

**ABBREVIATED RUBRICS FOR SUNDAY, OCTOBER 29, 2017**  
**VENERABLE MARTYR ANASTASIA THE ROMAN**

VENERABLE ABRAHAM AND HIS NIECE MARY OF MESOPOTAMIA; NEW HIEROMARTYR ATHANASIOS OF SPARTA;  
VENERABLE MARTYR TIMOTHY OF ESPHIGMENOU MONASTERY ON ATHOS; ABRAHAM, BISHOP OF ROSTOV

*NOTE TO CLERGY: Remember to include this special petition in the Great Litany in all services before the one for the head of state, as directed by the Antiochian Archdiocese.*

**Deacon: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.**

**Choir: Lord, have mercy.**

**GREAT VESPERS ON SATURDAY, OCTOBER 28; TONE 4**

1.) *Great Vespers begins as usual:*

Priest: Blessed is our God, always, now and ever, and unto ages of ages.

Choir: Amen.

Come, let us worship and fall down before God our King.

Come, let us worship and fall down before Christ, our King and our God.

Come, let us worship and fall down before Christ Himself, our King and our God.

2.) *The reader then says Psalm 103, and then the deacon offers the Great Litany.*

3.) *We chant **“O Lord, I Have Cried” in Tone 4** with ten troparia:*

(Nassar 160-161; Kazan Vesp. 45-56)

For the Resurrection from the Octoechos in Tone Four

**Verse 10.** *Bring my soul out of prison, that I may praise Thy Name.*

We worship untiringly Thy quickening Cross, O Christ God, and glorify Thy third-day Resurrection; for by it, O Almighty, Thou hast renewed the corrupt nature of mankind, and made plain to us the ascent to heaven; for Thou alone art good and the Lover of mankind.

**Verse 9.** *The righteous shall wait for me until Thou recompense me.*

When Thou wast willingly nailed upon the Cross, O Savior, Thou didst solve the problem caused by the tree of sin. And when Thou didst descend into Hades, Thou didst break the bonds of death, since Thou art a mighty God. Wherefore, we worship Thy Resurrection from the dead, shouting with joy, O Almighty Lord, glory to Thee.

**Verse 8.** *Out of the depths have I cried to Thee, O Lord, Lord hear my voice.*

Thou didst demolish by Thy Death, O Lord, the gates of Hades; Thou didst dissolve the realm of death; and didst free the human race from corruption, granting the world life and incorruptibility and Great Mercy.

**Verse 7.** *Let Thine ears be attentive to the voice of my supplication.*

Come, ye nations, let us praise the third-day Resurrection of the Savior, by which we were delivered from the unbreakable bonds of Hades, and by which we have all received life and

incorruption, crying, O Thou Who wast crucified, buried, and Who didst rise, save us by Thy Resurrection, O Thou only Lover of mankind.

*Verse 6. If Thou, O Lord, shouldest mark iniquities, O Lord, who shall stand? For with Thee there is forgiveness.*

Verily, the angels and men, O Savior, praise Thy third-day Resurrection, through which the ends of the universe have been lighted, and by which Thou hast redeemed from bondage to the enemy us who cry, saying: O omnipotent Giver of life, save us by Thy Resurrection, O Lover of mankind.

*Verse 5. Because of Thy Name have I waited for Thee, O Lord; my soul hath waited upon Thy word, my soul hath hoped in the Lord.*

Thou hast demolished the brazen gates, O Christ God, and hast shattered the bars, and hast raised the fallen human race and made it to stand upright. Wherefore, do we shout to Thee in unison, O Thou rising from the dead, O Lord, glory to Thee.

