

*Fourth Sunday of Pascha*  
*Sunday of the Paralytic*

VESPERS: Tone 3

- P. Glory to the Holy...  
C. Amen  
P. Christ is risen... x2-1/2 (Choir finishes)  
C. Bless my soul...  
P. Great Ectenia  
C. Blessed is the man...  
C. Lord I have cried... (Tone 3)
1. The **power** of death has been **destroyed** by Thy Cross/ and the **wiles** of the devil have been set to naught, O Christ our **Saviour**,/ **while** mankind, **saved** by faith,// offers Thee hymns of praise forever.
  2. The **whole** inhabited earth has been enlightened by Thy Resurrection, O Lord,/ **and** the paradise of old has been reopened;/ **while** it extols Thee,// all creation offers Thee hymns of praise forever.
  3. I **glorify** the might of the **Father**/ **and** of the Son and the power of the Holy **Spirit**;/ **and** I praise the dominion of the undivided, uncreated **Godhead**//--the consubstantial Trinity that reigns unto the **ages** of ages.
  4. We **worship** Thy precious **Cross**, O Christ,/ and **praise** and glorify Thy Resurrection:// For by Thy wounds have we **all** been healed.
  5. We **praise** the Saviour Who took flesh of the **Virgin**/ **for** He was crucified **for** our sakes/ and **ro-se** the third day// and bestows on us His great **mercy**.
  6. **Christ**, going down to **those** in hell/ **told** them to make bold and announced to them:/ **'Now** I have triumphed, I am the Resurrection,/ **I** sh-all **lead** you forth,// for I have broken in pieces the **gates** of death.'
  7. **We** who in Thine immaculate house **unworthy** stand,/ send **up** to Thee our evening hymn, O **Christ** our God,/ and **call** upon Thee from the depth to deliver Thy **people**/ from the **hands** of their **adversaries**,/ O **Thou**, Who in Thine infinite love for mankind hast **enlightened** the world// by Thy Resurrection on the **third** day.

Stichera of the Paralytic (Tone 1)

8/9 O compassionate Christ, Who by Thine immaculate hand didst **fashion** man,/ Thou didst come to **heal** the sick./ By Thy **word** Thou didst raise up the paralytic by the **Sheep's** Pool./ Thou didst cure the ailment of the blood-streaming **woman**./ Upon the tormented daughter of the Canaanitish woman didst Thou have **mercy**,/ and the request of the centurion Thou didst **not** disdain./ For this **cause** we **cry** unto Thee:// O Almighty Lord, **glory** to Thee.

10. The paralytic, who was like unto an unburied **dead** man,/ saw Thee and cried out: Have mercy on **me**, O Lord,/ for my **bed** is become my grave./ Of what profit is my life? I have no need for the **Sheep's** Pool,/ **for** there is no one to put me therein when the waters are **troubled**./ But I come unto Thee, O Source of **healings**,/ **that** together with all I **also** may cry:// O Almighty Lord, **glory** to Thee.

Glory... (Tone 5)

**Jesus** went up to Jerusalem to the **Sheep's** Pool,/ which by the Hebrews is called Bethesda, having five **porches**./ **Therein** lay a multitude of the **ailing**;/ for an **Angel** of God went down at a certain season and troubled the **water**,/ and granted healing unto those who drew **nigh** in faith./ And the **Lord**, on seeing a man who had been there for **many** years,/ **said** unto him: Dost thou wish to be **made** whole?/ And the sick man replied: Sir, I have no man, when the water is troubled, to put me **into** the pool./ I have **wasted** all my wealth on physicians and was not deemed worthy of **mercy**./ **But** the Physician of both souls and bodies **said** unto him:/ Take up thy bed and walk, **proclaiming** My might// and great mercy unto the **ends** of the earth.

Both... Dogmatikon (Tone 3)

**How** can we refrain from wonder, O all-hallowed **Virgin**,/ at thy **bearing** God and **man** in One?/ For **thou**, without blemish and who hast never **known** a man,/ hast brought **forth** without father a **Son** in the flesh,/ **begotten** of the Father without mother before all **ages**,/ Who suffered no **change**, confusion nor **division**,/ but kept in **full** what is proper to each **nature**;/ our **Lady**, thou Virgin and **Mother**,/ **entreat** Him to **save** the souls// of those who in the true faith confess thee to be the Theotokos.

- 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 3)

1. **Thou** hast darkened the sun by Thy **Passion**, O Christ;/ **by** Thy Resurrection hast Thou given **all** things light.// Accept our evening hymn, O Thou Who **lovest** mankind.

**START PENTECOSTARION AT DIVIDER MARKED "LET GOD ARISE"**

**GO TO LET GOD ARISE IN PENTECOSTARION MUSIC BOOK**

V. Let God arise,/ let His enemies be scattered.

Paschal Stichera, (Tone 5)

2. Today a sacred Pascha is revealed to us./ A new and holy Pascha./ A mystical Pascha,/ a Pascha worthy of veneration./ A Pascha which is

Christ, the Redeemer./ A blameless Pascha./ A great Pascha./ A Pascha of the faithful./ A Pascha which has opened for us the gates of Paradise.// A Pascha which sanctifies all the faithful.

