30th Sunday after Pentecost
Sunday of the Holy Forefathers

VESPERS: Tone 5

P. Regular Beginning
C. Lord I have cried... (Tone 5)

1. Thou hast **shamed** the devil with Thy precious **Cross**, O Christ,/ and hast blunted the sting of sin by Thy Resur**rec**tion./ Thou hast saved us from the **gates** of death.// Thou, O only-begotten Son, we **glo**ri**fy** Thee.

2. He Who granted mankind the Resur**rec**tion/ was led like a lamb to the **slaugh**ter;/ the princes of hell trembled be**fore** Him,/ the gates of tears were **lift**ed up:/ for Christ the King of glory **en**tered in,/ declaring to those in **bonds**: "Go forth"// and to those in darkness: "**Show** yourselves."

3. **What** a mighty **won**der;/ in His **love** for mankind,/ the Maker of things invisible suffered in the flesh and He Who was im**mor**tal rose./ Come and worship Him, ye kindreds of the **nat**ions;/ let us, delivered indeed from beguilement by His com**pas**sion,// learn to sing the praises of the only **God** in three **Per**sons.

4. We **of**fer up to Thee our evening **wor**ship,/ O uncreated light, who art to all e**ter**nity./ For through the flesh as **in** a glass,/ Thou hast shone upon the world, descending even **un**to hell,/ setting free those in **dark**ness there/ and showing forth to the nations the light of the Resur**rec**tion:// Glory unto Thee, O **Lord**, Giver of light.

5. **Let** us glorify Christ, the author of our sal**va**tion,/ for by His rising **from** the dead/ the world is saved from be**guile**ment;/ the choir of angels rejoices, the error of demons **takes** flight;// fallen Adam is raised; the **de**vil is laid low.

6. The guards were thus instructed by the evil**do**ers:/ Keep hid the Resur**rec**tion of Christ;/ take the pieces of **sil**ver and say:/ As we were sleeping, the body was stolen **from** the tomb./ Who has ever heard or seen that a **bo**dy,/ especially a body anointed **and** unclothed,/ was stolen from a tomb and the grave clothes left **ly**ing?/ Be not led a**stray**, O Jews./ Get to know the sayings of the prophets, and **come** to believe// that He verily is the Redeemer of the world and the Al**migh**ty.

Stichera for the Forefathers (Tone 8)

7. **Ce**lebrating the memory of the forefathers today, O ye **faith**ful,/ let us hymn as mighty and powerful Christ the De**li**verer,/ Who exalted them among all **na**tions,/ the Lord Who hath faithfully wrought most glorious **mi**racles,/ and Who hath, through them, shown us a staff of **po**wer,/ the pure Mary, the divine Maiden, who alone **knew**eth not man,/ from whom Christ came forth as a **blos**som./ He that for all hath put forth life, the inex**haus**tible food// and eternal sal**va**tion.

8. O **Mas**ter, Who delivered the holy **youths** from the fire/ and Daniel from the **li**ons' mouth,/ Who blessed Abraham, and Isaac Thy servant, and **Ja**cob his son,/ Whose good will it was to become like unto us **through** their seed:/ our forefathers, that had **fal**len in the past,/ hast Thou saved by Thy Cross and Resur**rec**tion;/ and, having broken the **bonds** of death,/ with Thyself Thou hast raised all among them, dead of **a**ges past// that worshipped Thee, O Christ, King of the **a**ges.

9. Re**joi**cing in the dew of the **Spi**rit,/ the godly youths walked in the midst of the flame as in a **light** rain,/ mystically imaging forth therein the Trinity and the incar**na**tion of Christ/ and, as they **were** wise,/ they quenched the power of the **fire** with faith;/ and the righteous Daniel was shown to be a restrainer of **li**ons./ By their prayers be Thou entreated, O Saviour, Lover of **man**kind:/ deliver us from the unquenchable fire of e**ter**nity// and vouchsafe us Thy **king**dom, O Lord.

10. Thy **faith**ful and **ho**ly youths,/ that walked amid the fiery **flame** as in dew,/ mystically prefigured Thy coming forth from the **Vir**gin,/ which hath shone upon us without con**sum**ing us,/ and the righteous Daniel, wondrous among the **pro**phets,/ manifestly revealing Thy divine Second Coming be**fore**hand,/ saith that he hath beheld the **thrones** set up,/ and the Judge seated, and the river of fire **flow**ing.// By their prayers may we be delivered therefrom, O **Mas**ter Christ.

Glory... (Tone 6)

O ye **faith**ful,/ let us praise today all the fathers of the **old** Law:/ Abraham, the be**lov**ed of God/ and Isaac, who was born according to the **pro**mise/ and Jacob and the twelve **pa**triarchs,/ the most meek David, and Daniel, the prophet of de**sires**,/ glorifying with them the three youths that transformed the furnace **in**to dew/ and who ask remission of **Christ** God,// Who is glorified **in** His saints.

Both... <u>Dogmatikon</u> (Tone 5)

In **times** past,/ the image of the unwedded Bride was inscribed in the **Red** Sea:/ There **Mo**ses parted the **wa**ters;/ here, **Ga**briel was the servant of the **won**der./ Then, Israel rode dry-shod **through** the deep;/ **while**, now, the Virgin hath without seed given **birth** to Christ./ After the **pas**sing of **Is**rael,/ the sea was as ever im**pas**sable./ After the **birth** of Em**ma**nuel,/ the **Vir**gin without reproach, re**mains** uncorrupt./ Thou, O God, Who art now, hast forever been and hast ap**pear**ed as man,// have **mer**cy upon us.