*Verse 4. From the morning watch until night, from the morning watch let Israel trust in the Lord. Thy birth from Thy Father, O Lord, is eternal and timeless; and Thine Incarnation from the Virgin is inexplicable and ineffable; and Thy descent into Hades is awe-inspiring to Satan and his angels; for Thou didst trample down death and didst rise on the third day, granting mankind incorruptibility and Great Mercy.*

(HTM October Menaion 179)

**For St. Anastasia in Tone Four (\*\*As one valiant\*\*)**

*Verse 3. For with the Lord there is mercy and with Him is abundant redemption, and He will deliver Israel from all his iniquities.*

With great courage didst thou endure \* as thy body was sharply racked, \* as thy breasts and hands were most ruthlessly cut off, \* and as thy teeth were uprooted and thy feet severed painfully, \* as thy sides were seared with fire, \* and at last, suff'ring unjust death. \* Hence, thou hast received \* crowns of vict'ry, and now thou dost abide in the celestial bridal chambers, \* O Anastasia, much-suff'ring Saint.

*Verse 2. Praise the Lord, all ye nations; praise Him, all ye people.*

O inviolate bride of Christ, \* as the gem of virginity, \* as the living image and pattern unto all \* women ascetics, a Paradise enclosed, as a godly shrine, \* as a sacred offering \* and the Martyrs' fair ornament \* and a gushing spring \* pouring rivers of healings hast thou been revealed to all who keep thy mem'ry, \* O Anastasia extolled of all.

*Verse 1. For His mercy is great toward us, and the truth of the Lord endureth forever.*

Let us all praise with eagerness \* the adornment of martyred Saints \* and the flow'r of virgins, that greatest ornament \* of all the just, Anastasia, the contender in many fights, \* that resplendent boast of Rome, \* the delightful and undefiled \* sacrifice to God, \* the unshakeable ground-work of true piety who notably contended \* in holy struggles of martyrdom.

(Nassar 161; Kazan Vesp. 56-57)

**THEOTOKION FOR THE RESURRECTION IN TONE FOUR**

*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

David the Prophet who became through thee, O Theotokos, the grandparent of God, before time sang of thee in praise, and shouted to Him who worked wonders through thee, saying, The queen did rise on Thy right; for God hath shown thee to be a Mother bringing forth life, in that He was willing to appear incarnate from thee without father, renewing the creation of His likeness, corrupt with suffering, in order to find the sheep lost in the hills, and carry it on His shoulders, and offer it to the Father, and add it, through His will, to the heavenly hosts, and to save the whole world; for He is the reigning Christ, Possessor of rich and Great Mercy.

- 4.) *The Entrance is made with the censer, and we chant “O Gladsome Light ...” (Chant) (Choral) followed by the Prokeimenon “The Lord is King ...” in Tone 6 with its stichoi.*

**SATURDAY PROKEIMENON IN TONE SIX**

Deacon: The Evening Prokeimenon!

Choir: The Lord is King, and hath clothed Himself with majesty. (ONCE)

**Verse 1.** *The Lord is robed; He is girded with strength. (Refrain)*

**Verse 2.** *For He has established the world so that it shall never be moved. (Refrain)*

- 5.) *The deacon offers the Litany of Fervent Supplication, and the people then say the Evening Prayer “Vouchsafe, O Lord.” The deacon offers the Litany of Supplication, and the priest offers “The Peace” and the Prayer of the Bowing of Heads.*

- 6.) *At the Aposticha, we chant the following:*

(Nassar 161-162; Kazan Vesp. 133-136)

**APOSTICHA FOR THE RESURRECTION IN TONE FOUR**

When Thou wast lifted up upon the Cross, O Lord, Thou didst expunge our ancestral curse; and when Thou didst descend to Hades, Thou didst free those who were bound from eternity, granting the human race incorruptibility. Wherefore, we offer praise, glorifying Thy third-day Resurrection.

**Verse 1.** *The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength.*

O Thou Who alone art mighty, when Thou wast fastened upon a Tree, Thou didst shake the whole earth; and when Thou wast laid in the grave, Thou didst raise those who lay in the graves, granting mankind life and incorruptibility. Wherefore, we offer praise, glorifying Thy third-day Resurrection.

