

Octoechos

Mode pl. 1.

On Sunday Morning

Triodion

Fifth Sunday of Lent: St. Mary of Egypt

LITURGY

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Antiphon I. Mode 2.

Verse 1: *Bless the Lord, O my soul, and everything within me, bless His holy name.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Verse 2: *Bless the Lord, O my soul, and forget not all His rewards.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

Verse 3: *The Lord prepared His throne in heaven, and His Kingdom rules over all.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

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

Both now and ever and to the ages of ages. Amen.

Through the intercessions of the Theotokos, Savior, save us.

Antiphon II. Mode 2.

Verse 1: *Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Verse 2: *Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

Verse 3: *The Lord shall reign forever; your God, O Zion, to all generations.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

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

Both now and ever and to the ages of ages. Amen.

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

Antiphon III.

Mode pl. 1.

Verse 1: *This is the day the Lord made; let us greatly rejoice and be glad therein.* [SAAS]

Resurrectional Apolytikion.

Mode pl. 1. Automelon.

Let us worship the Word who is unoriginate * with the Father and the Spirit, and from a Virgin was born * for our salvation, O believers, and let us sing His praise. * For in His goodness He was pleased * to ascend the Cross in the flesh, and to undergo death, * and to raise up those who had died, * by His glorious Resurrection. [SD]

Verse 2: *Let heaven and earth praise Him.*

[SAAS]

Let us worship the Word who is
unoriginate * with the Father and the
Spirit, and from a Virgin was born * for our
salvation, O believers, and let us sing His
praise. * For in His goodness He was pleased
* to ascend the Cross in the flesh, and to
undergo death, * and to raise up those who
had died, * by His glorious Resurrection. [SD]

An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.

Psalm 102.

Psalm 145.

The Beatitudes.

Mode pl. 1.

Resurrectional.

From Octoechos - - -

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

[RSV]

When the robber had believed * that You the crucified were truly God, * he wholeheartedly and sincerely confessed You, * and he cried aloud to You, O Christ, "In Your kingdom, remember me." [SD]

Blessed are those who mourn, for they shall be comforted. [RSV]

Crucified upon the tree * of the Cross, He blossomed life for our race, * and He dried up the curse from the tree, as our Savior; * whom, as our Creator, let us all in unison extol in song. [SD]

Blessed are the meek, for they shall inherit the earth. [RSV]

By Your death, O Christ our Lord, * You released us from the power of death, * and raised with yourself those who had died from the ages; * for You are our Savior and true God, whom all now extol in song. [SD]

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. [RSV]

Theotokion.

Rejoice, living temple of God, * rejoice, O impassable gate, * and throne that is fiery and

yet not burning. * Rejoice, holy Mother of the Lord Emmanuel Christ our God. [SD]

Canon from the Triodion.

From Triodion - - -

Ode iii. Mode pl. 4. N/M (Lord, You are the firm.)

Blessed are the merciful, for they shall obtain mercy. [RSV]

Christ, as You saved Lazarus from the flame, deliver me, Your unworthy servant, from the fire of hell. [OCA]

Blessed are the pure in heart, for they shall see God. [RSV]

Lord, I am as wealthy as the rich man in passions and lusts, yet in my lack of virtues I am as poor as Lazarus! But save me! [OCA]

Blessed are the peacemakers, for they shall be called sons of God. [RSV]

Through his sins the rich man was clothed in scarlet and fine linen, and so he burns in the flames. [OCA]

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. [RSV]

Theotokion.

All-pure Lady, you drive off the assaults of harsh calamity. Give us help through your intercessions! [OCA]

Canon for the Devout Woman.

From Triodion - - -

Ode vi. Mode pl. 2. N/M (The lowest depth.)

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake]. [RSV]

The armies of the angels rejoice, seeing a life equal to theirs in you, and they cry out, holy Mary, giving glory to the Lord. [OCA]

Rejoice and be glad, for your reward is great in heaven. [RSV]

The hosts of demons tremble at the strength of your endurance! How you, a naked and solitary woman, in a wonderful way, put them to shame. [OCA]

Glory.

Mary worthy of all praise, you shone like the sun and illumined the desert with your brightness Shine on me also, that I may be glorious with your light. [OCA]

Both now. **Theotokion.**

Virgin, illumined by the glory of your Child, the angels proclaim to us all peace on earth and good will towards the human race.

[OCA]

Entrance Hymn. Mode 2.

Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Hymns After the Small Entrance.

From Octoechos - - -

Resurrectional Apolytikion.

Mode pl. 1. Automelon.

Let us worship the Word who is unoriginate * with the Father and the Spirit, and from a Virgin was born * for our salvation, O believers, and let us sing His praise. * For in His goodness He was pleased * to ascend the Cross in the flesh, and to undergo death, * and to raise up those who had died, * by His glorious Resurrection. [SD]

For the Devout Woman.

Mode pl. 4.

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels. [SD]

(Apolytikion of the Parish Church)

(The text of the Apolytikion of the local church goes here.)

Kontakion. Mode 2.

O Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession,

and hasten to supplication, O Theotokos who protect now and ever those who honor you. [SD]

THE TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3) [GOA]

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Holy Immortal, have mercy on us.

The Epistle

THE FIFTH SUNDAY IN LENT

Prokeimenon. Mode pl. 1. Psalm 11.

You shall guard us, O Lord; You shall preserve us. [SAAS]

Verse: *Save me, O Lord, for the holy man has ceased.* [SAAS]

The reading is from Paul's Letter to the Hebrews.

9:11-14

Brethren, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God. [RSV]

Alleluia. Mode pl. 1. Psalm 88.

Alleluia. Alleluia. Alleluia.

Verse 1: *O Lord, I will sing of Your mercies forever.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *For You said, "Mercy shall be built up forever."* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Fifth Sunday of Lent

The reading is from the Holy Gospel according to Mark.

10:32-45

At that time, Jesus taking the twelve again, he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit

at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many." [RSV]

Hymn to the Theotokos.

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you. [SD]

Communion Hymn. Psalm 148.

Praise the Lord from the heavens, praise Him in the highest. Alleluia. [SAAS]

**Hymn after Holy Communion.
Mode 2.**

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us. [GOA]

THE DISMISSAL

May He who rose from the dead, Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, **(local patron saint)**; of the holy and righteous ancestors of God Joachim and Anna, our devout Mother Mary of Egypt, whose memory we celebrate, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

Fasting Rule

Wine: Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.

It is Saturday or Sunday in Lent.