Corruption hath been cast away, and incorruption hath blossomed forth! For death is swallowed up by Life. Ye children bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Triadicon

The thrice-radiant Godhead which shineth forth the one Ray from Its one nature in three Hypostases—the unoriginate Father, the Word, Who shareth the Father's essence, and the equally reigning Spirit Who is one in essence with Them—ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Most Holy Theotokos, Save us.

Quench the burning and fiery arrows of the adversary, which are aimed at us, that we may hymn thee for all ages.

Thou didst supernaturally give birth to God the Word, the Creator and Saviour, O Virgin; wherefore, we hymn and exalt thee 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, entreat God for us.

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

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

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

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

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

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

C. Katavasia (Tone 4)

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

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: Heaven was stricken with awe,/ and the ends of the earth were amazed,/ that God hath appeared in the flesh, / and that thy womb became more spacious than the heavens./ Wherefore, the ranks of men and angels// magnify thee as the Theotokos.

Glory to Thy Holy Resurrection, O Lord.

Being simple in Thy divine and beginningless nature, Thou didst render Thyself compound by taking on flesh, subsuming it within Thyself, O Word of God; and having suffered as a man, as God Thou didst remain beyond suffering. Wherefore, we magnify Thee in two natures, indivisible and unconfused.

O Most High, Who becamest man by nature while of the divine nature of God the Father, coming down to Thy servants Thou didst tell them of God; and having risen from the tomb, Thou didst endow mortals with the grace of the Father Who is by nature God and Master, and with Whom we all magnify Thee.

Theotokion

In manner transcending nature, O Virgin Mother of God, thou wast shown to be her who gave birth in the flesh unto God the Word, Whom the Father begot from His heart before time began, in that He is good, and Whom we now understand as transcending the human body, even though He clothed Himself in a body.

Most Holy Theotokos, Save us.

We hymn thee with psalms, O thou who art full of grace, and we continually offer thee "Rejoice!;" for thou hast poured forth joy upon all.

Thy beautiful Fruit hath sprung forth, O Theotokos, resulting not in corruption for those who taste thereof, but in life for those who magnify thee with faith.

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

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

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

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

Theotokion

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

Venerable father John, entreat God for us.

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

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

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

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

C. Katavasia (Tone 4)

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

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Eight (John 20:11-18)

Seeing two angels inside the tomb, Mary was struck with wonder and not knowing Christ, she asked Him supposing Him to be the gardener: 'Where O Lord, hast thou laid the body of my Jesus?' And recognizing by His call that He was the Saviour Himself, she heard: 'Touch me not; tell the brethren I go to my Father.'

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 8 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. Though **Thou** hast stood for trial to be judged of **Pilate**,/ Thou hast not ceased, O Lord, to sit on the throne with the **Father**,/ and risen from the dead, Thou hast set the **world** free/ from the bondage of the **stranger**::/ for Thou art compassionate and **lovest** mankind.

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

2. **Though** the Jews laid Thee as dead in the **tomb**, O Lord,/ yet the guards watched Thee as a **sleeping** King,/ and they sealed Thee with seals as a **treasure** of life,// but Thou hast risen and granted our souls **incorruption**.

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

3. **Thou** gavest us Thy Cross as a weapon against the **devil**, O Lord:/ for he **trembles** and quakes,/ unable to bear the **sight** of its strength;/ for it raised up the dead and laid **death** low:// Therefore, we venerate Thy tomb and Thy **Resurrection**.

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

4. The **angel**, having proclaimed the Resurrection, O Lord,/ frightened Thy guards, yet he cried to the women, **saying**:/ Why do ye seek the living **among** the dead?// God is risen, bestowing life upon the **inhabited** earth!

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

5. **Thou**, impassible in Thy Divinity,/ hast suffered **through** Thy Cross/ and hast taken upon Thyself to be buried three **days** in the tomb,/ so as to set us free from the bondage of the enemy and to **give** us life,/ after making us immortal by Thy Resurrection,// O Christ our God, Who **lovest** mankind.

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

6. We **venerate** and **glorify** and praise/ Thy Resurrection from the **tomb**, O Christ,/ by which Thou hast set us free from the indissoluble **bonds** of hell;/ and by which, as **Thou** art God,// Thou hast bestowed upon the world eternal life and great **mercy**.

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

7. The **lawless** people guarding Thy tomb that **held** life/ came with the watch and **sealed** it:/ but Thou, being God almighty and **immortal**,// after three days art **risen**.

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

8. When **Thou** camest to the **gates** of hell/ and brakest them in **pieces**, O Lord,/ hell, Thy prisoner, cried: **Who** is this,/ who has not been condemned to remain in the nethermost **parts** of the earth,/ but dissolves like a shadow the **prison** of death?/ I took Him in as dead and now, as He is God, I **tremble**.// Have mercy upon us, O **Almighty**.

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

(Tone 1)

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

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

Come, let us work in the mystical **vineyard**,/ making fruits of repentance grow **within** it;/ let us not labor for the sake of **food** and

drink,/ but through prayer and fasting let us gain the **virtues**./ And the Lord of the vineyard, pleased by our labor, will provide the **payment**,/ whereby He redeems our souls from the **debt** of sin,// for He alone is rich in **mercy**.

Both now and ever... (Tone 2)

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

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

G/B... Gospel Sticheron (Tone 8)

The **tears** of Mary are not warmly **shed** in vain./ For behold, she was held worthy of the angels' **teaching**/ and vouchsafed the sight of Thee, Thyself, O Christ./ But again her thoughts were earthly thoughts as those of a weak **woman**./ Therefore she was dismissed and told not to **touch** Thee, O Christ./ But she was also sent as herald to the **disciples**,/ and she affirmed to them the good tidings proclaiming the Ascension to the portion of the **Father**./ With her do Thou also make us worthy of Thy manifestation, O **Master** and Lord.

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 8

Make your vows and pay them to the Lord our God.

V. In Judea is God known; His name is great in Israel.

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 8

V. Come let us rejoice in the Lord, let us shout with jubilation unto God our Saviour.

V. Let us come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

Alleluia for St. John (Tone 2)

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

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