V. As smoke vanisheth so let them vanish.

3. Come from that scene O women bearers of glad tidings/ and say unto Zion:/ Receive from us the glad tidings of joy/ of Christ's Resurrection./ Exult and be glad,/ and rejoice, O Jerusalem,/ seeing Christ the King Who comes forth from the tomb// like a bridegroom in procession.

V. So the sinners will perish before the face of God,/ but let the righteous be glad.

4. Thy myrrhbearing women/ at the break of dawn/ drew near to the tomb of the Life-giver./ There they found an angel/ sitting upon the stone,/ he greeted them with these words:/ Why do you seek the living among the dead?/ Why do you mourn the Incorrupt amid corruption?// Go: Proclaim the glad tidings to his disciples.

V. This is the day which the Lord hath made!/ Let us rejoice and be glad in it.

5. Pascha of beauty!/ The Pascha of the Lord!/ A Pascha worthy of all honour has dawned for us./ Pascha!/ Let us embrace each other joyously./ Pascha, ransom from affliction!/ For today as from a bridal chamber/ Christ has shone forth from the tomb./ And filled the women with joy saying:// Proclaim the glad tidings to the Apostles!' (**STOP**)

#### **NOT IN PENTECOSTARION**

Glory... (Tone 8)

In **Solomon's** Porch there lay a **multitude** of sick./ And at Mid-feast Christ found there a **paralytic**/ who had been bedridden for eight and **thirty** years./ To him He called out with a voice of authority: Wouldst thou be **made** whole?/ And the infirm replied: Sir, I have no man, when the water is troubled, to put me **into** the pool./ And He saith unto him: Take up thy bed. Behold, thou art become whole, sin **not** again.// By the intercessions of the Theotokos, O Lord, send down to us Thy great **mercy**.

#### **RETURN TO PENTECOSTARION MUSIC!!!!**

Now and ever... (Tone 5)

This is the day of Resurrection!/ Let us be illumined by the Feast!/ Let us embrace each other!/ Let us call "brothers" even those that hate us,/ and forgive all by the Resurrection,/ and so let us cry:/ Christ is risen from the dead/ trampling down death by death,// and upon those in the tombs bestowing life!

C. St. Symeon's Prayer  
R. Trisagion

C. Rejoice, O Virgin Theotokos x3

Blessed be the Name of the Lord...

Psalm 33 1:10

MATINS: Tone 3

C. Christ is risen... x3

R. Six Psalms

P. Great Ectenia

C. God is the Lord... (Tone 3)

C. Sunday Troparia (Tone 3) x2

Let the heavens rejoice!// Let the earth be glad!// For the Lord has shown strength with His arm!// He has trampled down death by death!// He has become the firstborn of the dead!// He has delivered us from the depths of hell,// and has granted to the world great mercy.

G/B... Theotokion, (Tone 3) (See music in vigil book)

We sing thy praises, O Virgin Theotokos,/ who dost intercede for the salvation of our kind;/ for thy Son and our God, by taking flesh of Thee/ and accepting to suffer through the Cross/ has delivered us from corruption// because He loves mankind.

Lord Have Mercy 3x

Glory...

R. Now...

R. Kathisma II

P. Small Ectenia

R. Sessional Hymns from the Pentecostarion:

Christ hath arisen from the dead, the first-fruits of those who have fallen asleep, the firstborn of creation, the Creator of all that existeth; and in Himself He hath restored the nature of our race which had become corrupt. No longer dost thou have dominion, O death, for the Master of all hath destroyed thy realm!

Glory... Having tasted the fruit of death, O Lord, Thou didst cut off the bitterness of death by Thine arising, and hast strengthened man against it, revoking the defeat of the primal curse. O Lord, Defender of our life, glory be to Thee!

Both... Awed by the beauty of thy virginity and thine all-radiant purity, Gabriel, marveling, cried out to thee, O Theotokos: "What praise can I bring which is worthy of thee? What shall I call thee? I am at a loss and filled with awe! Wherefore, as I have been commanded, I cry unto thee: 'Rejoice, O thou who art full of grace!'"

R. Kathisma III

P. Small Ectenia

R. Sessional Hymns from the Pentecostarion:

Thou didst accept all things that are by nature man's; Thou didst make Thine all things that are man's attributes; and Thou wast well-pleased to be nailed unto the Cross, O my Saviour, choosing to submit to death as a man, O my Fashioner, that Thou mightest rescue man from death's bonds, O my Lord and God. For this cause, O Life-giver, we cry out: Glory to Thy compassion, O Christ God.

Glory... O ye faithful, let us theologize concerning the incomprehensibility of the crucifixion, the ineffability of the resurrection, the unspeakable mystery; for today death and hell have been made captive, and the human race hath been clothed in incorruption. Wherefore, giving thanks, we cry unto Thee: Glory to Thine arising, O Christ!

Both... The heavens all rejoiced, moved with exceeding love; and the earth was amazed, overcome with great fear when that angelic and pure voice addressed thee, O Theotokos. For one feast is now revealed for both those here and those on high; for Christ hath redeemed and saved from death's bonds the first-fashioned man. For this, we cry to thee with the Angel, saying: Rejoice, pure Virgin Mother.

