

## THURSDAY EVENING IN THE THIRD WEEK

### AT VESPERS

**Priest:** Blessed is our God ..., **Choir:** Amen.

**Priest:** Christ is risen from the dead, trampling down death by death, \* and upon those in the tombs bestowing life. (2 1/2 times)

**Choir:** And upon those in the tombs bestowing life.

After the Psalm of Introduction (Psalm 103) and the Great Litany. The 15<sup>th</sup> Kathisma. At 'Lord, I have cried ...,' 6 Stichera are sung, 3 from the Pentecostarion:

### Tone VIII:

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

When Christ had appeared, \* the modest myrrh-bearers followed in His steps, \* ministering unto Him with an upright mind and heart. \* When He had reposed, ye did not abandon Him; \* but rather, with tears ye came bearing myrrh. \*\* Wherefore we the faithful celebrate your sacred memory.

**Verse:** For Thy Name's sake have I waited patiently for Thee, O Lord: my soul hath patiently waited for Thy word, \* my soul hath hoped in the Lord.

Wishing to behold the Life of all, \* as He lay dead in the grave, \* the godly women came by night. \* And arriving at the tomb they heard the Angel say. \* As Christ foretold, He hath arisen, \* make haste to tell His disciples; \* and cast away the sorrow of your much-lamenting souls; \*\* instead, receive ye inexpressible joy.

**Verse:** From the morning watch until night, from the morning watch: \* let Israel hope in the Lord.

On this day we the faithful dance for joy, \* commemorating your feast, O myrrh-bearers, \* and praising you we glorify our supremely good Lord, \* Beseech Him ceaselessly, O all-honored ones, \* that we attain to the splendor of the Saints, \* and that He grant to us eternal glory, \* since ye have great boldness with Him, \*\* O ye blessed ones of God.

And 3 from the Menaion

Glory ..., Now & ever ..., in Tone II:

Rising up early and coming with earnestness unto Thy tomb, \* the Myrrh-bearers sought for Thee so as to anoint Thine immaculate Body, O Christ. \* And having been told by the words of the Angel, \* they preached to the Apostles the tokens of joy: \* That the Author of our salvation hath arisen, having despoiled death, \*\* and granting the world eternal life and great mercy.

Entrance, O joyous Light ...,

Prokeimenon, in Tone VI:

**Prokeimenon:** My help cometh from the Lord, \* Who hath made heaven and the earth.

**Verse:** I have lifted up mine eyes to the Mountains, from whence cometh my help.

**Then immediately:** Vouchsafe O Lord ...,

**The Litany:** Let us complete our evening ...,

At the Aposticha, of the Crucifixion, in Tone II:

Let Him be crucified, \* cried out those who had ever enjoyed Thy favors; \* and those slayers of the righteous \* sought to receive a malefactor instead of the benefactor; \* but Thou, O Christ, wast silent, enduring their presumptuousness, \* wishing to suffer and to save us, \*\* since Thou art the Lover of mankind.

**Verse:** Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaid look unto the hands of her mistress, so do our eyes look unto the Lord our God, \* until He take pity on us.

**Of the Resurrection:** Come let us worship God the Word, \* begotten of the Father before all ages, \* incarnate of the Virgin Mary; \* for having endured the Cross, He was handed over for burial, \* as He himself had willed, \* and having risen from the dead He hath saved me, \* the whole man, \*\* who hath gone astray.

**Verse:** Have mercy on us, O Lord, have mercy on us, for greatly are we filled with abasement. Greatly hath our soul been filled therewith; let reproach come upon them that prosper, \* and abasement on the proud.

**The Martyricon:** Having no desire for earthly pleasures, \* the passion-bearers were deemed worthy of the good things of Heaven, \* and became fellow citizens of the Angels. \* By their intercessions, O Lord, \*\* have mercy and save us.

Glory ..., Now & ever ..., in Tone VI:

Joseph asked for the Body of Jesus \* and laid it in his own new sepulcher; \* for it was meet that He should come forth from the grave, \* as from a bridal chamber. \* O Thou Who hast crushed the might of death \* and hast opened the gates of Paradise unto mankind, \*\* glory be to Thee.

**Then 'Now** lettest Thy servant ..., 'Trisagion ..., 'Our Father ..., 'Then:

### The Dismissal Troparia, in Tone II:

The noble Joseph having taken down Thy most pure Body from the tree, \* wrapped it in a fine linen shroud \* covering it with fragrant spices \* and placed it in a new sepulcher; \* but on the third day Thou didst arise, O Lord, \*\* granting the world great mercy.

### Glory ..., in Tone II:

When Thou didst descend unto death, O Life Immortal, \* then didst Thou slay Hades with the lightning of Thy Godhead. \* And when Thou didst also raise the dead out of the nethermost depths, \* all the Hosts of the heavens cried out: \*\* 'O Life-giver, Christ our God, glory be to Thee'.

### Now & ever ..., in Tone II:

The Angel standing by the tomb cried unto the myrrh-bearing women, \* 'Myrrh is fitting for the dead, \* but Christ hath been revealed a stranger to corruption. \* rather Cry aloud: The Lord is risen, \*\* granting the world great mercy!'

Note: If the Menaion has a Troparion, we chant as follows:

The noble Joseph ..., When Thou didst descend ..., Glory ... from the Menaion, Now & Ever ..., The Angel standing ...,

The Litany: Have mercy on us ...,

Priest/Deacon: Wisdom

Choir: (Master) Bless.