P. Wisdom. Aright!
C. O Joyful Light...
P. <u>Prokimenon</u>. The Lord is King...
P. Wisdom! (And readings, if any)
P. Augmented Litany
R. Vouchsafe...
P. Litany of Fervent Supplication

C. <u>Litya Prayers</u>
(First sticheron is of the Temple)

Glory... (Tone 1)

The prophets of great renown, resplendent with the rays of divine eloquence,/ are ever blessed, and, putting forth the sayings of the spirit as fruit,/ they preached to all the ineffable nativity of Christ God;/ and having lived a most wondrous life,// they reached the end of the lives in accordance with the law.

Both... (Tone 1)

Behold, the prophecy of Isaiah hath been fulfilled,/ for a Virgin hath given birth,/ and after giving birth hath remained a Virgin as before./ For God was born; therefore He began nature anew./ O Mother of God, disdain not the supplications of thy servants,/ which are offered unto thee in thy temple;/ but as thou bearest the Compassionate One in thine arms,/ have pity on thy servants,// and beseech Him that our souls be saved.

P. *Litya prayers in back of Church*

APOSTICHA: (Tone 5)

1. We **lift** up our **voi**ces in song/ to magnify Thee, O **Saviour**,/ Christ incarnate yet never parted from **hea**ven,/ for **Thou** Lord Who **lo**vest mankind,/ hast suffered the Cross and death for the **sake** of our kind/ and casting down the **gates** of hell,// Thou hast risen on the third day and thereby **saved** our souls.

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

2. O **Gi**ver of Life,/ Thy pierced side poured streams of re**mis**sion,/ life and salvation up**on** us all./ By taking upon Thyself **death** in the flesh,/ Thou hast granted us immor**ta**lity,/ and taking up Thy a**bode** in the tomb,/ Thou hast set us **all** free,/ and as God Thou hast raised us up with Thee in **glo**ry./ Therefore, we **cry** aloud:// Glory unto Thee, O **Lord**, Who lovest mankind.

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

3. O **Thou** Wh-o **lo**vest mankind/ strange are Thy crucifixion and Thy des**cent** into hell./ For after despoiling it, and raising up with Thyself as God in **glo**ry,/ those who were in times of old held **cap**tive there,/ Thou hast opened Paradise and vouchsafed that it let man **en**ter./ Cleanse us, **there**fore, from sin,/ who glorify Thy Resurrection on the **third** day/ and vouchsafe that we too may dwell in **E**den:// For Thou alone art **mer**ciful.

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

4. O **Thou**, Who for our sakes hast accepted suffering **in** the flesh/ and hast risen on the third day **from** the dead,/ heal the passions **of** our flesh/ and raise us from our grievous iniquities and **save** us:// For Thou a**lo-ne lo**vest mankind.

Glory... (Tone 3)

Come, ye lovers of the **feasts** of the Church,/ and with **psalms** let us praise the assembly of the fore**fa**thers:/ **A**dam, the fore**fat**her of us all,/ **E**noch, Noah, Melchizedek, Abraham, Isaac and **Ja**cob;/ and, after the **Law**, Moses and Aaron, Joshua, Samuel and **Da**vid,/ and, **with** them, Isaiah, Jeremiah, Ezekiel, Daniel and the twelve **pro**phets,/ to**get**her with Elijah, Elisha and **all** the rest,/ Zecha**ri**ah and the Fore**run**ner,// who all preached Christ, the Life and Resur**rec**tion of our race.

Both now and ever... Theotokion (Tone 3)

By the will of the **Fa**ther,/ thou hast con**ceived** of the Holy **Spi**rit/ without **seed** the Son of God Who, begotten of the **Fa**ther/ had His **being** without mother before the **world** began./ He was **born** for our sakes in the flesh of thee without **fa**ther/ and **thou** hast fed Him as an infant **with** thy milk.// Therefore, never cease to entreat Him to deliver our souls from **dan**ger.

C. St. Symeon's Prayer
R. Trisagion
C. Rejoice, O Virgin Theotokos x2

Troparion of the Forefathers (Tone 2) x1

By faith didst Thou justify the forefathers,/ O Thou that, through them, didst betroth Thyself aforetime to the Church which was from among the nations./ The saints boast in glory, for from their seed hath come a right glorious fruit/ even she that gaveth birth unto Thee.// O Christ God, by their prayers have mercy upon us!

P. Blessing of loaves.
C. Amen. Blessed be the Name of the Lord... x3
Psalm 33:1-10

MATINS: Tone 5

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

C. Sunday Troparia (Tone 5) x2

Let us, the faithful, praise and worship the Word/ co-eternal with the Father and the Spirit/ Born for our salvation from the Virgin,/ for He willed to be lifted upon the Cross in the flesh/ to endure death and to raise the dead/ by His glorious Resurrection.

G/B... Troparion of the Forefathers (Tone 2)

By faith didst Thou justify the forefathers,/ O Thou that, through them, didst betroth Thyself aforetime to the Church which was from among the nations./ The saints boast in glory, for from their seed hath come a right glorious fruit/ even she that gaveth birth unto Thee.// O Christ God, by their prayers have mercy upon us!

Lord Have Mercy 3x

Glory...