R. Psalm 118

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

P. Small Ectenia

R. Ypakoe:

Amazing the myrrh-bearing women by the sight of Him, and refreshing them by his words, the radiant angel said to them: "Why seek ye the Living in the tomb? He Who hath emptied the graves hath arisen! Understand the Changer of corruption to be immutable! Say ye unto God: How awesome are Thy works, for Thou hast saved the human race!"

Hymn of Degrees: (Antiphon One)

Thou didst move the captivity of Sion away from Babylon, O Word. Draw me also forth from the passions unto life.

They who sow in the south with tears divine shall joyfully reap the grain of life everlasting.

G/B... Unto the Holy Spirit, as to the Father and the Son, shineth all thanksgiving, wherein all things live and move.

Hymn of Degrees: (Antiphon Two)

If the Lord buildeth not the house of the virtues, in vain do we labor; and when the Spirit protecteth it, no one will destroy our city.

Through the Spirit are the saints ever adopted by Thee, O Christ, as the fruit of Thee and the Father.

G/B... Through the Holy Spirit are all holiness and wisdom perceived. For He bringeth every created thing into existence. Him do we worship, for He is God, like the Father and the Word.

Hymn of Degrees: (Antiphon Three)

Blessed are they who fear the Lord, who walk the path of the commandments; for they shall eat of all the fruits of life.

Be Thou glad, O Chief Shepherd, beholding Thine offspring round about Thy table, bearing the branches of goodly works.

G/B... From the Holy Spirit are all the riches of glory; from Him are grace and life for every creation: for He is hymned with the Father and the Word.

P. Prokimenon: (Tone 3)

Say among the nations that the Lord is king;/ for He hath established the world, which shall not be shaken.

V. O sing unto the Lord a new song, sing unto the Lord all the earth.

C. Let every breath praise the Lord.

P. GOSPEL #4

C. Having Beheld the Resurrection of Christ... (3x)

R. Psalm 50

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

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

Anointing.

### Canticle One

(Note to Choir: The first 3-4 verses of each canticle, including the Irmos, are from the Paschal service and should be **sung** continuously)

Irmos: This is the day of Resurrection!/ Let us be illumined O people!/ Pascha, the Pascha of the Lord!/ For from death to life, and from earth to heaven,/ has Christ our God led us, // as we sing the song of victory:

Christ is risen from the dead!

Let us purify our senses,/ and we shall see Christ/ shining in the unapproachable light of His Resurrection./ We shall clearly hear Him say: Rejoice, // as we sing the song of victory.

Christ is risen from the dead!

Let the heavens be glad/ and let the earth rejoice./ Let the whole world,/ visible and invisible,/ keep the feast, // for Christ is risen, our eternal Joy!

O Most Holy Theotokos, save us!

Thou hast broken through the barrier of death,/ by giving birth to Christ, the eternal Life,/ Who today hath shone forth from the tomb,/ O Virgin all-blameless, // and Who hath enlightened the world.

O Most Holy Theotokos, save us!

Having beheld thy resurrected Son and God,/ rejoice thou with the apostles,/ O Pure One graced of God,/ and be the first to rejoice,/ as thou hast received the Cause of joy for all,// O Mother of God all-blameless.

(End of Paschal Tropars; Remaining stichera to be read)

Glory to Thee, Our God, Glory to Thee.

Working signs and doing wonders, O only King, Thou didst willingly endure the Cross, since Thou art compassionate; and having put death to death by death, Thou didst quicken us.

Let us dance for joy with faith today on the arising of Christ, O ye peoples. Hades hath been despoiled of them that he held in bonds, and he hastily surrendered them, as they praised the mighty deeds of God.

O Thou Who by divine might didst once heal the paralytic by Thy word, O Christ, and didst command him who had been ailing for many years to take up his bed, heal Thou my soul, which aileth grievously.

Of old an Angel came down to the Sheep's Pool and healed one man every year; but now Christ doth cleanse endless multitudes by divine Baptism.

O leader of the Angels and Supreme Commander of the Ministers on high, do thou shelter and protect from all manner of temptations them that are gathered together in thine august temple, praising God.

Glory... With the Bodiless, let us unceasingly praise the Beginningless God, Who is in three Persons and one Nature, even the Father, Word, and Spirit, Who hath a Kingdom and indivisible power.

Both... Do thou save from dangers, conquest of barbarians, civil war and the sword, and every other danger, this thy flock, which doth ever honour thee faithfully, O pure one.

C. Katavasia 1 (Repeat Irmos)

### Canticle Three

Irmos: Come, let us drink,/ not miraculous water/ drawn forth from a barren stone,/ but a new vintage from the fount of incorruption,/ springing from the tomb of Christ:// In Him we are established.

Christ is risen from the dead!

Now all is filled with light:/ Heaven and earth/ and the lower regions./ Let all creation celebrate the rising of Christ:// In Him we are established.

Christ is risen from the dead!