Priest: He Who is blessed ...,

Choir: Amen, Establish, O God, the holy Orthodox Faith ...,

Priest: Most Holy Theotokos save us.

Choir: More honorable than the Cherubim ...,

Priest: Glory to Thee O Christ God, our hope ...,

Choir: Christ is risen from the dead, trampling down death by death. And upon those in the tombs bestowing life. (Thrice)

Priest: The Dismissal ...,

## FRIDAY IN THE THIRD WEEK

### AT MATINS

**Priest:** Blessed is our God ..., **Choir:** Amen.

**Priest:** Christ is risen from the dead, trampling down death by death, \* and upon those in the tombs bestowing life. (2 1/2 times)

**Choir:** And upon those in the tombs bestowing life.

The usual beginning, with the Six psalms, the Great Litany, 'God is the Lord ...,' in Tone II, and then:

### The Troparia, in Tone II:

The noble Joseph having taken down Thy most pure Body from the tree, \* wrapped it in a fine linen shroud \* covering it with fragrant spices \* and placed it in a new sepulcher; \* but on the third day Thou didst arise, O Lord, \*\* granting the world great mercy.

### Glory ..., in Tone II:

When Thou didst descend unto death, O Life Immortal, \* then didst Thou slay Hades with the lightning of Thy Godhead. \* And when Thou didst also raise the dead out of the nethermost depths, \* all the Hosts of the heavens cried out: \*\* 'O Life-giver, Christ our God, glory be to Thee'.

### Now & ever ..., in Tone II:

The Angel standing by the tomb cried unto the myrrh-bearing women, \* 'Myrrh is fitting for the dead, \* but Christ hath been revealed a stranger to corruption. \* rather Cry aloud: The Lord is risen, \*\* granting the world great mercy!'

After the 1<sup>st</sup> reading from the Psalter (Kathisma XIX) The following Sedalions from the Oktoechos, of the Crucifixion, in Tone II:

We worship Thine immaculate icon, O Good One, \* asking the forgiveness of our sins, O Christ God; \* for of Thine own Will Thou wast well-pleased to ascend the Cross in the flesh, \* that Thou mightest deliver from slavery to the enemy those Whom Thou hadst fashioned. \* Wherefore, with thanks we cry unto Thee: \* Thou O Savior didst fill all things with joy, when Thou camest to save the world.

### Of the Resurrection, in Tone II:

**Verse:** I will confess Thee with my whole heart O Lord, \* and I will tell of all Thy wonders

Thou didst not prevent the grave stone from being sealed, \* and having arisen Thou didst grant unto all \* the rock of the Faith. \*\* O Lord, glory be to Thee!

## The Martyricon, in Tone II:

**Verse:** Wondrous is God in His saints, \* the God of Israel.

When the Martyrs of the Lord struggled in the contests, \* the presumptions of the impious were brought to naught by means of faith; \* and when in a blessed manner they cast down the delusions of idolatry, \* they received crowns of victory from on high, \*\* and intercede on behalf of our souls.

### Glory ..., Now & ever ..., Theotokion, in Tone II:

When Thy Mother, the Virgin, O Christ, \* beheld Thee stretched out upon the Cross, \* she wept bitterly saying: \* 'O my Son, what is this awesome mystery? \* How canst Thou Who grantest eternal life unto all \* willingly die a disgraceful death \*\* upon the Cross?

### After the 2<sup>nd</sup> reading from the Psalter (Kathisma XX) The Sedalion, in Tone II:

The women brought myrrh and came unto Thy tomb O Savior, \* whereupon seeing the Angel's bright effulgence, \* Their souls were filled with joy, \* and they preached that Thou art the God of all, \* and to Thy disciples they cried aloud: \* In truth the Life of all hath arisen from the tomb.

### Glory ..., Now & ever ..., Repeat:

Then 'Let us who have beheld the Resurrection of Christ ..., ' 50th Psalm.

For the Canons, the Canon of the Feast with its Irmos to make eight in each Ode, and of the Menaion to make four in each Ode. After the third Ode, the Kontakion, and Sessional Hymns of the Saint. At the sixth Ode, The Kontakion of the feast. The Magnificat is sung. After the ninth Ode, the Exapostilarion of the Feast

## ODE I in Tone II

**Irmos:** Taking up the Song of Moses, O my soul, \* cry aloud: \* 'A helper and a protector hath become unto me salvation. \* My God, \* whom I will glorify'.

**Refrain:** Glory to Thee, Our God, Glory to Thee

Thou wast crucified in the flesh, O Thou Who art passionless by the nature of the Father; and Thou wast pierced in the side, thereby causing blood and water to spring forth for the world. Thou art our God, and we glorify Thee.

**Refrain:** Glory to Thee, Our God, Glory to Thee

I honour Thy Cross and I glorify Thy Burial, O Good One, and I praise and worship Thine Arising, and I cry out: Thou art our God and we glorify Thee.

**Refrain:** Glory to Thee, Our God, Glory to Thee

**T**hough Thou didst taste of gall, O Thou Who art the sweetness of the Church, yet didst Thou cause incorruption to spring forth for us from Thy side. Thou art our God, and we glorify Thee.

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**L**et Zion rejoice, and let Heaven be glad; Christ is risen, having raised up the dead who chant: Thou art our God, and we glorify Thee.