**Verse 2.** *For He has established the world so that it shall never be moved.*

The law-transgressing people, O Christ, delivered Thee to Pilate, who condemned Thee to crucifixion. Thus the ingrate appeared before his Benefactor. But Thou sufferedst burial willingly, and didst rise on the third day by Thine own power; for Thou art God, granting us endless and Great Mercy.

*Verse 3. Holiness befits Thy house, O Lord, forevermore.*

Verily, the women reached Thy tomb seeking Thee with tears. And when they found Thee not they shouted and wailed, saying: Woe to us, O our Savior, King of all, how wast Thou stolen? And what place containeth Thy life-bearing body? And an angel answered them, saying: Weep not, but go preach that the Lord hath risen, granting us joy; for He alone is compassionate.

(Nassar 162; Kazan Vesp. 136-137)

**THEOTOKION FOR THE RESURRECTION IN TONE FOUR**

*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

O thou who art free from all blemish, hear the petitions of thy servants, removing from us the difficulties that rise against us, and delivering us from all sorrows; for thou alone art a safe and secure haven; and we have secured thee as an intercessor. Therefore, we who call upon thee shall never be put to shame. Hasten to fulfill the pleadings of those who cry to thee in faith: Rejoice, O Lady, the help of all, O joy, protection, and salvation of our souls.

7.) *We then say the Prayer of St. Simeon (**Chant**) (**Choral**) and the Trisagion Prayers. Then, we chant the apolytikia of the day.*

(Nassar 162; Kazan Vesp. 167-168)

**RESURRECTIONAL APOLYTIKION IN TONE FOUR**

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

**RESURRECTIONAL THEOTOKION IN TONE FOUR**

*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

The Mystery which was hidden from everlasting and was unknown of the angels, O Theotokos, was revealed through thee, to those who dwell upon earth. In that God, having become incarnate—in unconfused union—of His own good will accepted the Cross for our sake. Whereby He raised again the first created, and hath saved our souls from death.

8.) *The Priest then offers the Dismissal.*

**THE DISMISSAL**

Priest: May He Who rose from the dead, Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the might of the Precious and Life-giving Cross; by the protection of the honorable Bodiless Powers of Heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious and all-laudable apostles; of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; of *Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim and Anna; of the Venerable Martyr Anastasia the Roman; Venerable Abraham and his niece Mary of Mesopotamia; New Hieromartyr Athanasios of Sparta; Venerable Martyr Timothy of Esphigmenou monastery on Athos; and Abraham, bishop of Rostov, whose memory we celebrate today, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

Priest: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us.

Choir: Amen.

Pronunciation Guide  
Esphigmenou: ehs-fig-MEH-noo

**ORTHROS ON SUNDAY, OCTOBER 29, 2017**  
**TONE 4 / EOTHINON 10**

1.) *Orthros begins as usual:*

Priest: Blessed is our God, always, now and ever, and unto ages of ages.

Choir: Amen.

2.) *The people then say the Trisagion Prayers.*

3.) *The three troparia starting with “O Lord, save Thy people” are always read plainly or simply intoned but NEVER chanted in an assigned tone.*

4.) *All six of the Orthros Psalms must be read plainly, without intonation, in their entirety. Please note:*

*\*\*In the Kazan Byzantine Music volume for Orthros (Page 2), there is an omission in the first introductory stichos. It should read, “Glory to God in the highest, and on earth peace, goodwill toward men.” Please make this correction in your books.*

5.) *After the Great Litany and the priest’s exclamation “For unto Thee are due...” we chant “God is the Lord” with its stichoi and the apolytikia of the day.*

**“GOD IS THE LORD” IN TONE FOUR**

Choir: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord.