Yesterday I was buried with Thee, O Christ,/ today I arise with Thee/  
in Thy Resurrection./ Yesterday I was crucified with Thee./ Glorify me  
with Thee, O Saviour,// in Thy Kingdom.

O Most Holy Theotokos, save us!

Into incorruptible life have I entered today,/ through the goodness of  
Him Who was born of thee,/ O Pure One,// and Who makest all the ends of the  
earth radiant with joy.

O Most Holy Theotokos, save us!

Having beheld God, Whom thou hast borne in the flesh,/ risen from the  
dead, as He said, O Pure One,/ dance, and Him as God,/ O most Pure One,// do  
thou magnify.

(End of Paschal Tropars; Remaining stichera to be read)

Glory to Thee, Our God, Glory to Thee.

When of old the sun beheld Thee hanging upon the Tree, O Word, the  
light withdrew and all the earth was troubled; the dead arose when Thou  
becamest one dead, O Almighty One.

When Thou didst go into the womb of the earth with Thy soul, Hades gave  
forth with haste the souls which it possessed, which cried unto Thy might a  
song of thanksgiving, O only Lord.

Do Thou, O supremely good One, heal my soul, which hath been ailing  
grievously for many years, even as Thou didst heal the paralytic aforetime,  
that I may walk in Thy way, which Thou didst show unto them that long for  
Thee.

Together with the Hosts on high, O Archangel of God, make supplication  
for us who praise thee with faith, preserving and protecting us from falling  
into the passions of life.

Glory... Let us cry: Glory to the Father, the Son and the Spirit, for  
by nature God is one, Whom all the powers of the Heavens glorify in fear,  
crying: Holy, Holy, Holy.

Both... Seedless was thy conception, and surpassing understanding was  
thy childbirth, O immaculate Virgin Mother; an awesome deed, an exceeding  
great wonder, honoured by the Angels and glorified by mortal men, O Lady and  
Maiden.

C. Katavasia 3 (Repeat Irmos)

P. Small Ectenia

C. Kontakion of Pascha (Tone 8) (**See music PENTECOST SONGBOOK PG 55**)

Down to the grave though Thou wentest, O Immortal Lord,/ yet didst Thou there hurl down death by Thy throne of might./ And art risen with victory crowned,/ O Christ our True God,/ and hath hailed with glad greeting the women who came with myrrh;/ and unto Thine Apostles hast graciously sent Thy peace,// O Lord that grantest the fallen to rise with Thee.

R. Ikos of Pascha

The myrrh-bearing maidens forestalled the dawn, seeking, as it were day, the Sun that was before the sun and Who had once set in the tomb, and they cried out one to another: O friends! Come, let us anoint with spices the life-bringing and buried body, the Flesh that raised up fallen Adam, that now lieth in the tomb. Let us go, let us hasten, like the Magi, and let us worship and offer myrrh as a gift to Him Who is wrapped now not in swaddling clothes but in a shroud. And let us weep and cry aloud: O Master, arise, Thou Who dost grant resurrection to the fallen.

C. Sessional Hymn, (Tone 3)

A word **alone** made strong the paralytic,/ **since** it had been uttered by the universal Word,/ **Who** had appeared upon the earth out of His love and compassion./ **Wherefore**, he departed hence and went forth bearing his **own** bed,/ and the **scribes**, although they saw this great deed which was **brought** to pass,/ **since** they were held by evil and **palsied**// in soul by their envy, they **endured** not.

R. G/B... Awed by the beauty of thy virginity and the exceeding radiance of thy purity, Gabriel called out unto thee, O Theotokos: What worthy hymn of praise can I offer unto thee? And what shall I name thee? I am in doubt and stand in awe. Wherefore, as commanded, I cry to thee: Rejoice, O Full of Grace.

Canticle Four

Irmos: The inspired Prophet Habakkuk/ now stands with us in holy vigil./ He is like a shining angel,/ who cries with a piercing voice:/ 'Today salvation has come into the world,// for Christ is risen, as all-powerful.'

Christ is risen from the dead!

Christ our Pascha has appeared as a male child,/ the Son that opens a virgin womb./ He is called the Lamb/ as one destined to be our food,/ unblemished/ for He has not tasted of defilement/ and perfect// for He is our true God.

Christ is risen from the dead!

Christ, the Crown with Which we are blessed,/ has appeared as a yearling lamb./ Freely He has given Himself/ as our cleansing Paschal sacrifice./ From the tomb He has shown forth once again,// our radiant Sun of Righteousness.

Christ is risen from the dead!

David, the ancestor of God,/ leaped and danced before the ark which prefigured Thee./ Now let us, the holy people of God,/ seeing the fulfillment of all figures,/ rejoice in piety,// for Christ is risen as all-powerful.

O Most Holy Theotokos, save us!

He Who created Adam thy forefather, O Pure One,/ took form from thee,/ and the habitation of the dead/ hath He demolished today though His death,/ and shone upon all things// with the divine radiance of the Resurrection.

O Most Holy Theotokos, save us!

Beholding Christ, Whom thou hast borne,/ shining forth splendidly from the dead, O Pure One,/ who art good and spotless among women, and comely today,/ rejoicing with the apostles in the salvation of all,// Him do thou glorify.