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**H**aving wrapped Thy Body with fine linen, O Christ, Joseph laid Thee, our Salvation, in a new sepulcher; and as God, Thou didst raise up the dead. Anticipating the dawn, the women beheld Christ, and cried unto the divine disciples: Truly Christ is risen; come and praise Him together with us.

**Refrain:** **O** Most Holy Trinity, Our God, Glory to Thee

**T**rinitarian: **O** all-holy Trinity, one Godhead, beginningless Unity: Father, Son, and Divine Spirit, save the world. Thou art our God, and we glorify Thee.

**T**heotokion: **T**hou didst loose the ancient curse by thy womb, O modest one, by blossoming forth the Blessing for us, when thou didst give birth unto a Child. For He is God, though He weareth flesh.

**4 Troparia from the canon from the Menaion:**

**Katavasia in Tone I:** **I**t is the Day of Resurrection, \* let us be radiant, O ye people; \* Pascha, the Lord's Pascha: \* for from death to life, \* and from earth to heaven, \* Christ God hath brought us, \* as we sing the song of victory

### **ODE III**

**Irmos:** **M**y mind hath not brought forth good fruit, \* but do Thou show me to be fruitful \* in Thy compassion O God, \* Thou husbandman of all good things.

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**W**hen Thy palms were nailed to the Cross, O Jesus, Thou didst bring all the nations together out of error and didst call them unto knowledge of Thee, O Savior.

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**T**he people of the Jews cried unto Pilate: Release unto us the villainous thief; away with the Sinless One, away with Him, crucify Him!

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**W**hen Thou wast crucified, O Christ, the light was darkened, the earth was shaken, and the many of the dead arose from the grave out of fear of Thy power.

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**A**s she stood at the Cross, Thy ewe-lamb cried out with lament, O Jesus: Whither goest Thou, my Son? Whither dost Thou depart, O Lamb, Who art slain on behalf of all?

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**I** worship Thy Cross, I praise Thy Burial, I honour Thy Passion, and the nails in Thy hands, and the lance, and Thy Resurrection, O Jesus.

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**T**hou art arisen, O Jesus, the enemy is despoiled, Adam is delivered together with Eve from the bonds of corruption by Thy Resurrection.

**Refrain:** **O** Most Holy Trinity, Our God, Glory to Thee

**T**rinitarian: **I** worship and praise the one Nature: the Father, the Son and the Upright Spirit, divided in Hypostases and united in Essence.

**T**heotokion: **B**lessed art thou, O pure one, who art of the root of Jesse, and from whom Christ, the Rod and Blossom, blossomed forth in the flesh for us.

**4 Troparia from the canon from the Menaion:**

**Katavasia:** **C**ome, let us drink a new drink, \* not one miraculously brought forth from a barren rock \* but the Fountain of Incorruption, \* springing forth from the tomb of Christ, \* in Whom we are strengthened.

**Kontakion/Ikos/Sessional Hymns of the Menaion, then:**

**Glory ..., Now & Ever ..., in Tone II:**

**T**he women brought myrrh \* and came unto Thy sepulcher. \* Their souls filled with joy \* on seeing the bright Angel's light. \* With great zeal and boldness, O Lord, they preached that Thou art the God of all, \* and to Thy disciples they cried: \*\* The Life of all hath arisen from the dead.

**ODE IV**

**I**rmos: **T**he prophet foreseeing Thy birth from a virgin, \* prophesied crying aloud: \* 'I have heard of Thy report, and I was afraid; \* For from the South, from the Overshadowed mountain \* shalt thou come forth O Christ'

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**B**y the Cross Thou didst bind the belly of Hades, and didst raise up the dead together with Thyself, and didst destroy the tyranny of death. Wherefore, we who are of Adam worship and praise Thy burial and arising, O Christ.

**Refrain: Glory to Thee, Our God, Glory to Thee**

**O** our Savior, Whose good pleasure it was, for the sake of Thy compassionate mercy to be nailed to the Cross and redeem us from the paternal curse, loose the bonds of my many transgressions, for Thou art able to accomplish whatsoever Thou dost will.

**Refrain: Glory to Thee, Our God, Glory to Thee**

**O** Thou Who didst nail to the Cross mine ancient curse, and didst cause blessing to pour forth for me from Thy side by Thy blood, O Savior, loose Thou the bonds of my many transgressions, for Thou art able to accomplish whatsoever Thou dost will.

**Refrain: Glory to Thee, Our God, Glory to Thee**

**W**hen hades met Thee in the nethermost regions, it was embittered, O Savior, seeing that those whom it had the power to devour aforetime, it now gave up involuntarily; its depths are searched out, and it is stripped and despoiled of its dead.

**Refrain: Glory to Thee, Our God, Glory to Thee**

**T**hough the stone was sealed, and the sentry was present, O ye lawless foes, yet the Lord arose as He foretold, loosing the bonds of my many transgressions, for He is able to accomplish whatsoever He doth will.

**Refrain: Glory to Thee, Our God, Glory to Thee**

**O** Thou Who didst arise from the sepulcher and didst despoil Hades and quicken the dead, and didst cause incorruption to flow forth for me by Thine arising, loose Thou the bonds of my many transgressions, for Thou art able to accomplish whatsoever Thou dost will.

**Refrain: O Most Holy Trinity, Our God, Glory to Thee**

**Trinitarion: W**ho can tell of the immeasurable glory of the Godhead, transcendent in essence? for being the Trinity by nature, He is praised as beginningless and consubstantial, and is hymned as a Unity in Trinity, in simple hypostases.

