

7th Sunday after Pentecost
Commemoration of our Venerable Father Sisoës the Great

VESPERS: Tone 6

P. Regular Beginning
 C. Lord I have cried...

1. O Christ, triumphant **over** hell,/ Thou hast ascended **upon** the Cross,/ to raise up with Thyself those dwelling in the **darkness** of death./ Free **among** the dead,/ Thou pourest forth life from **Thine** own light:// O almighty Saviour, have mercy **upon** us.
2. Christ, having trampled upon **death** today,/ according to His word, rose up bestowing **joy** upon the world,/ that all of us shouting this **hymn** might say:/ O Fount of life, O Light that no **man** can approach,// O almighty Saviour, have mercy **upon** us.
3. Whither shall we sinners fly from **Thee**, O Lord,/ Who art everywhere in the creation?/ Into heaven? Thy **abode** is there./ Into hell? Thou hast trampled **upon** death./ Into the uttermost **parts** of the sea?/ Thy hand reaches thither, O **Master**./ We run to Thee and falling before **Thee** we pray:// O Thou, risen from the dead, have mercy **upon** us.
4. We exult in Thy **Cross**, O Christ,/ and we praise and glorify Thy Resurre**ction**./ For **Thou** art our God;// we know no other **Lord** but Thee.
5. Ever **blessing** the Lord,/ we praise His Resurre**ction**./ For endur**ing** the Cross,// He destroyed **death** by death.
6. Glory be unto Thy **might**, O Lord,/ for thou hast destroyed the **power** of death;/ and Thou hast renewed us **through** Thy Cross// bestowing upon us life and incorru**ption**.
7. Thy **burial**, O Christ,/ burst the bonds of hell **asunder**;/ Thy Resurrection from the dead gave new light **unto** the world>// Unto Thee, O Lord, be **glory**.

Stichera for the Saint (Tone 4)

8. Thine all-festive commemoration hath radiantly shone forth like the sun, O **venerable** one,/ illumining the thoughts of the faithful with the splendor of thy **wonders**/ and en**lightening** them with the rays of thy virtuous works, O all-**blessed** one./ Wherefore, celebrating it, we joyously honour and faithfully **bless** thee,// thou **boast** of monks.
9. Thou didst live as an earthly angel, O thou who art **most** rich,/ and didst lay waste to thy body as though it belonged to **another**,/ ever **divinely** instructing thyself with vigils and the remembrance of death, O **father**,/ and growing through great ascents to thine ultimate **desire**./ Wherefore, thou hast truly **drawn** nigh// unto **perfection** itself.

10. A wonder past comprehension took place at the time of **thy** repose,/ O wondrous one of venerable **wisdom**,/ when a **choir** of saints suddenly stood before thee, O **father**;/ for thy countenance shone like the sun, O **wise** one,/ revealing thy luminous form and the purity **of** thy soul,// assuring all of what manner of repose **thou** didst receive.

Glory... (Tone 8)

We **honour** thee as the instructor of a **multitude** of monks,/ O Sisoës our **father**,/ for, following thy steps, we have truly learned how to walk the **straight** path./ Blessed art thou who didst **labor** for Christ,/ and didst denounce the power of the **enemy**:/ thou conversor with angels and companion of the venerable and the **righteous**:// With them do thou entreat the Lord, that He have mercy **upon** our souls!

Both now & ever... Dogmatikon Tone 6

Who does not call thee **blessed**,/ O all-hallowed **Virgin**?/ Who does not sing the praises of thy **giving** birth,/ which was not according to the laws of **nature**;/ for the only-begotten **Son** Himself,/ timelessly having shone out of the **Father**,/ came forth from thee who **art** pure;/ and having been ineffably made flesh, He, Who by **nature** is God,/ for our sakes became also by **nature** man,/ not in two divided **persons**,/ but in two natures without **confusion** is He known./ O thou, honoured and greatly **blessed**,// beseech Him to have **mercy** on our souls.

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

APOSTICHA: (Tone 6)

1. Angels in heaven sing the **praises**/ of Thy Resurrection, O Christ our **Saviour**./ Vouchsafe that we **too** on earth// may from pure hearts give Thee **glory**.

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

2. After breaking in pieces the **gates** of brass/ and crushing the bolts and **bars** of hell,/ Thou, being almighty God, didst raise **fallen** man./ Therefore, with one **accord**, we cry:// Glory unto Thee, O Lord, **risen** from the dead.

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

3. Wishing to lift us out of the ancient **corruption**,/ Christ was nailed upon the Cross and **laid** in the tomb./ As in tears the women bearing myrrh **searched** for Him,/ they said, lamenting: Woe are we, O **Saviour** of all:/ How comes it that Thou wast pleased to **dwell** in the tomb?/ How comes it, if that was Thy wish, that Thou hast now been **stolen**?/ How

comes it that Thou hast been taken **elsewhere**?/ In what place have they laid Thy life-bearing **Body**?/ But, O Master, as Thou hast **promised**,/ appear to us and dry up the **fountain** of our tears./ Upon which, as they wept, an angel **came** to them and cried:/ Cease your weeping and tell the apostles that the Lord is **risen**// giving the world purification and great **mercy**.

