

Hymns and Readings for Sunday 19th May 2024

Third Sunday of Pascha ♦ The Holy Myrrh-Bearing Women

The Holy and Righteous Joseph of Arimathea and Nicodemus

THE HOURS

At the beginning:

Priest: Blessed is our God ...

Reader: Amen.

Reader: Christ is risen from the dead,)
trampling down death by death,) *Intoned three times*
and upon those in the tombs bestowing life!)

The Reader continues the Trisagion Prayers: "Glory to the Father ..." "All Holy Trinity ..." etc.

TROPARIA AND KONTAKION AT THE THIRD & SIXTH HOURS

Troparia: The Resurrection; Glory ... The Noble Joseph; Both now ... From the Horologion

Kontakion: The Holy Myrrh-bearers

THE DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM

At the beginning:

Priest: Blessed is the Kingdom ...

Choir: Amen.

Priest: Christ is risen from the dead ... *(3½ times: English, Greek, Church Slavonic, Romanian)*

Choir: ... și celor din morminte viața dăruindu-le!

The Liturgy continues as usual from the Great Litany.

FIRST ANTIPHON

[Music on website / Green Book page 66]

Make a joyful noise to God, all the earth! Sing of His Name, give glory to His praise!

Through the prayers of the Theotokos, O Saviour, save us!

Say to God: How awesome are Thy deeds! So great is Thy power that Thine enemies cringe before Thee!

Through the prayers of the Theotokos, O Saviour, save us!

Let all the earth worship Thee and praise Thee! Let it praise Thy Name, O Most High!

Through the prayers of the Theotokos, O Saviour, save us!

Glory to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

Through the prayers of the Theotokos, O Saviour, save us!

SECOND ANTIPHON

[Music on website / Green Book page 67]

God be bountiful and bless us! Show the light of Thy countenance upon us and have mercy on us!

O Son of God, Who arose from the dead, save us who sing to Thee: Alleluia!

That we may know Thy way upon the earth, and Thy salvation among all nations.

O Son of God, Who arose from the dead, save us who sing to Thee: Alleluia!

Let the people give thanks to Thee, O God! Let all the people give thanks to Thee!

O Son of God, Who arose from the dead, save us who sing to Thee: Alleluia!

Glory be to the Father, and to the Son, and to the Holy Spirit;

both now and ever and unto the ages of ages. Amen.

O only-begotten Son and Word of God. O Thou Who art Immortal, yet for our salvation didst deign to be incarnate of the holy Mother of God and Ever-Virgin Mary; and without change wast made man; Who also wast crucified for us; and by death didst overcome death: save us, O Christ, our God; one Person of the Holy Trinity, glorified together with the Father and the Holy Spirit.

THIRD ANTIPHON

Reader: Let God arise, let His enemies be scattered; let those who hate Him flee from before His face!

All: Christ is risen from the dead ... [\[Music on website / Green Book page 71\]](#)

Reader: As smoke vanishes so let them vanish; as wax melts before the fire!

All: Χριστὸς ἀνέστη ἐκ νεκρῶν ...

Reader: So the sinners will perish before the face of God; but let the righteous be glad!

All: Христос воскрес из мертвых ...

Reader: This is the day which the Lord hath made; let us rejoice and be glad in it!

All: Hristos a înviat din morți ...

ENTRANCE HYMN

In the Churches bless God the Lord, from the springs of Israel. O Son of God, Who arose from the dead, save us who sing to Thee: Alleluia, alleluia, alleluia!

TROPARIA AND KONTAKIA

Troparion of the Resurrection in Tone 2

[\[Music on website / Green Book page 86\]](#)

When Thou didst descend to death, O Life immortal,
Thou didst slay hell with the splendour of Thy Godhead.
And when from the depths Thou didst raise the dead,
all the powers of heaven cried out://
"O Giver of life, Christ our God, glory to Thee!"

Troparion of the Noble Joseph in Tone 2

[\[Music on website / Green Book page 87\]](#)

The noble Joseph,
when he had taken down Thy most pure Body from the Tree,
wrapped it in fine linen and anointed it with spices,
and placed it in a new tomb.
But Thou didst arise on the third day, O Lord,//
granting the world great mercy.