**Theotokion: D**o thou unceasingly entreat Him Who dwelt in thy womb, O pure Virgin Mother, and Whom thou, the Theotokos, didst bear without knowing a man, that He loose the bonds of my many transgressions; for thou art able to help in whatsoever thou dost will.

**4 Troparia from the canon from the Menaion:**

**Katavasia:** On divine watch \* let the God-inspired Habakkuk stand with us, \* and show forth the light-bearing angel \* clearly saying: \* Today salvation is come to the world, \* for Christ is risen as Almighty.

ODE V

**Irmos:** Having dispelled the gloom of my soul, \* O my Savior, do Thou illumine me \* with the light of Thy commandments \* for Thou alone art the King of peace.

**Refrain:** Glory to Thee, Our God, Glory to Thee

When Thou wast clothed with me, Thou didst divest me of mine ancient garment which, alas! the sower of sin wove for me, O Savior.

**Refrain:** Glory to Thee, Our God, Glory to Thee

Alas! my sin hath sewn fig leaves for me who by the counsel of the serpent have not kept Thine immaculate commandment, O Savior.

**Refrain:** Glory to Thee, Our God, Glory to Thee

Though my soul was wounded by my thieving thoughts, Christ, Who came forth from Mary, hath healed, by pouring oil thereon.

**Refrain:** Glory to Thee, Our God, Glory to Thee

Standing by the Cross, the most pure Theotokos called out with a maternal voice: Thou hast left me alone, O my Son and God.

**Refrain:** Glory to Thee, Our God, Glory to Thee

By the weapon of Thy Cross Thou hast put down the serpent, the author of evil, and by Thine arising Thou hast broken the sting of death, O Jesus.

**Refrain:** Glory to Thee, Our God, Glory to Thee

Let Adam also cry out: O Death, where is thy sting? O Hades, where is thy victory? Thou art destroyed by the quickening of Him that raiseth the dead.

**Refrain:** O Most Holy Trinity, Our God, Glory to Thee

**Trinitarian:** Thee, the God and Father, and the Son and the Spirit, do I worship, in three hypostases, and I believe the One to be Three, in one essence.

**Theotokion:** We the faithful praise thee, who by a seedless conception didst give birth in a manner transcending nature, to Christ, the only Master, Who hath renewed nature.

4 Troparia from the canon from the Menaion:

**Katavasia:** Let us awake in the deep dawn, \* and instead of myrrh, offer a hymn \* to the Master, \* and we shall see Christ, the Sun of Righteousness, \* Who causeth life to dawn for all.

## ODE VI

**Irmos:** I am held fast in the depths of sin O Savior, \* and am overwhelmed by the sea of life, \* but as Jonah was delivered from the sea-monster, \* so also deliver me from the passions, \* and save me.

**Refrain:** Glory to Thee, Our God, Glory to Thee

Hades is dead, take courage, O ye earthborn, for while Christ was hanging upon the Tree, He cast the sword against him, and he lieth dead; for, being stripped naked, he was despoiled of those he held.

**Refrain:** Glory to Thee, Our God, Glory to Thee

Hades hath been despoiled, take courage, O ye dead; and the tombs have been opened: arise. Thus did Christ cry unto you from Hades, even He that hath come to deliver all from death and corruption.

**Refrain:** Glory to Thee, Our God, Glory to Thee

The dead, which at one time thou didst have the power to devour, and which now are demanded of thee, do thou give back to Me, O Hades, crieth God, the Giver of life, Who hath come to deliver all from thine insatiate belly.

**Refrain:** Glory to Thee, Our God, Glory to Thee

O ye myrrh-bearing women, why hasten ye now? Why bring ye myrrh unto the Living One? Christ is risen, as He foretold. Let your tears cease and be changed into joy.

**Refrain:** Glory to Thee, Our God, Glory to Thee

The Lord is risen and hath despoiled the enemy, and having plucked out them that were in fetters, He hath led forth all, as well as Adam the first-fashioned, when He raised him up, since He is compassionate and the Lover of mankind.

**Refrain:** Glory to Thee, Our God, Glory to Thee

Having wrapped Thee in linen, O Christ, the noble Joseph laid Thee in a tomb; and having anointed with myrrh the fallen temple of Thy Body, he rolled a great stone before the sepulcher.

**Refrain:** O Most Holy Trinity, Our God, Glory to Thee

**Trinitarion:** O ye faithful, let us praise the Trinity in Unity, glorifying the Father with the Son, and the Spirit Who is consubstantial with the Son, and Who with the Father is co-beginningless and everlasting God.

**Theotokion:** Like a vineyard didst thou conceive untilled in thy womb the Cluster of grapes where from, like wine, there pour forth for us torrents of immortality, even eternal life.

4 Troparia from the canon from the Menaion:

**Katavasia:** Thou didst descend into \* the nethermost parts of the earth, \* and didst shatter the eternal bars \* that held the fettered, O Christ, \* and on the third day, \* like Jonah from the whale, \* Thou didst arise from the tomb.

Kontakion, in Tone II:

When Thou didst cry, Rejoice, unto the Myrrh-bearers, \* Thou didst make the lamentation of Eve the first mother \* to cease by Thy Resurrection, O Christ God. \* And Thou didst bid Thine Apostles to preach: \*\* The Savior is risen from the grave.