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

4. Crucified according to Thy **Will**, O Christ,/ despoiling death by Thy **entombment**,/ Thou hast risen up on the third day as God in **glory**,// granting the world life without end and great **mercy**.

G/B... (Tone 6)

O all-hallowed **Virgin**,/ Christ, the Maker and Deliverer and Lord **proceeded** from thy womb,/ and clothing Himself in me, set man free from the original curse of **Adam**./ Wherefore, O all-pure **Virgin**,/ we sing without ceasing to thee as Mother of God and **Virgin**/ in truly the greeting of the **angel**::/ Rejoice! O Lady, advocate and defender and **salvation** of our souls.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x3

Blessed be the Name of the Lord... x3

MATINS: Tone 6

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

C. Sunday Troparia (Tone 6) x2

The angelic powers were at thy tomb;/ the guards became as dead men./ Mary stood by Thy grave,/ seeking Thy most pure Body./ Thou didst capture hell not being tempted by it./ Thou didst come to the Virgin, granting life./ O Lord, Who didst rise from the dead:// Glory to Thee.

Glory... Troparion for the Saint (Tone 1)

Thou wast shown to be a desert-dweller,/ an angel in the body and a wonderworker,/ O our God-bearing father Sisoës./ Having received heavenly gifts through fasting, vigil and prayer,/ thou dost heal the infirm and the souls of those who have recourse unto thee in faith./ Glory to Him Who hath given thee strength!/ Glory to Him Who hath crowned thee!// Glory to Him Who worketh healing for all through thee!

Both... (Tone 1)

At the **sound** of Gabriel's voice calling out to thee: "Hail, **Virgin**,"/ the Master of all things became **incarnate** in thee,/ **thou** the Holy Tabernacle,/ as David the **righteous** said./ In **bear**-ing thy Creator, thou hast shown thyself to surpass the vastness of the **heavens**./ Glory unto Him

Who **dwelt** in thee./ **Glory** unto Him Who from thee came **forth.**// Glory unto Him, Who by thy childbirth hath **set** us free.

Lord Have Mercy 3x
Glory...

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

R. Sessional Hymns:

When the tomb was opened and hades wept, Mary cried out to the apostles, who had hidden themselves: "Come forth, ye laborers of the vineyard! Proclaim the tidings of the resurrection! The Lord hath risen, granting the world great mercy."

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

O Lord, Mary Magdalene stood before Thy tomb and wept aloud; and supposing Thee to be the gardener, she said: "Where hast Thou hidden our eternal Life? Where hast Thou laid Him Who sitteth upon the throne of the cherubim? For those who guarded Him have become as dead through fear. Either give me my Lord, or cry out with me: O Thou Who wast among the dead and hast raised up the dead, glory to Thee!"

G/B... He Who called thee Mother and blessed went up of His own will to suffer, and wishing to search out Adam, He made light shine with the Cross, saying unto the angels: Rejoice with Me, for I have found the lost piece of silver. Glory unto Thee, O God, Who hast ordered all things wisely.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

Life lay in the tomb, and a seal was affixed to the stone. Soldiers guarded Christ as they would a sleeping king, and the Lord arose, invisibly smiting His enemies.

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

Jonah prefigured Thy tomb, and Symeon told of Thy divine resurrection, O immortal Lord; for Thou didst descend into the tomb as one dead, demolishing the gates of hades, and didst arise as Master, without corruption, for the salvation of the world, O Christ our God, Who hast enlightened those in darkness.

G/B... O Virgin Theotokos, entreat thy Son, Christ our God, Who of His own will was nailed to the Cross and arose from the dead, that our souls be saved.

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

R. Ypakoe:

Having, as God broken down the gates of hades by Thy voluntary and life-creating death, O Christ, Thou didst open ancient paradise unto us; and rising from the dead, Thou hast delivered our life from corruption.

Hymn of Degrees: (Antiphon One)

I lift up mine eyes to heaven, to Thee, O Word. Have pity, that I may live in Thee.

Have mercy upon us who are downcast, O Word, making us vessels useful to Thee.

G/B... The Holy Spirit is the Cause of all salvation. And if He blow upon anyone as is meet, He quickly taketh him away from among the things of earth: He giveth him wings, maketh him grow and setteth him on high.

Hymn of Degrees: (Antiphon Two)

If the Lord were not among us, none of us would be able to combat the warfare of the enemy; for they who conquer are lifted upon from hence.

Let not my soul be seized like a bird by the teeth of the enemy, O Word. Woe is me! How shall I, who love sin, escape them?

G/B... From the Holy Spirit come deification, goodwill, understanding, peace and blessing for all; for He worketh equally with the Father and the Word.