R. Now...
R. Kathisma II
P. Small Ectenia

R. Sessional Hymns:
We praise the Cross of the Lord, we honour His holy burial with hymns, and we greatly glorify His resurrection, for as God with Himself He raised the dead up from the graves, having captured the dominion of death and the might of the devil; and He shone light upon those in hades.

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

Declared to be dead, O Lord Who didst slay death, Thou wast laid in a tomb, O Thou Who emptied the graves. Above, soldiers kept guard over Thy sepulcher, while below Thou didst raise up the dead from ages past. O almighty and unapproachable Lord, glory be to Thee!

G/B... Rejoice! Thou impassable gateway of the Lord; Rejoice! Thou wall and protection of those who take refuge in Thee; Rejoice! Thou haven untroubled by storms; Rejoice! Thou who hast not known wedlock and who hast borne Thy Son and Maker and God in the flesh. Fail not in thy intercession on behalf of those who sing the praises of and worship thy Son.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:
O Lord, after Thy resurrection on the third day and the worship of the apostles, Peter cried out to Thee: "The women showed courage, but I was afraid. The thief uttered theology, but I denied Thee. And dost Thou now call upon me to be Thine apostle still? Or wilt Thou show me again to be a fisher of the deep? Yet do Thou accept me, who repent, O God, and save me!"

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

O Lord, the iniquitous nailed Thee in the midst of condemned criminals, and pierced Thy side with a spear, O Merciful One! Thou didst accept burial, Who broke down the gates of hades, and didst rise again on the third day. The women hastened to behold Thee, and announced Thine arising to the apostles. O supremely exalted Saviour, Whom the angels hymn, O blessed Lord, glory be to Thee!

G/B... O Theotokos, unwedded Bride, who hast transformed the grief of Eve into joy, we, the faithful, hymn and bow down before thee, for thou hast led us out of the ancient curse. And now, pray thou unceasingly, O most hymned and all-holy one, that we be saved.

C. Polyeleos
C. Evlogitaria (Blessed art Thou, O Lord...)
P. Small Ectenia

R. Ypakoe:
The myrrh-bearing women, their minds dazzled by the sight of the angel and their souls enlightened by Thy divine Resurrection, preached the good tidings to the Apostles: "O spread among the nations the news of the Resurrection of the Lord, He, Who works wonders and grants us His great mercy."

R. Sessional from the Forefathers (Tone 8) x2
With hymns let us all praise Abraham, Isaac and Jacob, the meek David, Joshua and the twelve patriarchs, together with the three youths that quenched the fiery flame with the power of the Spirit. And let us cry out to them: Rejoice, ye that bravely denounced the deception of the mad king! Pray ye to Christ, that He grant remission of offenses onto them that celebrate your holy memory with love.

G/B... Theotokion
Like the widow who gave two mites as an offering, I offer thee the praise of thanksgiving which is thy due, O Mistress, for all thy gifts; for thou art shown to be a shelter and aid, ever rescuing me from perils and tribulations. Wherefore, delivered from those who afflict me, as from the midst of a burning furnace, I cry out to thee with all my heart: O Theotokos, help me, entreating Christ God to grant me remission of transgressions, for I, thy servant, have thee as my hope.

Hymn of Degrees: (Antiphon One)
When I am filled with sorrow, I sing unto Thee like David, O my Saviour: Deliver my soul from a lying tongue.
Blessed is the life of those in the wilderness, who soar aloft on wings of love divine.
G/B... By the Holy Spirit are sustained all things, visible and invisible; for, Himself possessed of dominion, He is truly One of the Trinity.

Hymn of Degrees: (Antiphon Two)
Ascend into the mountain, O my soul and go thither from whence cometh our help.
Let Thy right hand, which toucheth me, O Christ, preserve me from all deception.
G/B... Theologizing concerning the Holy Spirit, let us say: Thou art God, Life, Love, Light and understanding! Thou art Goodness and Thou reignest forever!

Hymn of Degrees: (Antiphon Three)
Full of great Joy, I send up supplications for those who have said to me: Let us enter into the courts of the Lord.
Awesome things are wrought in the house of David; for there is found the fire which burneth up every shameful thought.

G/B... To the Holy Spirit, by Whom every living thing is made animate, is due the dignity of the Bestower of life, as to the Father and the Word.

P. Prokimenon: (Tone 5)
Arise, O Lord, my God, let Thy hand be lifted high;/ for Thou shalt be King forever.
V. I will confess to Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

C. Let every breath praise the Lord.
P. GOSPEL #8

C. Having Beheld the Resurrection of Christ...
R. Psalm 50
C. Glory... Now... Have mercy on me... Jesus having risen...

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

Canticle One

Irmos: Bringing battles to naught with His upraised arm,/ Christ hath overthrown horse and rider/ in the Red Sea,/ and hath saved Israel,// who chanteth a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

The thorny assembly of the Jews, devoid of maternal love for Thee, their Benefactor, O Christ, crowned Thee with thorns, Who lifted the thorny sentence of our first father.

Bending down, O Bestower of life, Thou raised me up who had fallen into the pit; and having endured my fetid corruption without partaking thereof, O Christ, Thou hast made me fragrant with the myrrh of the divine Essence.

Theotokion
The curse hath been annulled; grief hath ceased! For she who is blessed and full of grace hath shone joy forth upon the faithful, causing Christ to blossom forth as a blessing upon all the ends of the earth.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Let us glorify the unoriginate Word Who was divinely begotten of the Father before time began, and Whose likeness was seen by the youths in the furnace.