**Ikos:** As the Myrrh-bearers went to Thy tomb, O Savior, they were perplexed in mind and said to themselves: Who will roll the stone away from the sepulcher for us? And looking up, they saw that the stone was rolled away. They were awestruck by the form of the Angel and his raiment. They were taken with trembling and thought to flee; and the youth cried unto them: Be not afraid; He Whom ye seek is risen; come, behold the place where the body of Jesus lay, and go quickly, proclaim unto the disciples: The Savior is risen from the grave.

ODE VII

**Irmos:** Like unto the Cherubim, the Children rejoicing in the furnace sang: \* 'Blessed art Thou O God, \* for in truth Thou hast brought this judgment upon us \* because of our sins, \* Thou art supremely praised and glorified throughout all ages'.

**Refrain:** Glory to Thee, Our God, Glory to Thee

Thou, as the Lover of mankind, wishing to save from error all whom Thou hadst fashioned, didst deign to be nailed to the Cross, that by Thy flesh Thou mightest renew this image demolished by the passions, O Savior; and despoiling Hades, Thou didst raise up the dead with Thyself.

**Refrain:** Glory to Thee, Our God, Glory to Thee

When Thou wast lifted up upon the Cross, O Compassionate One, Thou didst call all unto Thyself, as Thou didst promise, O Good One. For in truth Thou wast pleased to suffer all these things because of our sins. Wherefore, Thou didst also open the gates of Paradise unto the thief, O Savior.

**Refrain:** Glory to Thee, Our God, Glory to Thee

**T**hou didst raise up the fallen temple of Thy Body from the grave on the third day, as Thou didst promise, O Good One, that in truth Thou mightest make known Thy glory which Thou dost cause to flow for us through faith; and thou didst take away those who were in bonds, whom Hades had held of old in fetters.

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**O** mindlessness of the Jews! O frenzy of the lawless! What thing did ye see, that ye believed not in Christ? For did He not by a word raise up the sick? Or did He not Himself save the whole world? At least, let the soldiers or those that arose from the dead convince you.

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**L**et the guards who became as dead now say: How was He stolen, Whom he ungrateful ones in no wise saw? For if they saw Him not arisen, how would they ever have perceived how He was stolen? At least, let this stone and Christ's funeral shrouds convince you.

**Refrain:** **G**lory to Thee, Our God, Glory to Thee

**W**hom do ye guard as dead? What seals have ye placed upon the stone, O ye Jews, who fear the fear of theft? Behold, in truth the grave is sealed. How, therefore, did He arise, were Christ not God? \* Let them that arose and were seen by many convince you.

**Refrain:** **O** Most Holy Trinity, Our God, Glory to Thee

**T**rinitarian: **W**ith the Father we glorify the Son and the Holy Spirit, crying with unceasing voice: O Trinity, single essence, have mercy, save us all, Thou Who art a Unity in three Hypostases; have compassion on us, O God, Who art glorified unto the ages.

**T**heotokion: **O** most pure One, how, except in a manner as He willed and as He knew, didst thou contain in thy womb a Child before Whom the hosts of Angels tremble, since He is God? He dwelt among us, wishing to save all the earthborn of Adam and to loose Adam from that curse which came from the bitter tasting.

**4 Troparia from the canon from the Menaion:**

**Katavasia:** **H**e Who delivered the Children \* from the furnace, became a man, \* and suffereth as a mortal, \* and through His Passion \* doth clothe mortality \* with the beauty of incorruption, \* He is the only blessed and supremely glorious God of our fathers.

## ODE VIII

**Irmos:** Unto Him Who of old prefigured the miracle of the Virgin, \* unto Moses in the burning-bush \* on Mount Sinai, \* let us sing, bless and supremely exult throughout all ages.

**Refrain:** Glory to Thee, Our God, Glory to Thee

The beams of the sun withdrew themselves in fear before the sufferings of Christ, and the dead arose, and the mountains shook, and the earth trembled, and Hades was laid bare.

**Refrain:** Glory to Thee, Our God, Glory to Thee

The thrice-blessed Children who were in the furnace of old, raising up their hands, prefigured Thine immaculate Cross, O Good One, whereby Thou didst cast down the might of the enemy, O Christ.

**Refrain:** Glory to Thee, Our God, Glory to Thee

O ye blind Jews, deceivers and transgressors, who disbelieved Christ's arising as though it were a lie: What do ye see that is unbelievable? that Christ, Who raised up the dead, is risen?

**Refrain:** Glory to Thee, Our God, Glory to Thee

Who is it that withered the fig tree? Who is it that healed the withered hand? Who is it that once filled the multitude in the wilderness? Is it not Christ God, Who raised up the dead?

**Refrain:** Glory to Thee, Our God, Glory to Thee

Who is it that raised the four-day dead from the grave, and the son of the widow? Who is it that, as God, strengthened the paralytic on his bed? Is it not Christ God, Who raised up the dead?

**Refrain:** Glory to Thee, Our God, Glory to Thee

The stone itself crieth, the seals call out; when ye placed them, ye appointed a watch to guard the tomb. Truly Christ is risen, and He liveth unto the ages.

**Refrain:** O Most Holy Trinity, Our God, Glory to Thee

**Trinitarian:** We glorify the Son and the Holy Spirit together with the Father, even the Holy Trinity in one Godhead and we cry: Holy, Holy, Holy art Thou throughout the ages.

