

# Hymns and Readings for Sunday 22<sup>nd</sup> March 2026

## Fourth Sunday of Great Lent ♦ Saint John of Sinai, author of *The Ladder*

### THE HOURS

#### TROPARIA AND KONTAKION AT THE THIRD HOUR

**Troparia:** Resurrection; Glory ...; Saint John of The Ladder; Both now ... From the Horologion

**Kontakion:** Resurrection

#### TROPARIA AND KONTAKION AT THE SIXTH HOUR

**Troparia:** Resurrection; Glory ...; Saint John of The Ladder; Both now ... From the Horologion

**Kontakion:** Saint John of The Ladder

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### THE DIVINE LITURGY

#### TYPICAL PSALMS AND BEATITUDES

#### ENTRANCE HYMN

O come, let us worship and fall down before Christ. O Son of God, Who art risen from the dead, save us who sing to Thee: Alleluia, alleluia, alleluia!

#### TROPARIA & KONTAKIA

##### **Troparion of the Resurrection in Tone 8**

[Music on website / Green Book page 16]

Thou didst descend from on high, O Merciful One!

Thou didst accept the three-day burial to free us from our sufferings!//

O Lord, our Life and Resurrection, glory to Thee!

##### **Troparion of Saint Chad in Tone 2**

[Music in Folder]

As a Bishop thou gavest thyself

to preaching the truth and the purity of the Church.

Thou didst shine forth as an example of humility and holiness;

studying the Scriptures, thou tookest care to follow the Word.

Pray for thy children, O Holy Father Chad,

that we too may follow Christ,//

and be found worthy to partake of the nature of God.

##### **Troparion of St John of the Ladder in Tone 1**

[Music on website / Sheet]

Dweller of the desert and angel in the body,

thou wast a wonderworker, our God-bearing Father John.

Thou hast received heavenly gifts through fasting, vigil, and prayer,

healing the sick and the souls of those drawn to thee by faith.

Glory to Him Who gave thee strength!

Glory to Him Who granted thee a crown!//

Glory to Him Who through thee grants healing to all!

##### **Kontakion of the Resurrection in Tone 8**

[Music on website / Green Book page 16]

By rising from the tomb, Thou didst raise the dead and resurrect Adam.

Eve exults in Thy Resurrection,//

and the world celebrates Thy rising from the dead, O greatly Merciful One!

##### **Kontakion of Saint Chad in Tone 2**

[Music in Folder]

When thou wast praying to Christ, O venerable Chad

the choir of the angels came to call thee to thy reward.

Then thou wast summoned to share

in the Thrice Holy song with the seraphim.

Pray thou that we may live

as icons of the cherubim//

rejoicing before the Trinity, the Giver of life.

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

**Kontakion of Saint John of the Ladder in Tone 4**[\[Music on website / Sheet\]](#)

The Lord truly set thee on the heights of abstinence,  
to be a guiding star, showing the way to the universe,  
O our father and teacher John.

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

**Steadfast Protectress of Christians in Tone 6**[\[Music on website\]](#)

Steadfast Protectress of Christians,  
Constant advocate before the Creator,  
despise not the cry of us sinners,  
but in thy goodness  
come speedily to help us who call on thee in faith.  
Hasten to hear our petition and to intercede for us, O Theotokos, //  
for thou dost ever protect those who honour thee.

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**PROKEIMENA**

**Reader:** The Prokeimenon in the Eighth Tone.

**Reader:** Pray and make your vows before the Lord, our God!

**Choir:** Pray and make your vows before the Lord, our God!

**Reader:** In Judah God is known; His Name is great in Israel.

**Choir:** Pray and make your vows before the Lord, our God!

**Reader:** [And] in the Seventh Tone.

**Reader:** Let the saints exult in glory; let them rejoice on their beds!

**Choir:** Let the saints exult in glory; let them rejoice on their beds!

**EPISTLE**

The Reading from the Epistle of the Holy Apostle Paul to the Hebrews.

Ye Brethren: When God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek. [Hebrews 6:13-20]

Ye Brethren: The fruit of light is found in all that is good and right and true; try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light." Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart. [Ephesians 5:9-19]

**ALLELUIA**

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

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

**Reader:** Come, let us rejoice in the Lord! Let us make a joyful noise to God our Saviour!

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise!

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** They that are planted in the house of the Lord shall flourish in the courts of our God.

**Choir:** Alleluia, alleluia, alleluia!

## GOSPEL

The Reading from the Holy Gospel according to Mark.

At that time, a man came to Jesus, kneeling and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, his disciples asked him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went out from there and passed through Galilee. And Jesus would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and after he is killed, he will rise on the third day." [Mark 9:17-31]

At that time, great crowds from Galilee and the Decapolis and Jerusalem and Judea and from beyond the Jordan followed Jesus. Seeing the crowds, Jesus went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them, saying:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"Blessed are those who mourn, for they shall be comforted.

"Blessed are the meek, for they shall inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

"Blessed are the merciful, for they shall obtain mercy.

"Blessed are the pure in heart, for they shall see God.

"Blessed are the peacemakers, for they shall be called sons of God.

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

"Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven. [Matthew 4:25-5:12]

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## ZADOSTOYNIK

All of creation rejoices in thee, [Music on website / Green Book page 119 / Sheet / Folder]

O Full of Grace,

the assembly of angels and the race of men.

O sanctified temple and spiritual paradise,

the glory of virgins,

from whom God was incarnate and became a Child:

our God before the ages.

He made thy body into a throne,

and thy womb He made more spacious than the heavens.

All of creation rejoices in thee://

O Full of Grace, glory to thee!

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## COMMUNION HYMNS

Praise the Lord from the heavens, praise Him in the highest. The righteous shall be in everlasting remembrance; he shall not fear evil tidings. Alleluia, Alleluia, Alleluia!

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## AFTER COMMUNION

"We have seen the True Light ..." etc., as usual.