Hymn of Degrees: (Antiphon Three)

They that hope in the Lord are fearsome to the enemy and wondrous to all; for they direct their gaze on high.

He who hath Thee, O Saviour, as his Helper, the Portion of the righteous, doth not stretch out his hands toward iniquities.

G/B... The dominion of the Holy Spirit is over all. Him do the armies on high worship, as doth every creature here below.

P. Prokimenon:

O Lord, stir up Thy might/ and come to save us.

V. O Shepherd of Israel, attend, Thou that leadest Joseph like a sheep.

C. Let every breath praise the Lord.

P. GOSPEL #7

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: Traversing the deep on foot/ as though it were dry land,/ and seeing the tyrant Pharaoh drowned,/ Israel cried aloud:// Let us chant unto God a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

Jesus the Good, by Thine arms outspread upon the Cross, Thou hast filled all things with the good pleasure of the Father. Therefore shall we all sing Thee a triumphal song.

For fear of Thee, the end that is death became like a servant and was ordered to approach the Master of Life, whereby He awarded us life without end and the Resurrection.

Theotokion

Having received thine own Creator incarnate of thy seedless womb in manner past understanding, O pure one, as He Himself desired, thou wast truly shown to be the Mistress of creation.

Glory to Thy Precious Cross and Resurrection, O Lord.

Thou hast spread Thy divine hands on Thine undefiled and life-bearing Cross, O Saviour, and thereby led all nations unto knowledge of Thee, Master, as they worship, O Lord, Thy glorious Crucifixion.

The Judge, willingly condemned to a lawless sentence, stands before the judgment seat of Pilate, and God Whom the earth and heavens fear is buffeted in the face by the hands of injustice.

Theotokion

Pouring forth streams of tears, the all-immaculate one stood by Thy Cross, O Saviour, beholding the drops of blood which poured forth from Thy side, O Christ, and glorifying Thine incomparable mercy.

Most Holy Theotokos, Save us.

Eve partaking of the forbidden fruit of the garden brought in the curse. But thou, O Pure, hast loosed it by bearing Christ, first-fruit of blessing.

O pure Virgin, who hast borne Christ the pearl from the divine lightning, do thou disperse by the light of thine own brightness the gloom of my passions and the tumult of my faults.

Jacob secretly foresaw with the eyes of the mind, God, the hope of the Gentiles, made flesh of thee and delivering us at thine intercession.

Venerable Father Sisoës, pray to God for us!

By thy, prayers enliven me who am done to death by the passions, O father, interceding with great boldness now before the Life of the living.

Rejecting the love of the flesh, O father, with divine desire thou didst follow after Him Who crieth out to thee with love, O blessed Sisoës.

Glory... Receiving the immaterial radiance within thy heart, O father, thou wast illumined and didst drive away the gloom of all the passions.

Both... O all-immaculate one who gavest birth unto the Saviour, the Peace of all: save me who am tempest-tossed by the storm of all the passions.

C. Katavasia (Tone 4)

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

Canticle Three

Irmos: There is none as holy as Thee,/ O Lord my God,/ Who hast uplifted the horn of Thy faithful/ and established us// on the rock of the confession of Thee, O Good One.

Glory to Thy Holy Resurrection, O Lord.

The creation, looking upon God crucified in the flesh was dissolved by fear but was strongly held together by the firm hand of Him Who was crucified for us.

Death having been destroyed by death, the wretch lay lifeless; For, not able to bear the divine assault, he who was strong was put to death and the Resurrection was bestowed upon all.

Theotokion

The miracle of thy divine birthgiving transcendeth every order of nature, O pure one; for thou didst supernaturally conceive God in thy womb, and having given birth thou dost ever remain a virgin.

Glory to Thy Precious Cross and Resurrection, O Lord.

Having lain in the tomb for three days, Thou hast raised by Thy life-bearing Rising those who had been put to death in former times and who, loosed from their sentence, greatly rejoiced in sweet accord, crying: Behold the deliverance hath come, O Lord.

Glory to Thy Rising, O our Saviour, for as all-powerful, hast Thou plucked us from hell and the corruption of death, and we say as we sing: There is none holy save Thee, O Lord, Who lovest mankind.

Theotokion

Thou didst see Him Who was born of thee pierced by a spear, and wast wounded in heart, O all-holy and most immaculate one; and filled with horror, thou didst say: How hath the all-iniquitous nation rewarded Thee, O my Child?

Most Holy Theotokos, Save us.

Ineffably taking upon Himself my changing and mortal flesh from thee, O all-pure Mother of God, He Who is Good, after making it incorruptible, joined it eternally to Himself.

Looking at God, made flesh from thee, O Virgin, the choirs of angels were stricken with fear and wonder and they honour thee as Mother of God in hymns that are never still.

The prophet Daniel was stricken with amazement on beholding thee, thou living Mountain, from which a stone was cut without hand of man and broke with its might the altars of devils, O Mother of God.

Venerable Father Sisoës, pray to God for us!