**Theotokion:** Without suffering change, thou didst give birth unto One, even Christ God, Who is twofold of nature, Who, as the ever-living Bread, was fashioned without fashioning in thy womb, according to our fashion.

4 Troparia from the canon from the Menaion:

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

**Katavasia:** This chosen and holy day \* is the first of the Sabbaths, \* the queen and lady, feast of feasts, \* and the festival of festivals, \* wherein we bless Christ unto the ages.

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

And after each Verse:

Refrain: More honorable than the Cherubim, \* and beyond compare more glorious than the Seraphim; \* who without corruption gavest birth to God the Word, \*\* the very Theotokos, thee do we magnify.

Verse: For He hath looked upon the lowliness of His handmaiden; \* for behold, from henceforth all generations shall call me blessed.

Refrain: More honorable ...

Verse: For the Mighty One hath done great things to me, \* and holy is His name; \* and His mercy is on them that fear Him \* unto generation and generation.

Refrain: More honorable ...

Verse: He hath showed strength with His arm, \* and He hath scattered the proud in the imagination of their heart.

Refrain: More honorable ...

Verse: He hath put down the mighty from their seat, \* and exalted them of low degree; \* He hath filled the hungry with good things, \* and the rich He hath sent empty away.

Refrain: More honorable ...

Verse: He hath holpen His servant Israel \* in remembrance of His mercy, \* as He spake to our fathers, \* to Abraham and his seed forever.

Refrain: More honorable ...

## ODE IX

**Irmos:** In a manner surpassing nature, \* the Word who timelessly shone forth from the Father, \* hath been conceived within a womb, \* according to the flesh, \* O ye faithful with never silent hymns let us magnify Him.

Refrain: Glory to Thee, Our God, Glory to Thee

When the thief recognized Thee as God upon the Cross, Thou didst make him an heir of the noetic Paradise, as he cried out: Remember me, O Almighty Savior.

**Refrain:** **Glory to Thee, Our God, Glory to Thee**

**T**hou wast smitten for our sake, Thou wast spat upon by the lawless men, O Jesus, Who didst inscribe the tablets of the Law on Mount Sinai for Thy servant Moses.

**Refrain:** **Glory to Thee, Our God, Glory to Thee**

**T**hou was pierced in Thy life-creating side, O Christ, and Thou didst cause Thine immaculate Blood and the precious Water to flow forth as an ever-living fount for the world.

**Refrain:** **Glory to Thee, Our God, Glory to Thee**

**T**hou wast accounted among the dead, O Thou Who didst quicken the dead; Thou wast laid in a grave, Who didst empty the graves; Thou didst despoil Hades, O Thou Who didst resurrect Adam.

**Refrain:** **Glory to Thee, Our God, Glory to Thee**

**G**lory be to Thee, O Christ Savior, Who didst cause life to flow forth, and the light to shine upon those in the darkness of ignorance, and Who hast illumined the whole world by Thine arising.

**Refrain:** **Glory to Thee, Our God, Glory to Thee**

**L**et us acclaim the wondrous Joseph, as well as Nicodemus and the faithful Myrrh-bearers, O ye faithful, as we cry out: The Lord is truly risen.

**Refrain:** **O Most Holy Trinity, Our God, Glory to Thee**

**T**ritarion: **T**hou art beginningless, O Father; uncreated art Thou, O Son; of equal rank is the Spirit; the Three being One by nature and Three in Hypostases, even one true God.

**Theotokion:** **L**et Jesse rejoice and let David dance, for behold, the Virgin, the rod planted by God, hath blossomed forth the Flower, even the everlasting Christ.

**4 Troparia from the canon from the Menaion:**

**Katavasia:** **S**hine, shine, O new Jerusalem, for the glory of the Lord is risen upon thee; dance now and be glad, O Zion, and do thou exult, O pure Theotokos, in the arising of Him Whom thou didst bear.

**Exapostilarion of Pascha, in Tone III:**

**H**aving fallen asleep in the flesh, \* as a mortal, \* O King and Lord, \* on the third day Thou didst rise again, \* raising up Adam from corruption, \* and abolishing death: \* O Pascha of incorruption, \*\* Salvation of the world! (**Twice**)

## Glory ..., Now & Ever ..., Exapostilarion of the Feast.

**H**earken, ye women, and give ear unto the voice of joy, for I have trampled down tyrant Hades and raised the world from corruption. Hasten ye quickly and proclaim the gladsome tidings to My friends; for I have willed that joy shine forth thence upon all My creation from whence there first came sorrow.

**At the Praises: 4 Stichera, from the Oktoechos, of the Crucifixion Tone II:**

**Verse 1: Praise Him** for His mighty acts, \* praise Him according to the multitude of His greatness.

**We** worship the Tree of Thy Cross, O Christ God, \* which hath been shown forth to be the Tree of life for us who believe in Thee. \* And by it he that ruleth the dominion of death hath been destroyed, \* granting life unto us who had been slain by sin. \* Wherefore, we cry unto Thee: \*\* O Benefactor of all, Lord, glory be to Thee.

**Verse 2: Praise Him** with the sound of the trumpet: \* Praise Him with the psaltery and harp.

**Repeat: We** worship the Tree of Thy Cross ...,

**Of the Resurrection, in Tone II:**

**Verse 3: Praise Him** with timbrel and dance: \* Praise Him with strings and flute.

**Everything** that hath breath and every creature doth glorify Thee, O Lord, \* for through Thy Cross Thou hast destroyed death \* and thus shown the multitude of peoples Thy Resurrection from the dead, \*\* as Thou alone lovest mankind.