Steadfastly spurning the words of the impious tyrant, the noble youths did not wish to defile themselves with vile foods like the all-iniquitous Chaldeans.

Ye fed yourselves spiritually with the word of God and bodily with foods ye grew yourselves, and showed yourselves to the king as more comely of appearance than those who ate gross foods.

Theotokion

O Maiden who didst spring forth from David and gavest birth to the Deliverer, thou healest the venom which the serpent poured bitterly into the ears of Eve.

Holy Forefathers, pray to God for us.

Let us offer up a hymn unto the fathers who shone forth before the Law and under the Law, that, by their upright will, were pleasing unto the Lord and Master Who shone forth from the Virgin, and who now delight in unwaning enlightenment.

Let us honour the first Adam who was honoured by the hand of the Creator, and who is the forefather of us all and resteth with all the elect in the mansions of heaven.

Glory... The Lord and God of all accepted the gifts of Abel, who offered them with a most noble soul; and when he was slain by his brother's murderous hand, He received his soul into light as that of a divine martyr.

Both... Let us hearken to the divine sayings which declare the appearance of Christ; for, lo! of a Maiden that kneweth not man is He born in a cave, Whose awesome nativity the star which appeared to the astrologers doth proclaim.

C. Katavasia (Tone 1)

Christ is born, glorify Him./ Christ is from heaven receive Him./ Christ is on earth, be ye lifted up./ Sing unto the Lord, all the earth./ And praise Him with joy, ye people;// For He hath glorified Himself.

Canticle Three

Irmos: O Christ Who by Thy command fixed the earth upon naught/ and suspended its weight unsupported;/ establish Thou Thy Church/ upon the immovable rock of Thy commandments,// O Thou Who alone art good and lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

They who sucked honey from a rock when Thou didst work a miracle in the desert, O Christ, gave Thee gall to eat; the ungrateful children of Israel gave Thee vinegar in return for manna, repaying thus Thy benefactions.

They who of old were covered by the cloud of light placed Christ, our Life, in the tomb; yet He hath arisen through His own power and from on high hath given to all the faithful the effulgence of the Spirit, which mystically overshadoweth them.

Theotokion

Thou, O Mother of God, gavest birth without knowing union, and without the pangs of motherhood, unto Him Who shone forth from the incorrupt Father; wherefore, in Orthodox manner we proclaim thee the Theotokos, for thou gavest birth unto the incarnate Word.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

The youths of David, having acquired an understanding taught by God, O Master, observed the laws of their fathers with godly wisdom.

Fire did not consume the most pure bodies of the pious ones, for they had already been consumed by the fasting which nourisheth the soul.

Wondrously bedewed in the midst of the furnace, the three youths sing universal and most laudable praise.

Theotokion

That thou mightest show forth Thy birthgiving from the body of the Virgin, O Master, Thou didst save the bodies of the virginal youths in the furnace.

Holy Forefathers, pray to God for us.

The zeal of Seth for his Creator is hymned throughout the world, for in his blameless life and spiritual love he was truly pleasing unto Him, and now doth cry out in the land of the living: Holy art Thou, O Lord!

The wondrous Enos trusted in the Spirit and with divine wisdom began to call upon the God and Master of all with mouth, tongue and heart; and having lived on earth in a God-pleasing manner, he received glory.

Glory... Let us bless Enoch with sacred utterances, for, having been well pleasing unto the Lord, he was translated in glory, being shown to be greater than death, as it hath been written, since he had been a most earnest servant of God.

Both... Now doth the expectation of the nations come forth from the Virgin, and Bethlehem doth radiantly open the shut gates of Eden, receiving the incarnate Word, Who, in the flesh, is laid in a manger.

C. Katavasia (Tone 1)

To the Son Who was begotten of the Father/ without change before all ages,/ and in the last times was without seed made flesh of the Virgin,/ to Christ our God let us cry aloud:// Thou hast raised up our horn, holy art Thou, O Lord.

P. Small Ectenia

C. Ypakoe of the Forefathers (Tone 2)

The fire was transformed into dew for the **chil**dren,/ and the lamentation of the myrrh-bearing women was **changed** into joy;/ and an **ang**el

ministered in both **won**ders,/ transforming the furnace into a place of rest for the **for**mer,/ and announcing the Resurrection on the third day to the **lat**ter.// O Lord, Author of our li-ife, **glo**ry be to Thee!

Canticle Four

Irmos: Perceiving Thy divine condescension prophetically, O Christ,/ Habakkuk cried out to Thee with trembling:/ Thou art come for the salvation of Thy people,// to save thine anointed ones!

Glory to Thy Holy Resurrection, O Lord.

O Good One, with a tree Thou didst sweeten the bitter waters of Marah, prefiguring Thine all-precious Cross, which doeth away with the taste of sin.

O my Saviour, Thou didst receive a Cross in exchange for the tree of knowledge and gall for sweet food, and thou didst pour forth Thy divine blood for the corruption of death.

Theotokion

Without physical joining thou didst incorruptibly conceive within thy womb, and gavest birth without pain; and having given birth unto God in the flesh, thou wast preserved a virgin even after birthgiving.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

By divine grace the most wise Daniel, divinely illumined in mind, interpreted the dreams of the sovereigns.

The suffering of the youths in the furnace shone with miracles; for they prevailed upon the tyrant to acknowledge Thee, O Almighty.