**Verse 1.** O give thanks unto the Lord and call upon His Holy Name. (*Refrain*)

**Verse 2.** All nations compassed me about: but in the Name of the Lord will I destroy them. (*Refrain*)

**Verse 3.** This is the Lord’s doing; it is marvelous in our eyes. (*Refrain*)

(Nassar 162; Kazan Orth. 18-19)

**RESURRECTIONAL APOLYTIKION IN TONE FOUR**

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

**RESURRECTIONAL APOLYTIKION IN TONE FOUR**

*Glory to the Father, and to the Son, and to the Holy Spirit.*

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

## RESURRECTIONAL THEOTOKION IN TONE FOUR

*Both now and ever, and unto ages of ages. Amen.*

The Mystery which was hidden from everlasting and was unknown of the angels, O Theotokos, wast revealed through thee, to those who dwell upon earth. In that God, having become incarnate—in unconfused union—of His own good will accepted the Cross for our sake. Whereby He raised again the first created, and hath saved our souls from death.

6.) *The Little Litany and the priest's exclamation "For Thine is the might..."*

7.) *The Poetic Kathismata are from the Octoechos for Tone 4 (Nassar 163-164; Kazan Orthros 36).*

### FOURTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

#### First Kathisma

The ointment-bearing women glanced into the entrance of the tomb; and, because they could not bear the brilliance of the angel, they trembled in astonishment, saying, Hath He been stolen Who opened paradise to the thief? Or is He risen up, Who before His Passion didst preach Resurrection? Verily, Christ God hath risen, granting Resurrection and life to those who are in Hades.

*Glory to the Father, and to the Son, and to the Holy Spirit.*

Thou hast suffered crucifixion willingly, O Savior, and mortal men placed in a new tomb Thee Who didst establish the corners of the world with a word. Therefore, hath death the stranger been bound and taken captive, being defeated. And all those in Hades, cried out through Thy reviving Resurrection, Verily, Christ the Life-giver is risen; for He is everlastingly constant.

*Both now and ever, and unto ages of ages. Amen.*

Thy betrothed and guardian, O Theotokos, when he beheld thy supernatural Conception without seed, was amazed and perplexed. But he recalled to his mind the rain falling on the fleece of wool, and the bush burning with fire but not consumed, and he testified before the priests crying, A Virgin giving birth, and after remaining virgin.

#### Second Kathisma

Thou didst rise from the tomb, O Christ Savior, our God, because Thou art deathless; and Thou didst raise with Thee Thy world by Thy Resurrection, and didst crush the might of death, proclaiming Resurrection to all. Wherefore, do we glorify Thee, O Thou Who alone art merciful and the Lover of mankind.

*Glory to the Father and to the Son and to the Holy Spirit.*

Gabriel descended from his sublime height wrapped in a white robe, and came to the stone where the Rock of Life was, and he shouted to the weeping women, saying, Cease your wailing and crying, and receive ye smiling joy, with comfort; for He whom ye seek weeping is verily risen. Wherefore, go and proclaim to the Apostles that the Lord is risen.

*Both now and ever, and unto ages of ages. Amen.*

All the ranks of the angels, O thou who art undefiled, have been dazzled by the secret of thy dreadful birth-giving; that the All-encompassing at a sign from Him was encompassed in thy bosom as a babe, and that He Who is before eternity received a temporal beginning, and that He

who feedeth every living breath with His ineffable goodness was nourished with milk. Wherefore, did they glorify thee with praise; for thou art truly the Theotokos.

- 8.) [Benedictions \(Evlogetaria\) in Tone 5.](#) (*Red Service Book 62-63; Kazan Orthros 41-44*)
- 9.) *The Little Litany and the priest's exclamation "For blessed is Thy Name..."*
- 10.) *The Hypakoë, Anabathmoi and the [Prokeimenon](#) with its accompanying stichos are all from the Octoechos for Tone 4. (Nassar 164-165; Kazan Orth. 52-53)*
- 11.) *The priest's exclamation "For Holy art Thou, O our God, Who restest in the Holy Place," and the choir sings in Tone 2:*

### [LET EVERYTHING THAT HATH BREATH](#)

Let everything that hath breath praise the Lord. (TWICE)

*Stichos: Praise ye God in His saints; praise Him in the firm foundation of His power.*

Let everything that hath breath praise the Lord.