**Martyricon, in Tone II:**

**Verse 4: Praise Him** with tuneful cymbals, praise Him with cymbals of jubilation. \* Let every breath praise the Lord.

**Having** suffered for Christ unto death, O passion-bearing Martyrs, \* ye have placed your souls in the Heavens \* in the hand of God, \* and your relics are found throughout the whole world. \* Priests and kings reverence them, \* and all we the people rejoice, as we cry out as is meet: \* Precious in the sight of the Lord \*\* is the death of His righteous ones.

**Glory ..., Now & ever ..., from the Pentecostarion, in Tone I:**

**O** myrrhbearing women, \* why have ye come unto the grave? \* Why seek ye the Living among the dead? \* The Lord hath arisen, take courage, \*\* thus cried the Angel.

**Reader: T**o Thee is due glory ...,

**Priest:** **Glory to Thee Who hast shown us the Light.**

**The Small Doxology (read)**

**Litany:** **Let us complete our morning prayer ...,**

**Then the Aposticha, in Tone II:**

**T**he women disciples of Christ \* rejoiced upon hearing the words of the Angel. \* From which they came to believe in the arising of the Lord, \* Who for our sake was counted among the dead. \* For before this the myrrh-bearers stood before the Tomb lamenting over Christ, \* and beholding the stone so quickly rolled away; \* they were greatly perplexed \*\* wondering where He could be.

**Verse:** **Thou hast been gracious, O Lord, unto Thy land; Thou hast turned back the captivity of Jacob.**

**T**he sacred and divine disciples of Christ \* were granted unceasing and divine joy, \* when the myrrh-bearing woman disciples of Christ \* fulfilled the command spoken to them by the divine Angel. \* For they were amazed by his brilliant, white raiment, \* and heard him speak unto them saying: \* God the King Who hath died for us \* hath utterly vanquished, through His Resurrection, \* the dark realms of Hades.

**Verse:** **Mercy and truth are met together, righteousness and peace have kissed each other.**

**H**aving poured forth streams of ardent grief \* as from a fount flowing with tears, \* the divine women disciples of Christ \* now declare glad words unto the eye-witnesses of grace. \* Telling them of the Word's Arising, \* and that joy hath issued forth from the tomb. \* Wherefore instead of sorrow, \*\* they heard wondrous voices, bidding them all to rejoice.

**Glory ..., Now & ever ..., in Tone I:**

**T**he women came with fear unto the sepulcher, \* as they hastened to anoint Thy Body with sweet-smelling spices. \* And not finding it, they were at a loss among themselves, \* being ignorant of the Resurrection. \* But an Angel came unto them and said: \*\* Christ hath arisen, granting us great mercy.

**Reader:** **It is good to give praise unto the Lord, and to chant unto Thy name, O Most High, to proclaim in the morning Thy mercy, and Thy truth by night.**

**Trisagion, 'Our Father ...', Then:  
The Dismissal Troparia, in Tone II:**

**T**he noble Joseph having taken down Thy most pure Body from the tree, \* wrapped it in a fine linen shroud \* covering it with fragrant spices \* and placed it in a new sepulcher; \* but on the third day Thou didst arise, O Lord, \*\* granting the world great mercy.

**Glory ..., in Tone II:**

**W**hen Thou didst descend unto death, O Life Immortal, \* then didst Thou slay Hades with the lightning of Thy Godhead. \* And when Thou didst also raise the dead out of the nethermost depths, \* all the Hosts of the heavens cried out: \*\* 'O Life-giver, Christ our God, glory be to Thee'.

**Now & ever ..., in Tone II:**

**T**he Angel standing by the tomb cried unto the myrrh-bearing women, \* 'Myrrh is fitting for the dead, \* but Christ hath been revealed a stranger to corruption. \* rather Cry aloud: The Lord is risen, \*\* granting the world great mercy!'

**Note: If the Menaion has a Troparion, we chant as follows:**

**The noble Joseph ..., When Thou didst descend ..., Glory ... from the Menaion, Now & Ever ..., The Angel standing ...,**

**Litany: Have mercy on us ...,**

**Priest: Wisdom.                   Choir: (Master) Bless**

**Priest: He Who is blessed ...,**

**Choir: Amen, Establish, O God, the holy Orthodox Faith ...,**

**Priest: Most Holy Theotokos save us.**

**Choir: More honorable than the Cherubim ...,**

**Priest: Glory to Thee O Christ God, our hope .....**

**Choir: Christ is risen from the dead, trampling down death by death. And upon those in the tombs bestowing life. (Thrice)**

**Priest: The Dismissal ...,**

## FRIDAY OF THE THIRD WEEK

### AT LITURGY

The Typica, For the Beatitudes, 6 verses from ODE VIII of the Canon.

The beams of the sun withdrew themselves in fear before the sufferings of Christ, and the dead arose, and the mountains shook, and the earth trembled, and Hades was laid bare.

The thrice-blessed Children who were in the furnace of old, raising up their hands, prefigured Thine immaculate Cross, O Good One, whereby Thou didst cast down the might of the enemy, O Christ.

O ye blind Jews, deceivers and transgressors, who disbelieved Christ's arising as though it were a lie: What do ye see that is unbelievable? that Christ, Who raised up the dead, is risen?