Mightily didst thou subject thy flesh to thy mind, O venerable one, and didst show thy soul to be free of slavery to the passions.

With thy pangs thou didst plough well the furrow of thy soul, O wise and venerable one, and didst grow the grain of dispassion and miracles.

Glory... Thou wast clad in the mortality of Christ, the Bestower of life, O venerable one, and didst follow in His steps. Wherefore, He giveth thee the grace to raise up the dead.

Both... O pure one, we hymn thee as a place of sanctification and the noetic table which received Christ the Bread, the Life of all.

C. Katavasia (Tone 4)

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

P. Small Ectenia

C. Kontakion for the Saint (Tone 4)

Having struggled, thou wast seen to be an angel on earth,/ O venerable one,/ ever illumining the thoughts of the faithful with divine signs./ Wherefore, we honour thee with faith,// O Sisoës.

(There is no ikos for St. Sisoës)

R. Sessional Hymns

Thou didst adorn thy life with abstinence; and having mortified thy members, didst triumph over the onslaughts of the passions, O blessed

Sisoës, and didst pass over to everlasting life in God, as a worthy heir to His kingdom. Wherefore, cease thou never to pray that our souls be saved.

G/B... O pure Ever-virgin, thou fervent and invincible intercessor, renowned and unashamed hope, thou rampart, shelter and haven for those who have recourse unto thee: With the angels beseech thy Son and God, that He grant peace to the world, salvation and great mercy.

Canticle Four

Irmos: Christ is my power, my God and my Lord,/ the honoured Church doth sing,/ crying out in godly manner/ with a pure mind,// keeping festival in the Lord.

Glory to Thy Holy Resurrection, O Lord.

The Wood made life truly flower, O Christ. For the Cross set up and watered by the Blood and Water from Thy spotless side, put forth life for us.

The serpent no more whispers falsely to me that I should be God; for Christ, the divine Maker of the nature of man hath now unfolded unto me, without hindrance, the path of life.

Theotokion

Truly ineffable and unapproachable to those on earth and in heaven are the mysteries of thy divine birthgiving, O Ever-virgin.

Glory to Thy Precious Cross and Resurrection, O Lord.

We honour Thy precious Cross, O Christ, and the nails and the sacred lance with the reed and the crown of thorns through which we have been plucked from the corruption of hell.

The tomb, O Saviour, received Thee Who of Thine own will hast appeared dead for us. But in no wise could it hold Thee fast, O Word, for as God hast Thou risen, saving our kind.

Theotokion

O Ever-virgin Theotokos who gavest birth unto Christ, the Saviour of men, from misfortunes and torments deliver us who with faith flee to thy divine protection.

Most Holy Theotokos, Save us.

We praise thee, undefiled and without blemish, through whom we have been saved and singing with reverence we cry: Blessed art thou, O ever-Virgin, who hast given birth to God.

Thou, O most blessed Virgin, hast borne the Light that never sets, Who shone through the flesh unto those in the darkness of life and thou hast poured forth joy unto those who sing thy praises, O ever-Virgin.

Through thee, All-holy, grace flowered and the law hath ceased to be. For thou, O Pure, hast borne the Lord Who hath granted us remission, O ever-Virgin.

Venerable Father Sisoës, pray to God for us!

With the rain of grace, O father, thou hast poured forth rivers of wonders, cleansing from defilement those who with faith have recourse unto thee, O blessed one.

Having thoroughly cleansed thy soul with all-night entreaties and day-long standings, O venerable one, thou didst show it to be a dwelling-place of the Trinity.

Glory... In flight thou didst betake thyself to the desert places, O father, waiting upon Him Who saved thee from faint-heartedness and affliction.

Both... Habbakuk of old foresaw thee as an unquarried mountain, O all-immaculate one, whence God appeared Who hath renewed us who are corrupted.

C. Katavasia (Tone 4)

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

Canticle Five

Irmos: With Thy divine light/ illumine the souls of those who with love/ rise at dawn unto Thee, I pray Thee, O Good One,/ that they may know Thee, O Word of God, to be the true God// Who calleth all forth from the darkness of sin.

Glory to Thy Holy Resurrection, O Lord.

The cherubim now withdraws from me and the flaming sword turns its back on me, O Master, after beholding Thee, O Word of God Who art God indeed, making for the thief a way in Paradise.

I shall no more fear my return to the earth, O Master Christ, for through much compassion hast Thou by Thy Resurrection led me, forgotten, from the earth to the height of immortality.

Theotokion

Save those who with all their soul confess thee to be the Theotokos, O good Mistress of the world, for we have thee, the true Theotokos, as an invincible intercession.

Glory to Thy Precious Cross and Resurrection, O Lord.

Enticed by eating of the tree in Eden, the founder of our kind slipped into corruption, after disobeying Thy command, O most good Lord, but Thou hast led him back again to his primal beauty through the Cross by being obedient to the Father, O Saviour.