The melodies of the instruments and the harmonious playing of music did not lead the valiant ones astray, and they did not worship the golden image.

Theotokion

With hymns the children in Babylon honoured thine all-divine Son, Whom they recognized in the furnace, O most hymned one.

Holy Forefathers, pray to God for us.

Let us offer up praise unto God, honouring with hymns Noah, who is truly righteous; for he hath been shown to be adorned with all the divine commandments, having been well pleasing unto Christ, to Whom we, the faithful, chant: Glory to Thy power, O Lord!

Beholding thy nobility and simplicity of character, God clearly showed thee forth, O Noah, as perfect in all respects and the leader of the new world, who saved for it, from the deluge, the seed of every species, even as He Himself commanded.

Glory... O blessed Noah, thy memory doth pour forth upon us that honour thee the wine of compunction, which doth ever make glad the hearts and souls of them that, in a pure manner, bless thine honourable and divine life.

Both... O all-hymned one, with hymns do the children in Babylon honour thy most divine Son, Whom they came to know in the furnace.

C. Katavasia (Tone 1)
A rod from the root of Jesse/ and blossom therefrom, O Christ,/ Thou didst spring forth from the Virgin;/ from the mountain overshadowed and densely wooded hast Thou come,/ incarnate of her who knew not man,/ O Thou praised and immaterial God.// Glory to Thy power, O Lord!

Canticle Five

Irmos: O Thou Who art clothed in light as with a garment:/ I rise at dawn unto Thee, and to Thee do I cry:/ Enlighten Thou my gloom-enshrouded soul, O Christ,// in that Thou alone art compassionate!

Glory to Thy Holy Resurrection, O Lord.

Of His own will the Lord of glory hangeth ignominiously upon the Tree in inglorious form, ineffably taking thought of divine glory for me.

Having tasted of the corruption of death in the flesh without suffering corruption, O Christ, Thou didst clothe me in incorruption, having shone forth from the tomb on the third day.

Theotokion
Having seedlessly given birth for us to Christ, our righteousness and deliverance, O Theotokos, thou didst rid the nature of our first father of the curse.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Having studied the law, Thy favored ones, the great Daniel and the three godly-minded youths, did not deny Thee, O Saviour; but, receiving strength from Thee, our Benefactor, they manfully vanquished the tyrant.

Noetically did Daniel study Thy mysteries, O Thou Who lovest mankind; for in purity of mind he beheld Thee as the Son of man coming upon a cloud, as the Judge and King of all the nations.

Shining like a golden beam, O children, your company shone with splendor greater than that of a sapphire; and set afire with zeal for piety, ye entered the furnace joyfully and formed yourselves into a universal choir.

Theotokion

O Virgin, the divine Daniel manifestly prefigured thee as a mountain; and the three youths, beholding the flame bearing dew, with hymns praise thy divine birthgiving as that of the Saviour, Creator and Lord.

Holy Forefathers, pray to God for us.

With divine praises let Shem, who received the blessing of his father, be honoured; for, shown to be well pleasing before the Lord, he hath joined the choir of the forefathers and doth joyously rest in the land of the living.

As the friend of God, Abraham was vouchsafed to behold the day of his Creator and hath become full of spiritual joy; wherefore, honouring his uprightness of mind, let us all bless him as a divine forefather of Christ.

Glory... Thou didst behold the Trinity, insofar as it is possible for man to do; and as a true servant thou didst offer It hospitality O most blessed Abraham. Wherefore, for thy strange hospitality thou didst receive a reward: to be, through faith, the father of countless nations.

Both... He that is full doth empty Himself into the flesh for our sake; the Unoriginate One receiveth a beginning; He that is rich doth beggar Himself; He that is the Word of God lieth like a babe in a manger of dumb beasts, accomplishing the restoration of all who have existed throughout the ages.

C. Katavasia (Tone 1)

God of peace, the Father of mercies,/ Thou hast sent unto us an Angel of Thy great council,/ Who giveth us peace./ Therefore having been led unto the light of godly wisdom,/ waking early from the night// we do sing praises of Thee, O Lover of mankind.

Canticle Six

Irmos: O Christ Master,/ still Thou the sea of the passions/ which rageth with a soul-destroying tempest,/ and lead me up from corruption,// in that Thou art compassionate.

Glory to Thy Holy Resurrection, O Lord.

The progenitor of our race stumbled headlong into corruption, having tasted of the forbidden food, O Christ our Master; but he hath been led up to life, through Thy suffering.

Thou, O our Life, didst go down into hades, and having become corruption for the corrupter, O Christ our Master, Thou didst pour forth resurrection through corruption.

Theotokion

The Virgin gave birth, and having given birth hath remained pure. The Virgin Mother hath truly borne in her arms Him Who holdeth all things.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Having gained control over natural passions through the power of the Word, ye became rulers of the land of the Chaldean peoples, O ye wise descendents of David; for virtue knoweth how to render honour to those who have acquired her.

Daniel, having arrayed himself of old in life-bearing mortality, with food slew the evil serpent which the Chaldeans impiously considered a god; and he wisely slaughtered the ungodly priests.

Theotokion

O Virgin Mother and Theotokos, by thy supplications entreat the merciful Judge, thy Son, that He deliver me from cruel punishment on the day of judgment; for on thee alone do I set my hope.

Holy Forefathers, pray to God for us.