- 12.) *The tenth Eothinon Gospel (John 21:1-14) is chanted from the Holy Table.*
- 13.) *We read "In that we have beheld the Resurrection of Christ ..." (Kazan Orthros, 66)  
\*\*In the last line of this prayer in several Archdiocesan publications, there is an erroneous omission. It should read: "for in that He endured the Cross for us, He hath destroyed death by death." Please make this correction in your books.*
- 14.) *We read Psalm 50. (Nassar, 82; Serv. Bk., 66; Kazan Orthros, 66)*
- 15.) [Troparia following Psalm 50](#) as usual. (*Serv. Bk., 67; Kazan Sun. Mat., 67-68*)
- 16.) *Next follows the Intercession for Orthros.*

### [THE INTERCESSION](#)<sup>1</sup>

Deacon: O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis, the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs,

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<sup>1</sup> Saints of particular local veneration may be included among the Saints of their same classification at the discretion of the pastor.

Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; of the Venerable Martyr Anastasia the Roman; Venerable Abraham and his niece Mary of Mesopotamia; New Hieromartyr Athanasios of Sparta; Venerable Martyr Timothy of Esphigmenou monastery on Athos; and Abraham, bishop of Rostov, whose memory we celebrate today, and of all Thy Saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.

*The choir sings “Lord, have mercy” twelve times, and the priest exclaims “Through the mercies and compassions...”*

17.) *Next follows the Kontakion, Oikos and Synaxarion.*

**FOURTH TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)**

My Savior and Redeemer, as God Thou hast raised from the grave all those who were in chains, and hast shattered the gates of Hades. As Lord, Thou didst arise on the third day.

Let us all give praise and with thanks let us offer unceasing praises to Christ, the giver of Life Who didst arise from the dead on the third day. Today, He hath shattered the gates of death, put Hades to death, broken the sting of death, and set Adam and Eve free. Let us sing to Him, all ye people, and with thanks let us offer Him unceasing praise. For as the only sovereign God and Master, He arose on the third day.

**THE SYNAXARION (Plain Reading)**

On October 29 in the Holy Orthodox Church, we commemorate the Venerable Martyr Anastasia of Rome.

***Verses***

The off-shoot of Rome, the Martyr Anastasia,  
Endured the off-cutting of her head with courage.  
On the twenty-ninth Anastasia endured the keen sword.

Anastasia was born in Rome of noble parents, and was left an orphan at the age of three. She was taken to a convent near Rome to the abbess Sophia, a nun of the highest level of perfection. After seventeen years, Anastasia was well known-among the Christians as a great ascetic, and among the pagans as a rare beauty. The pagan governor Probus heard of Anastasia and sent his soldiers to bring her to him. For two hours, Abbess Sophia counseled Anastasia how to keep the Faith, how to resist flattering deceits, and how to endure torture. Anastasia said to her: “My heart is ready to suffer for Christ; my soul is ready to die for my Sweet Jesus.” Brought before the governor, Anastasia openly expressed her faith in Christ the Lord, and when the governor tried to turn her away from the Faith, the martyr said to him: “I am ready to die for my Lord not only once, but if it were only possible, a hundred times!” She was beaten, torn and cut up. Twice she felt a great thirst and asked for water, and a Christian, Cyril, gave her a drink, for which he was blessed by the martyr of Christ and beheaded by the pagans. Anastasia was also beheaded outside the city. Blessed Sophia found her body and buried it honorably in the third century.

On this day, we also commemorate Venerable Abraham and his niece Mary of Mesopotamia; New Hieromartyr Athanasios of Sparta; Venerable Martyr Timothy of Esphigmenou monastery on Athos; and Abraham, bishop of Rostov. By their intercessions, O Christ our God, have mercy upon us. Amen.