O Good One, by Thy death, the power of death was wiped out and the fountain of life gushed forth for us and immortality was bestowed upon us. We therefore venerate in faith Thy tomb and Thy Resurrection, whereby Thou, as God, hast enlightened the world.

Theotokion

The Lord and Creator of all, Who dwelleth in the heavens, ineffably made His abode within thy womb, O most immaculate one, and hath glorified thee as more exalted than the heavens and holier than the immaterial ranks. Wherefore, we on earth now call thee blessed.

Most Holy Theotokos, Save us.

Shining radiantly with purity, thou, whom all men sing, hast become the divine dwelling-place of the Master. For only thou hast been shown forth as Mother indeed of God, and hast carried Him as a babe in thine arms.

Wearing the spiritual beauty of thy most fair soul, thou hast become the Bride of God, sealed with holy virginity and shining upon the world the joyful light of purity.

Let the congregation of the ungodly who proclaim thee not expressly Mother of God lament; for thou hast been shown forth to us as the gateway of God, Who hath dispersed the deep gloom of sin.

Venerable Father Sisoës, pray to God for us!

As a temple of the three-Sunned Godhead, thou didst cast down the passions of thy soul as though they were graven images.

Having slain the wisdom of thy flesh, O God-bearer, thou didst raise up the dead through the activity of the Spirit.

Glory... Thou wast shown to be a dispeller of unclean spirits, O father; for thou wast a pure abode of the Holy Spirit.

Both... As thou gavest birth unto the never-setting Sun, O Theotokos, enlighten me who am wholly darkened by the passions.

C. Katavasia (Tone 4)

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

Canticle Six

Irmos: Beholding the sea of life/ surging with the tempest of temptations,/ fleeing to Thy calm haven I cry unto Thee:/ Lead up my life from corruption,// O greatly Merciful One.

Glory to Thy Holy Resurrection, O Lord.

O Master, crucified with nails, Thou hast wiped out the curse against us while pierced in Thy side by the lance, Thou hast torn up the handwriting against Adam and set the world free.

Tripped up by the heel through beguilement, Adam hath been led down towards the pit of hell. But God Who is compassionate by nature, descended to seek him and carrying him on His shoulders, He raised him up with Himself.

Theotokion

O all-pure Mistress who for men gavest birth to Christ, the Helmsman, allay the inconstant and grievous tumult of my passions, and grant serenity to my heart.

Glory to Thy Precious Cross and Resurrection, O Lord.

The multitude of the Hebrews were slayers of Christ and of the Prophets for as they were not afraid in times of old to kill prophets who were secret rays of truth, so have they now, pushed forward by jealousy, killed the Lord Whom these same Prophets then proclaimed. But His being put to death hath been life for us.

Thou wast compassed but not held by the tomb, O Saviour. For although Thou hast willingly tasted death, O Word, yet art Thou risen as immortal God, having raised up with Thyself those held in bondage by hell and given the Women joy in exchange for the grief that was theirs before.

Theotokion

At the time of Thy suffering, the appearance of Thy flesh was ignoble and poor beyond that of men, though through the Essence of the divinity it was shown unto David as comely in beauty. Yet by the rod of Thy kingdom the might of the enemy was shattered; and the pure one said: O my Son and God, arise from the tomb!

Most Holy Theotokos, Save us.

Moses, great among the Prophets, wrote proclaiming thee beforehand as being a Tabernacle and Table, and Candlestick and Jar, symbolically signifying the Incarnation of the Most High from thee, O Mother Virgin.

Death is put to death and the corruption from the condemnation of Adam is abolished by its coming into conflict with thy Fruit, O Lady, for thou

hast given birth to the Life Who delivers from corruption all those who sing thy praises, O Mother Virgin.

The law failed and the shadow passed away when the grace past thought and understanding of the birth of our God and Saviour from thee, O far-famed Virgin, was revealed to me.

Venerable Father Sisoës, pray to God for us!

Thou didst escape being destroyed by the noetic whale, O father, having acquired abstinence, prayer, unfeigned love, mighty humility and steadfast love for Christ.

Our mighty God directed thy steps toward Himself and manifestly gave thee the strength to trample down serpents and crush the heads of scorpions, O all-blessed God-bearer.

Glory... By thine inclination towards God, thou wast manifestly deified, becoming light by thine all-embracing love for the Lord, O God-bearing father, thou earthly angel and heavenly man.

Both... O Mary, thou pure vessel of virginity, cleanse thou my mind of the darkness of the passions, and fill my heart with grace and righteousness, O all-immaculate one.

C. Katavasia (Tone 4)

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

P. Small Ectenia

C. Kontakion (Tone 6)

When Christ God the Giver of Life,/ raised all of the dead from the valleys of misery with his mighty hand,/ He bestowed resurrection on the human race.// He is the Saviour of all, The Resurrection, the Life, and the God of all.