Led up by thy father's obedience to be sacrificed, thou wast plainly an image of the Passion of Christ, O most blessed Isaac. Wherefore, thou wast blessed and didst truly show thyself to be a close friend of God, rejoicing now with all the righteous.

Jacob was shown to be the most faithful of all of God's favored ones. Wherefore, he wrestled with an angel, beheld a celestial intelligence, was called a god, and, sleeping, saw a divine ladder, whereon God, Who put on our flesh in His goodness, established Himself.

Glory... Loving goodly submission to his father, and cast into a pit, Joseph was sold, thus becoming an image of Christ, Who was slain and placed in a tomb. And he became dispenser of the grain of Egypt, being chaste and righteous, and a most true governor of the passions.

Both... He that is ever with the Father and the Spirit is known on earth as a little Child; and He that doth wrap the earth in darkness is wrapped in swaddling clothes and laid in a manger of dumb beasts. Rejoicing now, we celebrate the forefeast of His seedless nativity.

C. Katavasia (Tone 1)

The sea monster spat forth Jonah/ as it had received him, like a babe from the womb;/ while the Word, having dwelt in the Virgin and taken flesh,/ came forth from her yet kept her uncorrupt./ For being Himself not subject to decay,// He preserved His Mother free from harm.

P. Small Ectenia

C. Kontakion of the Forefathers (Tone 6)

O thrice-blessed ones, who did not honour an image wrought by hands,/ but were defended by the indescribable Essence, ye were glorified in your ordeal by fire,/ and standing in the midst of unbearable flame,/ ye called

upon God, saying: Speed Thou and make haste to our aid,/ O Compassionate One, in that Thou art merciful,// for what Thou willest, Thou canst do!

R. Ikos of the Forefathers

Stretch forth Thy hand whereby of old the warring Egyptians and the embattled Hebrews were tested. Forsake us not, lest death, which thirsteth after us, and Satan, who hateth us, swallow us up; but draw nigh unto us and spare our souls, as Thou once didst spare Thy three children in Babylon, who glorified Thee unceasingly and were cast for Thy sake into a furnace, from whence they cried out to Thee: Speed Thou and make haste to our aid, O Compassionate One, in that Thou art merciful; for what Thou willest, Thou canst do!

R. Reading from the Prologue or Synaxarion

Canticle Seven

Irmos: The supremely exalted Lord of our fathers/ quenched the flame and bedewed the children,/ who sang together:// Blessed art Thou, O God.

Glory to Thy Holy Resurrection, O Lord.

Clad in flesh like bait on a hook, by Thy divine power thou didst draw the serpent down, leading up those who cry: Blessed art Thou, O God!

The Infinite One, Who brought the immense structure of the earth into being, in the flesh is covered in the tomb. Unto Him do we all sing: Blessed art Thou, O God!

Theotokion

O most immaculate one, thou gavest birth to the incarnate God, one Hypostasis in two natures, unto Him do we all sing: Blessed art Thou, O God!

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

God-loving voices sang to the Almighty out of the midst of the fire; for, forming a divine choir, Azarias chanted a hymn, saying: Blessed is the God of our fathers!

The harp of the youths theologized concerning the Almighty, the God of all Who manifestly appeared to them in the furnace as they chanted a hymn, saying: Blessed is the God of our fathers!

Having watched as the three youths were cast into the furnace, the king beheld a fourth appear, Whom He called the Son of God; and he cried out to all: Blessed is the God of our fathers!

Theotokion

Possessed of a mind illumined with divine radiance, O Daniel blessed of God, thou didst manifestly foresee the birthgiving of the Virgin prefigured in mystical images, and didst cry: Blessed is the God of our fathers!

Holy Forefathers, pray to God for us.

Let Abednego, Shadrach and Meshach, who quenched the fiery furnace, be hymned, together with Daniel, who restrained the onslaughts of the lions, for together they chanted unto Christ: O God of our fathers, blessed art Thou!

Having lawfully suffered amid temptations and unmitigated tribulations, Job was called the favorite of God, most faithful, meek, guileless, righteous, perfect, blameless, crying aloud: O God of our fathers, blessed art Thou!

Glory... With faith let us honour Moses, Aaron and Hur, praising Joshua and the most sacred Levi, Gideon and Samuel, and let us cry out: O God of our fathers, blessed art Thou!

Both... Behold! As the prophet hath foretold, she that kneweth not wedlock hath conceived in her womb and doth manifestly come to Bethlehem to give birth unto God. To Him let us chant: O God of our fathers, blessed art Thou!

C. Katavasia (Tone 1)

The youths who were brought up together in godliness,/ despising the command of the unrighteous infidel,/ were not terrified by the threatening fire,/ but standing in the midst of the flames they did sing:// O God of our fathers, blessed art Thou.

Canticle Eight

Irmos: The children, forming a universal chorus in the furnace,/ chanted to Thee, the Creator of all:/ Hymn the Lord, all ye works,// and exalt Him supremely for all ages!

Glory to Thy Holy Resurrection, O Lord.

Thou didst pray concerning Thy voluntary and saving passion as though it were a cup which Thou didst not desire; for Thou bearest two wills, according to each of Thy two natures, O Christ, forever.

At Thine all-accomplishing descent, O Christ, hades, mocked, spewed forth all whom it had lured by deceit into death from of old, and they exalt Thee supremely for all ages.