18.) *We chant the katavasia of the Akathist Canon (Red Service Book 68-69, Kazan Orthros 72-75), followed by the magnificat "More honorable" (Red Service Book 70, Kazan Orthros 76-80) and then the ninth katavasia of the Akathist Canon.*

#### **THE KATAVASIAS OF THE AKATHIST CANON IN TONE FOUR**

**Ode 1.** I shall open my mouth and it will be filled with the Spirit; and I shall speak forth to the Queen and Mother. I shall be seen joyfully singing her praises, and I shall delight to sing of her wonders.

**Ode 3.** As a living and copious fountain, O Theotokos, do thou strengthen those who hymn thy praises, and are joined together in spiritual company for thy service; and in thy divine glory make them worthy of crowns of glory.

**Ode 4.** He Who sits in clouds of glory upon the throne of the Godhead, Jesus the most high God, came with mighty hand and saved those who cried out unto Him: Glory to Thy power, O Christ.

**Ode 5.** All creation was amazed at thy divine glory, for thou, O unwedded Virgin, didst hold in thee the God of all, and didst bear the Eternal Son, Who rewards with salvation all those who hymn thy praises.

**Ode 6.** As we the Godly-minded, celebrate this sacred and all-honorable feast of the Mother of God: come, let us clap our hands together and glorify the God Whom she bore.

**Ode 7.** The Godly-minded children worshipped not the creature rather than the Creator, but trampling upon the threat of fire in manly fashion, they rejoiced and sang: O All-praised Lord and God of our Fathers, blessed art Thou.

*We praise, we bless, and we worship the Lord.*

**Ode 8.** The three holy children in the furnace the Child of the Theotokos saved; then was the type, now is its fulfillment, and the whole world gathers to sing: All ye works praise the Lord and magnify Him unto all ages.

Deacon:       The Theotokos and Mother of the Light let us honor and magnify in song.

#### **MAGNIFICATIONS IN TONE FOUR**

Choir:       My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.

*Refrain:*     More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption barest God the Word, and art truly Theotokos, we magnify thee. (*Repeat after each Verse.*)

+ For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (*Refrain*)

+ For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (*Refrain*)

- + He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (*Refrain*)
- + He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (*Refrain*)
- + He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (*Refrain*)

**Ode 9.** Let all earth-born mortals rejoice in the Spirit, bearing their lamps. And let the nature of bodiless Minds celebrate with honor the holy festival of the Mother of God, and cry out: Hail! All-blessed, pure, and ever-virgin Theotokos!

19.) *The Little Litany and the priest's exclamation "For all the powers of Heaven..."*

20.) *Exaposteilaria: we chant "Holy is the Lord our God" (thrice) and "Exalt ye the Lord..." (Kazan Orthros 81). Then we chant the following:*

(Nassar 215-216; Kazan Orthros 100-101)

**THE TENTH EOTHINON EXAPOSTEILARION IN TONE TWO**

Verily, the two sons of Zebedee with Peter and Nathaniel and two others and Thomas were fishing in the Lake of Tiberias, who by the command of Christ cast the net on the right side and drew out much fish. And when Peter knew Him he came to Him swimming. This, then, was the third appearance of the Lord, when He showed them bread and fish on the live coals.

**THE TENTH EOTHINON THEOTOKION IN TONE TWO**

Pray for us, O Virgin, to the Lord Who rose from the tomb on the third day, even for us Christians who praise and bless thee with zeal; for we have all taken thee as a refuge of salvation and as a mediatrix with Him, for we are thy servants, O Theotokos, and thine inheritors, and we all await thy help.

21.) *We chant "The Praises" in Tone 4 with eight troparia:*

(Nassar 165-166; Kazan Orth. 127-134)

**For the Resurrection from the Octoechos in Tone Four**

**Verse 1.** *This glory shall be to all His saints.*

We glorify Thy Resurrection, O Lord Almighty, O Thou who sufferedst crucifixion and death and didst rise from the dead.