R. Ikos

We, the faithful, hymn and bow down before the Cross and Thy burial, O Bestower of life, O Immortal One. Thou didst raise the dead with Thyself, didst break down the gates of death, and didst destroy the dominion of hell, in that Thou art God. Wherefore, with love we mortals glorify Thee Who hast arisen and cast down the most destructive might of the enemy, and hast raised up all who have believed Thee to have risen and delivered the world from the arrows of the serpent and the deception of the enemy, in that Thou art the God of all.

Canticle Seven

Irmos: An angel caused the furnace to pour forth dew/ upon the pious youths,/ and the command of God, which consumed the

Chaldeans,/ prevailed upon the tyrant to cry out:// Blessed art Thou, O God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

The sun, lamenting at Thy Passion, was wrapped in gloom, and on that day, O Master, the light was darkened over the whole earth, that cried aloud: Blessed art Thou, the God of our fathers.

At Thy descent, O Christ, the lowest parts of the earth put on light: while our forefather appeared singing full of joy and he danced crying aloud: Blessed art Thou, O God of our fathers.

Theotokion

Through thee, O Virgin Mother, radiant Light hath shone forth upon the whole world; for thou gavest birth unto God, the Creator of all. Him do thou entreat, O most pure one, that He send down great mercy upon us, the faithful.

Glory to Thy Precious Cross and Resurrection, O Lord.

O strange thing! He Who delivered Israel from the bondage to Pharaoh, is willingly crucified by him and loosens the cords of error. Unto Him do we sing in faith: O Redeemer, God, blessed art Thou.

The godless children of transgressors crucified Thee on Golgotha, O Saviour, Who hast broken the gates of brass and the chains unto the salvation of us who sing: O Redeemer God, blessed art Thou.

Theotokion

Having given birth to the Liberation of Eve from the ancient curse, O pure Virgin, thou dost release Adam; wherefore, with the angels we hymn thee and thy Son, and cry aloud: O God our Deliverer, blessed art Thou!

Most Holy Theotokos, Save us.

The furnace that burnt not the three Children was the prefigure of thy giving birth. For the divine fire went to dwell in thee without consuming thee and taught all to cry aloud: Blessed art Thou, O God of our fathers.

The ends of the earth enlightened by the beams of thy brightness call thee blessed as thou hast foretold, O pure Mother, and filled with grace they sing aloud crying: Blessed art Thou, O God of our fathers.

The serpent, most evil, pierced me with his deadly fangs, but thy Son, O Mother of God, broke them while He gave me the strength to cry aloud: Blessed art Thou, O God of our fathers.

Venerable Father Sisoës, pray to God for us!

With a pure mind thou didst receive all the radiance of the Spirit, and didst become a beacon for those who cry out with faith: Blessed art Thou, O Lord God, forever!

Glory... With the divine fire of abstinence didst thou utterly consume the tinder of sin, and thou didst pass over into the noetic light, crying out: Blessed art Thou, O Lord God, forever!

Both... O Mother of the Saviour, save me who am held fast in the abyss of transgressions, and rescue me from all the malice of the enemy, that, saved, I may magnify thine aid.

C. Katavasia (Tone 4)

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

Canticle Eight

Irmos: From the flame didst Thou pour forth dew upon the venerable ones,/ and didst consume the sacrifice of the righteous one with water;/ for Thou, O Christ, dost do all things soever Thou desirest.// Thee do we exalt supremely for all ages!

Glory to Thy Holy Resurrection, O Lord.

Envy hath now made the people of the Jews who killed the Prophets in past times into killers of God, since they hung Thee upon the Cross, O Word of God Whom we exalt above all for ever.

Without forsaking the vaults of Heaven, Thou hast gone down into hell, and hast raised up with Thyself, O Christ, man entire who lay in decay and who exalts Thee above all forever.

Theotokion

From Light thou didst conceive the Word, the Bestower of light; and having ineffably given birth unto Him, thou hast been glorified. For the Spirit of God dwelt within thee, O Maiden. Wherefore, we hymn thee for all ages.

Glory to Thy Precious Cross and Resurrection, O Lord.

Every ear was afraid when the Most High came upon earth willingly to master the strength of hell through the Cross and the tomb and to raise all men to cry: O ye children, bless Him, O ye priests praise Him, O ye people exalt Him above all for ever.

The tyranny of hell hath ceased and the rest of his royal power been set at naught. For God Who is over all having pitched the Cross on earth, put down his might. O ye children bless Him, O ye priests praise Him, O ye people exalt Him above all forever.

Theotokion

O Thine ineffable love for mankind, O Christ, and Thine unutterable benefactions! For, seeing me perishing in the prison of hades, Thou didst deliver me, enduring Thy sufferings. Wherefore, we bless Thee, the Master of all, and exalt Thee supremely for all ages.

Most Holy Theotokos, Save us.

He Who by His will alone set up the world was lent flesh of thy pure womb, wishing to form it anew from above. We exalt Him above all forever.

From the Union of the Word with me that is man, thou, O Most Pure, hast appeared as a divine dwelling-place, making the brightness of virginity plainly shine. We therefore praise thee for ever.