(End of Paschal Tropars; Remaining stichera to be read)

Glory to Thee, Our God, Glory to Thee.

Consumed by envy, the multitude of the Hebrews crucified Thee on the Tree, O Lord; and having annulled the condemnation of death, Thou didst arise as One mighty, raising up the world together with Thyself.

Why seek ye with myrrh the inexhaustible Myrrh, O ye women? He is risen, said he that sat in white apparel, and He hath filled the world with spiritual fragrance.

Taking upon Thyself the likeness of a servant, out of the excess of Thy compassion didst Thou come and didst make whole him that had been bedridden for many years, O Word, when Thou didst command him to take up his bed.

An Angel of the Lord at a certain season came down and troubled the water in the Sheep's Pool, making whole one person only. But Christ saveth endless multitudes by divine baptism.

O leader of the Angels and guide for the erring, O Supreme Commander of the Lord, come into our midst at this hour, and bear the prayers of us all unto the only Creator and Master.

Glory... United in nature, divided in Persons, is the Holy Trinity; even the super-essential Father, the co-eternal Son and the Holy and Only Almighty Spirit.

Both... How is it that thou sucklest a babe, O pure one? How dost thou give birth to a child more ancient than Adam? How carriest thou in thine arms a Son, Who is upon the shoulders of the Cherubim? As He alone knoweth, as He understandeth, even He that gave existence to all things.

C. Katavasia 4 (Repeat Irmos)Canticle Five

Irmos: Let us arise at the rising of the sun,/ and bring to the Master a hymn instead of myrrh./ And we shall see Christ, the Sun of Righteousness,// Who causes life to dawn for all.

Christ is risen from the dead!

The souls bound in the chains of hell O Christ,/ seeing Thy compassion without measure,/ pressed onward to the light with joyful steps,// praising the eternal Pascha.

Christ is risen from the dead!

Let us go with lamps in hand to meet Christ,/ Who comes from the tomb like a bridegroom,/ and with the festive ranks of Angels// let us celebrate the saving Pascha of God.

O Most Holy Theotokos, save us!

Enlightened by the divine rays/ and the life-bearing Resurrection of thy Son,/ O most pure Mother of God,// the gathering of the pious is filled with joy.

O Most Holy Theotokos, save us!

Thou didst not open the gates of virginity/ in the Incarnation,/ nor the seal upon the tomb didst Thou destroy,/ O King of creation;/ from whence seeing Thee risen,// Thy Mother rejoiceth.

(End of Paschal Tropars; Remaining stichera to be read)

Glory to Thee, Our God, Glory to Thee.

Thou wast lifted upon the Tree of the Cross and didst raise the whole world together with Thyself; and becoming One among the dead, O God, Thou dost raise up them that were dead from ages past.

Christ is risen, as He said, having emptied all the domains of Hades, and He doth appear unto the Apostles, and doth grant them joy everlasting.

The Angel was seen by the women to be as brilliant as lightning and as white as snow, saying: Weep not; our Life is risen and hath quickened them that were dead in the graves.

Even as Thou didst raise up the paralytic, O Christ, so also do Thou make whole my soul which is palsied by transgressions, and grant that I may fare well as I walk in Thine upright ways.

O Michael, Leader of the Angels, do thou save the people who are gathered today in thy temple, and who proclaim the mighty deeds of God.

Glory... Of equal honour is the threefold Unity: Divided piously in hypostases, but united in nature is the Father, the Son and the Divine Spirit.

Both... Thy seedless childbearing, O pure one, and thine incomprehensible giving of birth do we praise, while blessing thee as the Mother of the Creator and Master of all.

C. Katavasia 5 (Repeat Irmos)

Canticle Six

Irmos: Thou didst descend, O Christ,/ to the depths of the earth./  
Thou didst break the everlasting bars/ which had held death's  
captives./ And like Jonah from the whale,/ on the third  
day// Thou didst arise from the grave.

Christ is risen from the dead!

Thou didst arise, O Christ,/ and yet the tomb remained sealed/ as at  
Thy birth the Virgin's womb remained unharmed,/ and Thou hast opened for  
us// the gates of Paradise.

Christ is risen from the dead!

O my Saviour,/ as God Thou didst bring Thyself freely to the Father,/ a  
victim living and unsacrificed,/ resurrecting Adam, the father of us all,//  
when Thou didst arise from the grave.

O Most Holy Theotokos, save us!

He that of old was held by death and corruption/ is raised up by Him  
Who was incarnate/ of thy most pure womb, O Theotokos Virgin,// unto  
incorruption and everlasting life.

O Most Holy Theotokos, save us!

He Who went down into the nethermost parts of the earth,/ and came  
into thy womb, O Pure One,/ and dwelt and past understanding was  
incarnate,/ hath also raised up Adam with Himself// when He rose from the  
tomb.

(End of Paschal Tropars; Remaining stichera to be read)

Glory to Thee, Our God, Glory to Thee.

Of Thine own will Thou wast lifted up upon the Tree, and laid as one  
dead in the sepulcher, and having quickened together all them that were dead  
in Hades, O Christ, Thou didst raise them by Thy divine power.