Glory be to the Father, and to the Son, and to the Holy Spirit;

Kontakion of the Holy Myrrh-bearers in Tone 2

[\[Music on website / Green Book page 88\]](#)

Thou didst command the Myrrh-bearers to rejoice, O Christ.
By Thy Resurrection Thou didst stop the lamentation of Eve, O God.
Thou didst command Thine Apostles to preach://
"The Saviour is risen!"

Both now, and ever, and unto the ages of ages. Amen.

Kontakion of Pascha in Tone 8

[\[Music on website / Green Book page 75\]](#)

Thou didst descend into the tomb, O Immortal,
Thou didst destroy the power of death.
In victory didst Thou arise, O Christ God,
proclaiming "Rejoice!" to the myrrh-bearing women;
granting peace to Thine apostles,//
and bestowing resurrection on the fallen.

PROKEIMENON

Reader: The Prokeimenon in the Sixth Tone.

Reader: O Lord, save Thy people and bless Thine inheritance!

Choir: O Lord, save Thy people and bless Thine inheritance!

Reader: To Thee, O Lord, will I call. O my God, be not silent to me!

Choir: O Lord, save Thy people and bless Thine inheritance!

Reader: O Lord, save Thy people

Choir: and bless Thine inheritance!

EPISTLE

The Reading from the Acts of the Holy, Glorious, and All-laudable Apostles.

In those days: When the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochoros, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith. [Acts 6:1-7]

ALLELUIA

Priest: Peace be to thee that readest, and to all the people.

Reader: And to thy spirit. Alleluia, alleluia, alleluia!

Choir: Alleluia, alleluia, alleluia!

Reader: O Lord, Thou hast been gracious to Thy land; Thou hast turned back the captivity of Jacob.

Choir: Alleluia, alleluia, alleluia!

Reader: Mercy and truth have met, righteousness and peace have kissed each other.

Choir: Alleluia, alleluia, alleluia!

THE GOSPEL

The Reading from the Holy Gospel according to Mark.

At that time: Joseph of Arimathea, a prominent council member, who was also looking for the Kingdom of God, came forward. He boldly went to Pilate, and asked for the body of Jesus. Pilate wondered if Jesus was already dead. Calling the centurion, he asked him whether Jesus had been dead for a long time. Having been assured of this by the centurion, he granted the body to Joseph. Accordingly, Joseph bought fine linen, took Jesus down and wrapped him in the linen cloth. Having placed him in a tomb which had been cut out of a rock, he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of James saw where Jesus had been laid. When the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome, bought spices, in order that they might go and anoint him. Very early on the first day of the week they arrived at the tomb when the sun had risen. They were saying among themselves, "Who will roll away the stone from the door of the tomb for us?" But when they looked up, they saw that the stone was already rolled back, although it was very large. Entering into the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. He said to them, "Do not be amazed! You seek Jesus of Nazareth, who has been crucified. He has risen! He is not here! Behold the place where they laid him! But go, tell his disciples and Peter, 'He goes before you into Galilee. There you will see him, as he told you.'" They went out and fled from the tomb, for trembling and astonishment had come upon them. They said nothing to anyone, for they were afraid. [Mark 15:43-16:8]

THE ZADOSTOYNIK

[Music on website / Green Book page 78 or 79 / Sheet]

The Angel cried to the Lady, full of grace:

"Rejoice, O pure Virgin!

Again, I say: Rejoice,

thy Son is risen from His three days in the tomb!

With Himself He has raised all the dead."

Rejoice, O ye people!

Shine, shine, O new Jerusalem!

The glory of the Lord has shone on thee.

Exult now, and be glad, O Zion!

Be radiant, O pure Theotokos, in the Resurrection of thy Son!

COMMUNION HYMNS

Receive the Body of Christ; taste the fountain of immortality! Praise the Lord from the heavens, praise Him in the highest! Alleluia, Alleluia, Alleluia!

AFTER COMMUNION

Priest: "O God, save thy people ..."

Choir: "Christ is risen ..." (*Once, instead of "We have seen the True Light ..."*)

Priest: "Always, now and ever ..."

Choir: "Let our mouths be filled ..."