The golden candlestand prefigured thee who ineffably received the unapproachable Light Who illumineth all things with His radiance. Wherefore, we hymn thee, O pure one, for all ages.

Venerable Father Sisoës, pray to God for us!

Abiding in unceasing prayers and entreaties, thou didst drive the gloom of the passions from thy soul, and didst cleanse thy mind's eye. Wherefore, thou wast vouchsafed to behold the future prophetically, O Sisoës, piously crying aloud: Ye people, exalt the Lord supremely forever!

Like an angel didst thou dwell in thy body, O venerable one and thou didst vanquish legions of the adversary. Wherefore, with gladness, O father, thou hast made thine abode in immaterial life, where the ranks of the angels dwell, and with them thou dost cry out: Hymn the Lord, ye priests; ye people, exalt Him supremely for all ages!

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

By thy sacred prayers unto God cleanse thou my soul, which hath dried up through the passions, and deliver me from the captivity which holdeth me fast, O God-bearing father, that I may cry out in a pure manner: Ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Both... Sanctified by the Spirit, thou didst receive the Creator of human nature in thy womb, and didst ineffably give birth unto Him, O pure Maiden. Lauding Him unceasingly, we chant: Ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

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

C. Katavasia (Tone 4)

The **Off**spring of the Theotokos/ saved the holy Children in the **furnace**./ **He** Who was then prefigured has since been **born** on earth,/ and He

gathers together all the creation to sing:/ O all ye **works** of the Lord,//
 bless ye the Lord and exalt Him above all forever.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: It is not possible for men/ to behold God,/ upon Whom the
 ranks of angels dare not gaze;/ but through thee, O most pure
 one,/ hath the Word appeared incarnate unto men;// and
 magnifying Him with the armies of heaven, we call thee
 blessed.

Glory to Thy Holy Resurrection, O Lord.

Having associated in the flesh with passion, Thou hast remained without
 participation in passion. And Thou, O our Saviour, dost set man loose from
 passion by having made the passions suffer. For Thou only art impassible
 and almighty.

Having accepted the corruption of death, Thou hast kept Thy body from
 tasting corruption: While Thy life-giving and divine soul, O Master, hath
 not been left in hell, but Thou, risen as from sleep, hast made us rise with
 Thyself.

Triadicon

O all ye men, with pure lips let us glorify God the Father and the Son
 Who is equally without beginning, and let us honour the ineffable and all-
 glorious power of the most Holy Spirit; for Thou alone art the almighty and
 indivisible Trinity.

Glory to Thy Precious Cross and Resurrection, O Lord.

Though Thou hast gone down into the tomb as mortal, O Giver of Life,
 yet hast Thou destroyed the power of hell and raised with Thyself the dead
 whom it had swallowed and granted, as God, all those who magnify Thee with
 love the Resurrection.

Let the Creation rejoice greatly and flower like the lily. For Christ
 as God hath been raised from the dead. We cry: 'Death where is now thy
 sting? Hell where is thy victory? He Who hath raised our state hath thrust
 thee down to earth because He is compassionate.'

Theotokion

Thou bearest Him Who beareth all things, and holdest as a babe in thine
 arms Him Who delivereth us from the hands of the enemy who warreth against
 us, O all-pure Mistress; and thou seest Him uplifted upon the Tree of the
 Cross Who hath raised us up from the pit of evil.

Most Holy Theotokos, Save us.

The Star which shineth forth out of Jacob with the rays of divinity shone forth upon those held fast in darkness; for through thee, O most pure one, did Christ God the Word become incarnate. And illumined by Him, with the armies of heaven we call thee blessed.

Strengthened by thy power and grace, I have earnestly set forth hymnody for thee with all my heart. Accept it, O pure Virgin, bestowing on me thy greatly radiant grace out of thine incorrupt treasures, O blessed of God.

Resurrection hath now been given to the dead through thine ineffable and unutterable birthgiving, O most pure Theotokos; for Life, clothing Himself in flesh through thee, shone forth upon all, and hath manifestly lifted the gloom of death.

Venerable Father Sisoës, pray to God for us!

An awesome wonder took place at the very moment of thy repose; for thy countenance shone forth more brightly than the sun, and choirs of angels arrived to receive thy soul and bear it to the three-Sunned Light.

Delighting in divine beauties, and deified in partaking thereof, illumined with the radiant splendors which issue forth therefrom, O blessed one, by thine entreaties deliver from the dark destruction of the passions those who faithfully honour thy light-bearing memory, O wise one.

Glory... Abstaining from all evil, O father, thou wast righteous, blameless, venerable, guileless, and obedient unto God in thy holiness. Wherefore, the Trinity abode within thy heart, in Whom thou now doth radiantly delight, O right wondrous one.

Both... There is no salvation for me because of my deeds, O all-immaculate one; for, having trodden the wrong path, I have been filled with darkness. But as thou didst shine forth upon us light from the Light, enlighten and save me, and disdain me not who am grievously perishing.