When Hades met Thee below, O Compassionate One, it was embittered, and in haste it gave up them that it held in bonds, who with unceasing voices praise Thine awesome Resurrection, O Saviour.

On beholding Christ, the Life of all, arisen from the grave, the divine disciples worshipped Him with much longing and upright knowledge and joyfulness of soul.

When he that aforetime lay for many years upon a bed of affliction was made whole by Thy command, O Christ, he glorified and praised Thy compassion, O Giver of life.

O Michael, thou leader of the Angels, as thou standest before the throne of the Master, be thou present in our midst, guiding toward the paths of life those who possess thee as a fervent protector.

Glory... Together with the awesome Hosts on high I reverence Thee, Who art a Trinity in Persons; I proclaim Thee, Who art a Unity in essence, O beginningless Father, Son and Upright Spirit, God of all things.

Both... He that sustaineth all things by His divine command is held in thine arms, O Virgin Theotokos, and since He is compassionate He doth rescue us from the enslaving hand of the evil one.

C. Katavasia 6(Repeat Irmos)

P. Small Ectenia

C. Kontakion (Tone 3) **PENTECOST SONGBOOK PG 31**

As of old Thou didst raise up the paralytic, O Lord God,/ by Thy God-like care and might, raise up my soul which is palsied/ by diverse sins and transgressions/ and by unseemly deeds and acts, that, saved, I may also cry out:/ O Compassionate Redeemer, O Christ God,// glory to Thy dominion and might.

R. Ikos of the Paralytic

O Thou Who holdest the ends of the earth in the palm of Thy hand, O Jesus our God, Who art co-beginningless with the Father, and Who, together with the Holy Spirit dost rule over all things: Thou didst appear in the flesh, healing infirmities, driving away passions, and giving sight to the blind. And, by a divine word, Thou didst raise up the paralytic, commanding him to walk straightway and to take up upon his shoulders his bed, which had carried him. Wherefore, together with him we all praise Thee and cry: O Compassionate Christ, glory to Thy dominion and might.

### Canticle Seven

Irmos: He Who saved the three young men in the furnace/ became incarnate,/ and suffered as a mortal man./ Through his sufferings/ He clothed what is mortal in the robe of

immortality./ He alone is blessed and most glorious,// the  
God of our fathers.

Christ is risen from the dead!

The godly women/ had hastened to Thee with myrrh, O Christ./ In tears  
they had sought Thee as a dead man,/ but in joy they worshipped Thee as the  
living God/ and proclaimed the mystical Pascha// to Thy disciples.

Christ is risen from the dead!

We celebrate the death of death/ and the overthrow of Hell,/ the  
beginning of another life which is eternal,/ and in exaltation we sing the  
praises of its source./ He alone is blessed and most glorious,// the God of  
our fathers.

Christ is risen from the dead!

This is the bright and saving night,/ sacred and supremely festal./ It  
heralds the radiant day of the Resurrection,/ on which the timeless light//  
shown forth on the tomb for all.

O Most Holy Theotokos, save us!

Thy Son, having put death to death,/ O all-spotless one,/ today hath  
granted unto all mortals/ the life that abideth unto the ages of ages,// the  
only blessed and most glorious God of our fathers.

O Most Holy Theotokos, save us!

He Who reigneth over all creation,/ became man,/ dwelling in thy God-  
graced womb,/ and having endured crucifixion and death,/ is risen in a God-  
befitting manner,/ raising us up with Himself,// for He is Almighty.

(End of Paschal Tropars; Remaining stichera to be read)

Glory to Thee, Our God, Glory to Thee.

On seeing Thee stretched out upon the Tree, the sun withdrew its light,  
not having the strength to shine upon the world when Thou, O King of all,  
wast setting, so that all the nations might be enlightened.

Thou didst arise, thereby emptying the tombs and despoiling Hades by  
Thine almighty power. Wherefore we praise Thine august and divine arising,  
O Christ.

Why seek ye the Living as one dead? He is risen, He is not in the  
grave: Thus did the divine Angel of old, who was like unto lightning, cry  
unto the myrrh-bearers.

Having, by Thy word, made whole the paralytic who had been bedridden for many years, Thou didst cry: Take up thy bed and walk, praising God's mighty deeds.

O Michael, Supreme Commander of the Lord, by thy mediation do thou guide and shelter from all manner of evil them that are gathered in thy temple with faith unto the praise of God.

Glory... O Trinity, since Thou art the God and Master of all, do Thou save from diverse perils us who praise Thee with faith, and make us partakers of Thy good things.

Both... After ineffably bearing Him Who without change was begotten of the beginningless Father before all ages, thou remainest a virgin; for this cause we bless thee, O pure one.

C. Katavasia 7 (Repeat Irmos)

### Canticle Eight

Irmos: This is the chosen and holy day,/ first of Sabbaths, king and lord of days;/ the feast of feasts,/ holy day of holy days:// On this day we bless Christ forevermore.

Christ is risen from the dead!

Come on this chosen day of the Resurrection,/ let us partake of the new fruit of the vine./ Let us share in the divine rejoicing of the kingdom of Christ,// praising Him as God forevermore.