Theotokion

All of us, the works of the Lord, bless and supremely exalt thee for all ages, as her who, in manner past understanding, gave birth to the Lord as God and man at the word of the archangel, and doth remain a virgin.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Striving to preserve the nobility of Abraham, O venerable ones, ye acquired his own foundation of faith and hope, his patience and endurance of temptations, crying aloud: Ye priests, bless ye the Master! Ye people, exalt Him supremely forever!

Shining forth like beacons and making the earth like heaven, rendered luminous by the enlightenment of piety, and having formed a universal choir, the youths chant to the Master Who saved them from perils: Ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

The descendents of Abraham, extinguishing the burning furnace and binding the jaws of the lions in their youth, rejoicing, hymn Thee now, the King and Benefactor of all: Ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Theotokion

The most wise Daniel teacheth the mysteries, and the three divinely wise youths prefigure thy birthgiving, O all-pure one, beholding in images Him Who ineffably issued forth from thy womb, Whom the children bless, the priests hymn and the people exalt supremely for all ages.

Holy Forefathers, pray to God for us.

We celebrate today the divine memory of the honoured fathers of ages past: Adam, Abel, Seth, Noah, Enos, Enoch and Abraham, Melchizedek and Job, Isaac and the faithful Jacob, crying out: Let all creation bless the Lord and exalt Him supremely for all ages!

Let us praise the divinely beauteous regiment of the divine fathers: Barak, Nathan and Eleazar, Josiah and David, Jephthah and Samuel, who honourably beheld things which were to come and cried out: Let all creation bless the Lord, and exalt Him supremely forever!

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

With threefold utterances let us hymn the all-holy Trinity: the unoriginate Father, the Son and the right Holy Spirit, the Unity of three Hypostases, which every breath doth glorify, crying out: Let all creation bless the Lord, and exalt Him supremely for all ages!

Both... O Christ, Thou hast appeared incarnate of the Virgin's blood by Thine ineffable word, being born in a cave as a perfect Babe in the abundance of Thy lovingkindness, O Jesus. And the star doth herald Thee from afar to the astrologers, who cry with faith: Hymn and exalt Christ supremely forever!

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

C. Katavasia (Tone 1)

The furnace moist with dew/ was the image and figure of a wonder past nature./ For it burnt not the Children whom it had received,/ even as the fire of the Godhead consumed not the Virgin's womb into which it had descended./ Therefore in praise let us sing:// Let the whole creation bless the Lord and exalt Him above all forever.

P. Magnificat
C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: Rejoice, O Isaiah!/ The Virgin hath conceived in her womb/ and borne a Son, Immanuel,/ both God and man./ Orient is His name;// and magnifying Him, we call the Virgin blessed.

Glory to Thy Holy Resurrection, O Lord.

Thou didst take up fallen man, O Christ, through the Virgin's womb uniting Thyself wholly unto him without partaking of the least sin; and by Thine all-pure sufferings Thou didst free him wholly from corruption.

By the divinely flowing blood poured forth from Thine all-pure and life-creating side, O Christ our Master, the sacrifices of the idols were brought to an end, and the whole earth offereth Thee the sacrifice of praise.

Theotokion
It is not the incorporeal God nor a simple man whom the pure and undefiled Maiden brought forth, but a perfect Man and the truly perfect God. Him do we magnify with the Father and the Spirit.

Holy Youths, Ananias, Azarias & Misail, pray to God for us!

Ye have attained your desired end and stand before your ultimate Desire in the mansions of heaven, O youths who are most rich.

Having produced the grain of incorruption with tears, rejoicing, ye have received the sheaves of your goodly labor.

Splendor hath now shone forth upon you as is meet, and gladness of heart hath blossomed forth; for grief hath fled away from where ye have made your abode.

Theotokion
Thou hast departed from the fields of death, O Virgin, having given birth to the Lord, the Bestower of life, Who bestoweth life upon those who magnify thee with faith.

Holy Forefathers, pray to God for us.

By Thy might, O Lord, Thou didst make powers of old: Thy daughters Hannah, Judith, Deborah, Huldah, Jael and Esther, Sarah, Miriam the sister of Moses, Rachel, Rebecca and Ruth the exceedingly wise.

In a sacred manner let us honour the holy children who extinguished the furnace, and with them, Daniel the prophet and all who were righteous, who clearly shone forth well before the Law, and under the Law were pleasing to the Master.

Glory... All creation is sanctified by your memory and, keeping festival, doth call out, crying aloud as befitteth a servant: Ever offer entreaty unto the Lord, O blessed ones, that they that praise you may receive eternal blessings!

Both... The Word of the Father, Who hath robed Himself in me, cometh forth from the Virgin and is born in the cave in unconfused manner. Dance thou, O creation, magnifying with thankful voices His all-holy condescension which He hath shown forth in His lovingkindness.

C. Katavasia (Tone 1)
A **strange** and most wonderful mystery do I **see**;/ the cave is **hea**ven;/ the **Vir**gin the throne of the **che**rubim; / the manger a room, in which Christ, the God Whom nothing can con**tain**, is laid.// Him do we praise and **mag**nify.

P. Small Ectenia
C. Holy is the Lord our God...

R. Exapostilarion Eight (John 20:11-18)
Seeing two angels inside the tomb, Mary was struck with wonder and not knowing Christ, she asked Him supposing Him to be the gardener: 'Where O Lord, hast thou laid the body of my Jesus?' And recognizing by His call that He was the Saviour Himself, she heard: 'Touch me not; tell the brethren I go to my Father.'

