

## STICHERA

*v. (10) Bring my soul out of prison, that I may give thanks to Your name! Tone 6*

Possessing victory over hell, O Christ,  
since You are free among the dead,  
You ascended the Cross  
raising with Yourself those who sat in the shades of death.//  
Drawing life from Your light, O almighty Savior, have mercy on us!

*v. (9) The righteous will surround me; for You will deal bountifully with me.*

Today Christ tramples on death,  
for He is risen as He said!  
Let us all sing this song,  
for He has granted joy to the world:  
O Light unapproachable, O Fountain of life!//  
O Savior Almighty, have mercy on us!

*v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!*

Where shall we sinners flee from You, for You are in all creation?  
In heaven You dwell!  
In hell You trampled on death!  
In the depths of the sea?  
Even there is Your hand, O Master!  
To You we flee, and falling before You, we pray://  
"As You rose from the dead, have mercy on us!"

*v. (7) Let Your ears be attentive to the voice of my supplications! Tone 6*

The Lord has ascended into heaven  
that He might send the Comforter into the world.  
The heavens prepared His throne, and the clouds His mount.  
Angels marvel to see a Man high above them.  
The Father receives Him Whom He holds, co-eternal, in His bosom.  
The Holy Spirit commands all His Angels:  
"Lift up your gates, you princes!"  
All you nations, clap your hands://  
for Christ has gone up to where He was before!"

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*

The Cherubim were amazed at Your Ascension, O Lord,  
beholding You, the God Who sits enthroned upon them,  
ascending upon the clouds;  
and we glorify You, for Your mercy is good.//  
Glory to You!

*v. (5) For Your name's sake I have waited for You, O Lord, my soul has waited for Your word; my soul has hoped on the Lord.*

Beholding Your ascension on the holy mountain,  
O Christ, the brightness of the Father's glory,  
we hymn the radiant appearance of Your countenance;  
we worship Your sufferings,  
we honor Your Resurrection,  
as we glorify Your glorious Ascension.//  
Have mercy on us!

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

**Tone 6** You were begotten from the Father before the Morning Star,  
but Arius taught wrongfully that You were created:  
in his ignorance he designated You as a creature,  
yet the Fathers of the Council proclaimed You as Son of God, //  
co-enthroned with the Father and the Holy Spirit.

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

O Savior, who has torn Your garment?  
Who has challenged the unity of the triune Godhead?  
It is Arius, for he denied that You are equal to the Father.  
Those who follow him do not believe that God took flesh for our sake,  
but the Fathers of the Council proclaimed You as Son of God, //  
co-enthroned with the Father and the Holy Spirit.

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

Arius fell into the abyss of sin,  
pretending blindness that he might not see the Light.  
By his purpose he became the image of Judas.  
But the Council at Nicea proclaimed You as Son of God, //  
co-enthroned with the Father and the Holy Spirit.

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endures forever.*

The foolish Arius blasphemed the All-holy Trinity,  
dividing the Persons into three different unequal substances,  
but the God-bearing Fathers denounced his confusion:  
they assembled with the zeal of Elijah,  
destroying error with the sword of the Spirit, //  
as they were directed by the inspiration of God.

*Glory to the Father, and to the Son, and to the Holy Spirit; Tone 6 (from the Pentecostarion, for the Fathers)*

Today let us praise the mystical trumpets of the Spirit,  
the God-bearing Fathers,  
who stand in the midst of the Church, singing true theology,  
praising the changeless Trinity!  
They laid low the errors of Arius  
and upheld the Orthodox Faith.//  
They always entreat the Lord to have mercy on our souls.

*now and ever, and unto ages of ages. Amen. Tone 6 (Theotokion – Dogmatikon)*

Who will not bless you, O most holy Virgin?  
Who will not sing of your most pure childbearing?  
The only-begotten Son shone timelessly from the Father,  
but from you He was ineffably incarnate.  
God by nature, yet Man for our sake,  
not two persons but one known in two natures.  
Entreat Him, O pure and all-blessed Lady,//  
to have mercy on our souls!

## OLD TESTAMENT READINGS

### The Reading is from Genesis. [14,14-20]

Now when Abram heard that Lot his nephew had been taken captive, he numbered his own home-born servants, three hundred and eighteen, and pursued after them as far as Dan. And he fell upon them by night, he and his servants, and smote them and pursued them as far as Chobal, which is on the left of Damascus. And he brought back all the cavalry of Sodom, and he brought back Lot his nephew and all his goods and the women and the people. And the king of Sodom came out to meet him, after his return from the slaughter of Chodologómor and the kings with him, to the valley of Sabí; this is the plain of a king. And Melchizedek, king of Salem, brought out loaves and wine; he was priest of the most high God. And he blessed Abram and said: Blessed is Abram by the most high God, who created the heaven and the earth. And blessed is the most high God, who has delivered your enemies into your hand.