C. Katavasia (Tone 4)

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

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion (John 20:1-10)

Mary having said that they had taken the Lord away, Simon Peter and the other friend of Christ whom He loved, ran to the tomb and they both found the grave clothes lying alone therein and the napkin that had been about his head not with them but apart. They therefore kept silence again until they saw Christ.

G/B... Theotokion

Things great and exceeding strange hast Thou done for me, O my most merciful Christ. For unsearchably hast Thou been born of a Virgin Maid and hast accepted the Cross and endured death, and hast risen in glory to set our nature free from death. Glory to Thy glory, O Christ, glory to Thy strength.

C. Lauds: Tone 6 Stichera

Let every breath **praise** the Lord/
 Praise the Lord from the **Heavens**/
 Praise Him in the **highest**/
 To Thee is due a **hymn**, O God/
 Praise Him, all ye His **Angels**;/
 Praise Him, all **ye** His hosts.//
 To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.
 Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.

He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons and all ye abysses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,
 Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.

His praise is above the earth and heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.
 The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples,
 To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be to all His saints.

1. Thy **Cross**, O Lord,/ is the life and resurrection of Thy **people**/ and assured of this, we sing unto Thee our **risen** God:// Have mercy upon us.

V. Praise ye God in His saints,/ praise Him in the firmament of His power.
2. Thy burial, O **Master**,/ opened Paradise for **mankind**,/ and we, delivered from **corruption**,/ sing unto Thee our **risen** God:// Have mercy upon us.

V. Praise Him for His mighty acts,/ praise Him according to the multitude of His greatness.
3. Let us praise Christ with the Father and the **Spirit**:/ Let us cry aloud unto Him **risen** from the dead:/ Thou art our life and resurrection:// Have **mercy** on us.

V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.
4. O Christ, on the **third** day,/ Thou hast risen from the tomb according to the **Scriptures**,/ having raised our fore**father** with Thyself;// therefore, mankind glorifies Thee and praises Thy Resurre**ction**.

V. Praise Him with timbrel and dance,/ praise Him with strings and flute.
5. O Lord, mighty and dreadful is the mystery of Thy Resurre**ction**./ For Thou hast come forth **from** the tomb/ as a bridegroom from his **chamber**,/ after destroying death by death that Adam might be **set** free./ Therefore, the angels in heaven make glad and **men** on earth/ give glory to Thy compassion that Thou hast **shown** towards us,// O Thou, Who **lovest** mankind.

V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.
6. O **wicked** Jews,/ where are the seal and the pieces of silver that ye **gave** to the guards?/ The treasure was not stolen, but rose up according to His **power**;/ and ye were yourselves put to shame by **denying** Christ,/ the Lord of glory, Who suffered and was buried and **rose** from the dead;// Him let us **worship**.

V. Arise, O Lord my God, let Thy hand be lifted high;/ forget not Thy paupers to the end.
7. The tomb sealed, the guard set and the **stamps** attached:/ How was He stolen, O ye Jews?/ Through the closed door the King **proceeded**:/ Either show Him dead or worship Him as God, and **sing** with us:// Glory, Lord, to Thy Cross and Thy Resurre**ction**.

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

8. The women bearing sweet-smelling ointments/ came in tears to Thy tomb that held **life**, O Lord,/ and carried with them spices wherewith they sought to anoint Thine all-pure **Body**./ But seated on the stone they found a shining **angel**,/ who called out to **them** and said:/ 'Why do ye weep for Him from Whose side flows life unto the world?/ Why do ye seek Him Who is immortal as **dead** in the tomb?/ Go rather and announce to His disc**ip**les/ the good tidings of His Resurrection, joy of **all** the world.'/ Having also enlightened us by it, O **Saviour**,// mayest Thou grant us cleansing and great **mercy**.

Glory... Gospel Sticheron (Tone 7)

Behold it is dark and very early in the **morning**./ And **what** art thou doing on the tomb, thy mind full of darkness, O **Mary**?/ **Why** dost thou ask where Jesus **has** been laid?/ **See** how the disciples running forward with the grave-clothes and the **napkin**/ have **positively** proved the Resurrection/ and have **remembered** that which had been written concerning this in the **Scriptures**./ And **we**, believing with them and through them sing Thy **praises**,// O Chri-ist, **Giver** of life.

Both now and ever... (Tone 2)

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

The Great Doxology

Dismissal Tropar:

Having risen from the tomb, and having burst the bonds of hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

P. Litanies
Dismissal

R Hours:
Tropar: Resurrection & Saint
Kontak: Resurrection

At Liturgy:

Order of Troparia & Kontakia as per simple service

Prokimenon for Tone 6

O Lord, save Thy people, and bless Thine inheritance.

V. Unto Thee, O Lord, will I cry; O my God, be not silent unto me.

Epistle(s): Rom 15:1-7

Alleluia for Tone 6

V. He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven.

V. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him.

Gospel(s): Matt 9:27-35

Communion Hymn: Praise Ye only