Glory... Exapostilarion for the Forefathers
Let us praise Adam, Abel, Seth and Enos, Enoch and Noah, Abraham, Isaac and Jacob, Moses, Job and Aaron, Eleazar and Joshua, Barak, Sampson and Jephthah, David and Solomon.

Both... The great Sun, the Creator, Who shall come forth from the Virgin who kneweth not man, doth make haste to Bethlehem to enlighten all that are descended from Adam. Wherefore, the most radiant memory of the forefathers doth proclaim the wonder.

C. Lauds: Tone 5 Stichera
Let every bre-ath **praise** the Lord/
Praise the Lord from the **Hea**vens/
Praise Him in the **high**est/
To **Thee** is due a **hymn**, O God/
Praise Him, all ye His **An**gels;/
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. After the tomb was sealed by the evil**do**ers,/ Thou, Lord, didst pro**ceed** from it,/ just as Thou didst come forth from the **Vir**gin./ Thy bodiless angels had no knowledge of the manner of Thine Incar**na**tion:/ Neither were the watch who guarded Thee aware of the moment of Thy Resur**rec**tion./ For both the one and the other were concealed from those who **ques**tioned these things,/ but were made manifest as miracles to those who acclaimed with faith the **Myst**ery.// Grant us, who praise it, **joy** and great **mer**cy.

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

2. After **break**ing the e**ter**nal chains/ and bursting the bonds a**sun**der,/ Thou didst rise, O **Lord**, from the tomb,/ leaving Thy grave clothes behind Thee as **wit**ness/ to Thy having been truly buried for **three** days;/ and Thou, Who wast in the cave with a guard watching **o**ver Thee/

didst go forward into **Ga**lilee./ Great is Thy mercy, O incomprehensible **Saviour**:// Have **mer**cy up**on** us.

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

3. The **wo**men, O Lord, hastened **to** the tomb,/ so as to see Thee, O Christ, Who **suf**fered for us,/ and when they reached it they found an angel seated up**on** the stone,/ who cried out to them, as they started **back** with dread:/ The Lord is risen, tell the dis**ci**ples// that He is risen from the dead, **sav**ing our souls.

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

4. As **Thou** didst go forth from the **sealed** tomb,/ so didst Thou, O Lord, enter when the **doors** were closed/ and stand in the midst of Thy dis**ci**ples/ showing them the marks of Thy Passion, O long-suffering **Saviour**./ Born of the seed of David, having en**dured** the stripes,/ Thou as Son of God hast set the **world** free./ Great is Thy mercy, O in**ef**fable Lord:// Have **mer**cy up**on** us.

V. Praise Him with timbrel and dance, praise Him with strings and flute. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.

Stichera for the Forefathers (Tone 2)

5/6 Let us all now **ce**lebrate/ the memory of the fore**fa**thers,/ hymning their life which was pleasing **un**to God,// for Whose sake they have been **mag**nified.

V. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy name unto the ages.

7. The children quenched the **pow'r** of the fire,/ dancing in the midst of the **fur**nace,// and hymning God the Al**migh**ty.

V. For righteous art Thou in all which Thou hast done for us.

8. Daniel the prophet, who was im**pris**oned in a pit/ dwelt with **wild** beasts,// was shown forth as one who did not partake of their fe**ro**city.

Glory... (Tone 7)

Come ye all, let us faithfully **ce**lebrate/ the **an**nual commemoration of **A**braham/ and **them** that are with him, the fathers that lived be**fore** the Law./ Let us **honour** the tribe of Judah **as** is meet;/ let us **praise** the youths in Babylon, who, as an image of the **Tri**nity,/ **quenched** the flame of the furnace, together with **Dan**iel;/ and **hold**ing fast to the prophecies of the **pro**phets,/ let us **cry** aloud with I**sa**iah:/ Be**hold**, a Virgin shall con**ceive** in her womb,// and shall bear a Son, Immanuel, **God** with us!

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin Theo**to**kos,/ for through Him Who became incarnate of thee is hades led **cap**tive,/ **A**dam recalled, the curse annulled, Eve set fre-e, **death** slain,/ and we are given life. Wherefore, we cry a**loud** in praise:/ Blessed art Thou, O **Christ** God,// Who hast been thus well-pleased, **glo**ry 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

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

The **tears** of Mary are not warmly **shed** in vain./ For behold, she was held worthy of the angels' **teach**ing/ and vouchsafed the sight of Thee, Thy**self**, O Christ./ But again her thoughts were earthly thoughts as those of a weak **wo**man./ Therefore she was dismissed and told not to **touch** Thee, O Christ./ But she was also sent as herald to the dis**ci**ples,/ and she affirmed to them the good tidings proclaiming the Ascension to the portion of the **Fa**ther.// With her do Thou also make us worthy of Thy manifestation, O **Mas**ter and Lord.

R. Hours:
Tropar: Resurrection & Forefathers
Kontak: Forefathers

At Liturgy
Order of Troparia & Kontakia:
Tropar Sunday
Tropar Forefathers
G/B... Kontak Forefathers

Prokimenon for the Forefathers (Tone 4)
Blessed art Thou, O Lord, the God of our fathers...

Epistle(s): Col 3:4-11

Alleluia for the Forefathers (Tone 4)

Gospels: Luke 14:16-24

Communion Hymn: Praise ye & Rejoice in the Lord...