Christ is risen from the dead!

Lift up your eyes, O Zion, round about and see:/ Your children like divinely shining stars assemble/ from the North, the South, the East, and the West// to bless Christ in you forevermore.

O Most Holy Trinity, our God, glory to Thee!

Father Almighty, Word, and Spirit:/ One nature in three Persons,/ surpassing beauty and divinity./ In Thee we have been baptized,// and Thee we bless forevermore.

O Most Holy Theotokos, save us!

Through thee the Lord came into the world,/ O Virgin Theotokos,/ and the womb of hades did He tear open,/ granting unto us mortals resurrection;// Wherefore, we bless Him unto the ages.

O Most Holy Theotokos, save us!

Laying low all the dominion of death/ by His Resurrection,/ thy Son, O Virgin, as the mighty God,/ hath raised us up with Himself/ and deified us; // wherefore we sing His praise unto the ages.

(End of Paschal Tropars; Remaining stichera to be read)

Glory to Thee, Our God, Glory to Thee.

The veil was rent when Thou wast crucified, O our Saviour, and death gave up the dead which it had devoured; and Hades was stripped bare when it saw Thee coming into the nethermost parts of the earth.

O death, where is thy sting? O Hades, where is thy victory? Thou wast put to death and destroyed by the risen King. No longer dost thou reign; for the Mighty One hath taken away them that thou didst have in bondage.

Run quickly and proclaim the Resurrection unto the Apostles, said the youth who appeared unto the myrrh-bearers. The Master is risen, and, in a marvelous manner, those dead from ages past are risen together with Him.

Having lain bedridden for many years, the paralytic cried: Have mercy on me, who am oppressed by need, O Redeemer. And He commandeth him to take up his bed in haste and walk upright.

As the Leader of the Immaterial Hosts, O Supreme Commander, pray together with them that we be granted deliverance from our offences, correction of life, and the enjoyment of everlasting good things yonder.

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

With one accord let us praise the uncreated, undivided Essence, the Godhead of three hypostases, the beginningless God the Father, the Son and Holy Spirit, as we cry out the awesome melody of the Seraphim.

Both... Of old Isaiah beheld thee as a book, O Ever-virgin, wherein, by the finger of the Father, the timeless Word was inscribed, Who doth save from all irrationality us who praise thee with sacred words.

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

C. Katavasia 8 (Repeat Irmos)

(No Magnificat)

Canticle Nine

Irmos: Shine, shine, O new Jerusalem! / The glory of the Lord has shone on thee! / Exult now, and be glad, O Zion! / Be radiant, O pure Theotokos, // in the resurrection of thy Son!

Christ is risen from the dead!

How divine! How beloved!// How sweet is Thy voice, O Christ!// For Thou hast faithfully promised to be with us,/ to the end of the world./ Having this as our anchor of hope,// we the faithful rejoice.

Christ is risen from the dead!

O Christ, great and most holy Pascha!// O Wisdom, Word and Pow'r of God,/ grant that we may more perfectly partake of Thee/ in the never ending day// of Thy Kingdom.

O Most Holy Theotokos, save us!

With one voice, O Virgin,/ the faithful do bless thee./ Rejoice, O Portal of the Lord;/ rejoice, O living City;/ rejoice, through whom for our sake the Light hath shone,/ Who, born of thee,// is the Resurrection of the dead.

O Most Holy Theotokos, save us!

Be glad and rejoice,/ O Portal of the Divine Light:/ for Jesus set into the grave,/ hath dawned forth shining more brightly than the sun,/ and hath illumined all the faithful,// O Sovereign Lady who rejoiceth in God.

(End of Paschal Tropars; Remaining stichera to be read)

Glory to Thee, Our God, Glory to Thee.

When Thou wast lifted up upon the Tree, O Jesus, Thou didst raise us up together with Thyself. And when of Thine own will Thou wast laid in the tomb, Thou didst raise from the tombs all the dead who praised Thine incomprehensible power and Thine invincible might.

Thou didst dawn forth from the grave as One most comely, like a bridegroom from a bridal chamber, O most comely Word; and Thou didst dispel the gloom of Hades, and didst lead forth them that were in bonds, who cried with one accord: Glory be to Thy glory, glory be to Thine arising, O Jesus our God.

Bringing their tears and sighs mingled together with myrrh, the women came with haste unto Thine all-holy sepulcher. And through faith they were instructed concerning the glorious arising of Christ, which we celebrate, as we rejoice in gladness of soul.

Health of body followed Thy command, O Christ, and the former paralytic was seen walking with haste and bearing his bed whereon he had lain for many years, and he praised Thy great might.

Pray for our enlightenment, O great Supreme Commander, who dost ever stand in the presence of the great Light, and make peaceful our life, which is ever troubled by assaults of the serpent and by the circumstances of life, O renowned one.

Glory... Most reverently do I glorify Thee, O Light and Lights, O Life and Lives, O Father, Word and Holy Spirit, tri-hypostatic Unity, indivisible Dominion, unmingled Godhead; and together with the Hosts on high, I cry out: Holy, Holy, Holy.