**Verse 2.** *Praise God in His sanctuary: praise Him in the firmament of His power.*

Thou hast freed us, O Christ, from the first curse. And by Thy Death Thou didst banish the insurgency of Diabolus prevailing over our nature. And in Thy Resurrection Thou didst fill all with joy. Wherefore, we cry to Thee, O Thou Lord, Who didst rise from the dead; glory to Thee.

**Verse 3.** *Praise Him for His mighty acts: praise Him according to His excellent greatness.*

O Christ Savior, Who didst rise from the dead, lead us by Thy Cross to Thy right hand, and save us from the gins of the enemy. Stretch forth Thine arm and raise us who are fallen in sins; through the intercession of Thy saints, O Lord, the Lover of mankind.

*Verse 4. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.*

O Only Son of God, Thou didst come to earth, but wast not separated from the Paternal bosom; and because of Thy love to mankind Thou didst become unchangeable man. Thou didst suffer crucifixion and death in the flesh, O Thou Who in Thy Divinity suffereth not. Thou didst rise from the dead, granting mankind immortality; for Thou alone art Almighty.

*Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.*

Thou didst purchase for us deathlessness, O Savior, when Thou didst accept death bodily. Thou didst dwell in a grave to deliver us from Hades, raising us with Thee; for as man Thou didst suffer, but since Thou art God Thou didst arise. Therefore, do we shout, Glory to Thee, O Lord, Giver of life, Who art alone the Lover of mankind.

*Verse 6. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.*

When Thy cross, O Savior, was planted in Golgotha, the rocks were split asunder; and when Thou wast placed in a grave like the dead, the gate-keepers of Hades were afraid; for Thou didst abolish the might of death, and in Thy Resurrection Thou didst bestow incorruptibility on all the dead. Wherefore, O Lord, Giver of life, glory to Thee.

*Verse 7. Arise, O my God, lift up Thy hand, and forget not the humble.*

The women, O Christ God, desired to behold Thy Resurrection. And Mary Magdalene went ahead of them, and she found the stone rolled from the grave, and she saw the angel sitting thereon, who said: Why seek ye the living among the dead? Verily, He hath risen to save all creation; for He is God.

*Verse 8. I will praise Thee, O Lord, with my whole heart: I will show all Thy marvelous works.*

Say, O Jews, where is Jesus Whom ye thought ye were guarding? Where is He Whom ye had thrown into the grave, and sealed thereto the stone? Give us the dead One, O deniers of life. Give us the buried One, or else believe in the risen One. And if ye keep silent about the Resurrection, the stone shall proclaim it, even that stone which was rolled away from the door of the tomb. Albeit great is Thy mercy, and great is the mystery of Thy dispensation; O Savior, glory to Thee.

(Nassar 216; Kazan Orthros 194-196)

#### **THE TENTH EOTHINON DOXASTICON IN TONE SIX**

*Glory to the Father, and to the Son, and to the Holy Spirit.*

After Thy descent to Hades, O Christ, and Thy Resurrection from the dead, the Disciples sorrowed, as was fitting, grieving over Thy removal. They returned to their occupations and attended to their nets and their ships; but there was no fishing whatsoever. But Thou didst appear to them, and since Thou art Lord of all, Thou didst command them to cast the nets on the right side. And at once the word became deed and they caught much fish and found a strange meal prepared for them on the ground. And Thy Disciples at once partook thereof. And now, make us worthy with them to enjoy it mentally, O Lord, Lover of mankind.

*Both now and ever, and unto ages of ages. Amen.*

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain,

and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

22.) *We chant the [Great Doxology in Tone 6](#) (Red Service Book 75-76, Kazan 225-228), followed by:*

(Red Service Book 76; Kazan Orthros 219)

**TROPARION IN TONE FOUR**

Today is Salvation come into the world. Let us sing praises to Him Who arose from the grave, the Author of our life; for having by Death destroyed death, He hath given us victory and Great Mercy.

- *For the Divine Liturgy Variables, click the link at the [Online Liturgical Guide](#).*

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