Who is it that withered the fig tree? Who is it that healed the withered hand? Who is it that once filled the multitude in the wilderness? Is it not Christ God, Who raised up the dead?

**Trinitarian:** We glorify the Son and the Holy Spirit together with the Father, even the Holy Trinity in one Godhead and we cry: Holy, Holy, Holy art Thou throughout the ages.

**Theotokion:** Without suffering change, thou didst give birth unto One, even Christ God, Who is twofold of nature, Who, as the ever-living Bread, was fashioned without fashioning in thy womb, according to our fashion.

At the Entrance The Troparia for the Feast:

Tone II:

The noble Joseph having taken down Thy most pure Body from the tree, \* wrapped it in a fine linen shroud \* covering it with fragrant spices \* and placed it in a new sepulcher; \* but on the third day Thou didst arise, O Lord, \*\* granting the world great mercy.

Tone II:

When Thou didst descend unto death, O Life Immortal, \* then didst Thou slay Hades with the lightning of Thy Godhead. \* And when Thou didst also raise the dead out of the nethermost depths, \* all the Hosts of the heavens cried out: \*\* 'O Life-giver, Christ our God, glory be to Thee'.

Tone II:

The Angel standing by the tomb cried unto the myrrh-bearing women, \* 'Myrrh is fitting for the dead, \* but Christ hath been revealed a stranger to corruption. \* rather Cry aloud: The Lord is risen, \*\* granting the world great mercy!'

Then the Troparion for the Temple, the Troparion for the Saint of the day, if there be any, then the Kontakion for Temple, Glory for the Saint, if there be any, Then:

Now & ever ..., Kontakion of the Feast, in Tone II:

When Thou didst cry, Rejoice, unto the Myrrh-bearers, \* Thou didst make the lamentation of Eve the first mother \* to cease by Thy Resurrection, O Christ God. \* And Thou didst bid Thine Apostles to preach: \*\* The Savior is risen from the grave.

The Trisagion, then:

The Prokeimenon, in Tone II: The Lord is my strength and my song, \* and He is become my salvation.

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

THE ACTS OF THE HOLY APOSTLES: [ACTS 8:40 - 9:19]

In those days, Philip was found at Azotus: and passing through he preached in all the cities, till he came to Caesarea. And Saul, yet breathing out threatenings and slaughter against the disciples of the Lord, went unto the high priest, And desired of him letters to Damascus to the synagogues, that if he found any of this way, whether they were men or women, he might bring them bound unto Jerusalem. And as he journeyed, he came near Damascus: and suddenly there shined round about him a light from heaven: And he fell to the earth, and heard a voice saying unto him, Saul, Saul, why persecutest thou me? And he said, Who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest: it is hard for thee to kick against the pricks. And he trembling and astonished said, Lord, what wilt thou have me to do? And the Lord said unto him, Arise, and go into the city, and it shall be told thee what thou must do. And the men which journeyed with him stood speechless, hearing a voice, but seeing no man. And Saul arose from the earth; and when his eyes were opened, he saw no man: but they led him by the hand, and brought him into Damascus. And he was three days without sight, and neither did eat nor drink. And there was a certain disciple at Damascus, named Ananias; and to him said the Lord in a vision, Ananias. And he said, Behold, I am here, Lord. And the Lord said unto him, Arise, and go into the street which is called Straight, and enquire in the house of Judas for one called Saul, of Tarsus: for, behold, he prayeth, And hath seen in a vision a man named Ananias coming in, and putting his hand on him, that he might receive his sight. Then Ananias answered, Lord, I have heard by

many of this man, how much evil he hath done to thy saints at Jerusalem: And here he hath authority from the chief priests to bind all that call on thy name. But the Lord said unto him, Go thy way: for he is a chosen vessel unto me, to bear my name before the Gentiles, and kings, and the children of Israel: For I will shew him how great things he must suffer for my name's sake. And Ananias went his way, and entered into the house; and putting his hands on him said, Brother Saul, the Lord, even Jesus, that appeared unto thee in the way as thou camest, hath sent me, that thou mightest receive thy sight, and be filled with the Holy Ghost. And immediately there fell from his eyes as it had been scales: and he received sight forthwith, and arose, and was baptized. And when he had received meat, he was strengthened.

### Alleluia. Second Tone

**Verse:** The Lord hear thee in the day of affliction; the Name of the God of Jacob defend thee.

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

### THE GOSPEL ACCORDING TO ST. JOHN [6:48 - 54]

Jesus spake unto those of the Jews who came unto Him saying: I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world. The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat? Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

In place of "It is meet" The Zadostoinik is chanted from Ode IX.

**Refrain:** The angel cried unto her that is full of grace: \* Rejoice, O pure Virgin! And again I say, rejoice! \* For thy Son is risen from the grave on the third day, \* and hath raised the dead, O ye people, be joyful!

**Irmos:** Shine, shine, O new Jerusalem, \* for the glory of the Lord hath arisen upon thee; \* dance now and be glad, O Zion, \* and do thou exult, O pure Theotokos, \* in the arising of Him Whom thou didst bear.

Communion Verse: **P**raise the Lord from the Heavens, praise Him in the highest. Alleluia, Alleluia, Alleluia.

We sing “Christ is risen...” instead of “We have seen the true light...”

At the dismissal, when the priest says: “**G**lory to Thee, O Christ God...” The Choir sings “**C**hrist is risen...” x3 instead of “ Glory..., Now & ever ..., Father bless!” Then the priest gives the dismissal.