### The Reading is from Deuteronomy. [1,8-11 & 15-17b]

Moses said to the children of Israel: See, I have handed over the land in front you; go in and inherit the land which I swore to your fathers, to Abraham and to Isaac and to Jacob, that I would give it to them and to their seed after them. And I spoke to you at that time saying: I shall not be able to bear you alone. The Lord your God has multiplied you, and behold, you are today as the stars of heaven in multitude. May the Lord the God of our fathers multiply you a thousand times more than you are, and bless you as He has spoken to you. And I took from you wise and understanding and prudent men, and I set them to rule over you, captains of thousands and hundreds and fifties and tens and recorders for your judges. And I commanded your judges at that time, saying: Hear cases between your brethren, and judge rightly between a man and his brother and the proselyte who is with him. You shall not have respect to persons in judging. You shall hear the small as well as the great. You shall not shrink before any man's person; for the judgement is God's.

## The Reading from Deuteronomy. [10,14-18 & 20-21]

Moses said to the children of Israel: Behold, the heaven and the highest heaven, the earth and all that is in it belong to the Lord your God. The Lord preferred your fathers, to love them: and he chose their seed after them, you above all nations, as it is at this day. So circumcise the hardness of your heart and stiffen your neck no longer. For the Lord your God is God of gods and Lord of lords, the great God, mighty and strong and awesome, who shows no partiality and takes no bribe. He executes judgement for the proselyte, the orphan and the widow; and loves the proselyte, giving him food and clothing. You shall fear the Lord your God and serve him, and to him you shall hold fast, and take oaths in his name. He is your boast, and he your God, who has done for you the great and wonderful things which your eyes have seen.

### APOSTICHA

**Tone 6** Your Resurrection, O Christ our Savior,  
the Angels in heaven sing!  
Enable us on earth//  
to glorify You in purity of heart!

*v. The Lord is King; He is robed in majesty!*

Destroying the gates of hell,  
breaking the chains of death,  
You resurrected the fallen human race as almighty God!//  
O Lord, Who rose from the dead, glory to You!

*v. For He has established the world, so that it shall never be moved.*

Desiring to return us to Paradise,  
Christ was nailed to the Cross and placed in a tomb.  
The Myrrhbearing Women sought Him with tears, crying,  
"Woe to us, O Savior!  
How do You deign to descend to death?  
What place can hold Your life bearing body?  
Come to us as You promised!  
Take away our wailing and tears!"  
Then the Angel appeared to them:  
"Stop your lamentations!  
Go, proclaim to the Apostles:  
'The Lord is risen,//  
granting us purification and great mercy!"

*v. Holiness befits Your house, O Lord, forevermore!*

Having been crucified as You willed,  
by Your burial You captured death, O Christ,  
rising on the third day as God in glory,//  
granting the world unending life and great mercy!

*Glory to the Father, and to the Son, and to the Holy Spirit; Tone 4 (from the Pentecostarion, for the Fathers)*

Today we celebrate the annual memory  
of the God-bearing Fathers who assembled in Nicea.  
They laid low the godless doctrines of Arius,  
driving him from the unity of the Catholic Church,  
and teaching us how to confess the consubstantial and co-eternal Son of God.  
They expressed this clearly in the Symbol of Faith,  
and we follow their divine doctrines,  
believing in and serving the Son with the Father and the all-Holy Spirit,//  
the consubstantial Trinity and one Divinity.

*now and ever, and unto ages of ages. Amen. Tone 4 (from the Pentecostarion, for the Ascension)*

Fulfilling, O Lord, in Your goodness,  
the mystery hidden from ages and generations,  
You came with Your Disciples to the Mount of Olives,  
together with the Mother who bore You, the Maker and Creator of all;  
for it was fitting that she who as a mother had been grieved beyond all at Your Passion,  
should also be filled with exceeding joy at the glory of Your flesh.  
In this joy we also partake  
at Your ascent into heaven, O Master,//  
and we glorify Your great mercy that has come upon us.

## TROPARIA

**Tone 6** The angelic powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You captured hell, not being tempted by it.  
You came to the Virgin, granting life.  
O Lord, Who rose from the dead,//  
glory to You.

*Glory to the Father, and to the Son, and to the Holy Spirit, Tone 8 Troparion (Fathers)*

You are most glorious, O Christ our God!  
You have established the Holy Fathers as lights on the earth.  
Through them You have guided us to the true Faith.//  
O greatly compassionate One, glory to You!

*now and ever, and unto ages of ages. Amen. Tone 4 Troparion (Ascension)*

You ascended in glory, O Christ our God,  
granting joy to Your Disciples by the promise of the Holy Spirit.  
Through the blessing, they were assured  
that You are the Son of God,//  
the Redeemer of the world.