Both... Christ, the great Sun, came forth from thy light-bearing womb, and with brilliant rays enlightened the world, O immaculate one, and dispelled the darkness of our transgressions. Wherefore, we praise thee, since thou art the cause of all good things, O Bride of God.

C. Katavasia 9 (Repeat Irmos)

P. Small Ectenia

C. Holy is the Lord our God... (Tone 3)

C. Exapostilarion of Pascha (Sung, not chanted—see music)

In the flesh Thou didst fall asleep as a mortal man, O King and Lord. Thou didst rise on the third day, raising Adam from corruption and destroying death: O Pascha of incorruption, the salvation of the world.

R. G/B... Exapostilarion of the Paralytic

The sovereign man-loving Lord, He that is all-compassionate, drew nigh and stood at the Sheep's Pool that He might heal men's diseases; and there He found a man that lay abed, enfeebled many years. And unto him, He cried aloud: Take up thy bed now, and go forth; walk in the upright and straight paths.

C. Lauds: Tone 3 Stichera

Let every bre-ath **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. O **come** all ye **nations**,/ **perceive** the might of this awful **mystery**./ Our **Saviour** Who in the **beginning** was the Word,/ has been **crucified** for us and of His own Will suffered **burial**,/ on the third **day** He rose again that He might **save** us all.// Therefore let us **worship** Him.

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

2. The **watch** that **guarded** Thee, O Lord,/ **related** all the wonders that had **come** to pass,/ but the vain **assembly** of the Sanhedrin filled their **hands** with gifts,/ thus **thinking** to hide Thy Resurrection that the whole world **glorifies**.// Have **mercy** upon us.

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

3. All **things** were filled with joy at receiving the tidings of Thy Resurrection,/ **for** Mary Magdalene, when she **went** to Thy tomb,/ found an **angel** in shining raiment seated upon the **stone** who said:/ 'Why do ye seek the living **among** the dead?/ He is not **here**, but risen, **as** He said,// and He goes before you into **Galilee**.'

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

4. O **Master** Who **lovest** mankind,/ in Thy **light** do we **see** light./ For **Thou** art risen **from** the dead/ and hast **bestowed** salvation on **mankind**./ Let all the creation give glory to Thee Who alone art without sin// and do Thou have **mercy** upon us.

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

5. The **women** bearing **fragrant** myrrh/ offered to **Thee** right early, O Lord, their **tearful** song,/ for they **came** unto Thy tomb laden with sweet smelling **spices**/ and **hastened** to anoint Thy immaculate **Body**./ An **angel** seated upon the stone **announced** to them:/ 'Why do ye seek the living **among** the dead?/ **For** He is risen and has trampled **death** as God,// and He grants all men His great **mercy**.'

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

6. A **shining** angel was seated upon Thy **life**-giving tomb,/ and he **said** to the women bearing sweet-smelling **ointment**:/ 'The **Deliverer** has emptied the tomb, **despoiled** hell/ and is **risen** on the **third** day// for He alone is God and **Almighty**.'

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

7. **On** the first **day** of the week/ Mary **Magdalene** went to the tomb in **search** of Thee,/ and **when** she found Thee not she wept and lamented and moaned:/ 'Woe is me, O my **Saviour**./ **Where** have they stolen away the **King** of all?'/ Two **angels**, bearers of life, were in the tomb, and they **said** to her:/ 'Woman, why **weepest** thou?'/ 'I **weep**,' she said, 'because they have taken my **Lord** from the tomb/ and I know **not** where they have **laid** Him.'/ **Then** she turned round and saw Thee standing and she **straightway** cried:// 'My Lord and my God, **glory** to Thee.'

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

8. The **Jews** shut the **Life** in the tomb/ while the **thief** with his tongue opened to the nations the **door** to joy,/ as he called **out** and said: 'He Who was **crucified** with me/ and for my **sake** and was hung with me upon the wood,/ has **appeared** to me seated with the Father upon the throne,// for He is Christ our God Who has great **mercy**.'

Glory... (Tone 8)

O **Lord**, not the pool, but Thy word healed and renewed the **paralytic**;/ nor was he hindered by his infirmity of **many** years;/ for the might of Thy voice proved to be more **effective**./ And he cast off his heavy **burden**/ and carried the weight of his bed as a testimony to the abundance of Thy **compassions**:// **Glory be** to Thee.

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin **Theotokos**,/ for through Him Who became incarnate of thee is hades led **captiv**e,/ **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:

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

P. Litanies  
Dismissal

G/B... Gospel Sticheron (Tone 3) (NOTE: This does not match the Gospel but does match the tone of the week)

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

R. Hours:  
Tropar: Resurrection  
Kontak: Feast

At Liturgy

Order of Troparia & Kontakia:

Tropar Sunday

Glory... Kontak Paralytic

Both... Kontak Pascha

Prokimenon for Tone 1

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

V. Rejoice in the Lord, O ye righteous; praise is meet for the upright.

Epistle(s): Acts 9:32-42

Alleluia (Tone 5)

Gospels: John 5:1-15

Instead of It is truly Meet: The Angel Cried...

Communion Hymn: Receive Ye the Body of Christ, then Praise ye