

SUNDAY, MARCH 29, 2026

TONE 1

Fifth Sunday of Great Lent / St. Mary of Egypt

"Lord I Call..." Tone 1

Lord, I call upon You, hear me!
Hear me, O Lord!
Lord, I call upon You, hear me!
Receive the voice of my prayer,
when I call upon You!//
Hear me, O Lord!

Let my prayer arise
in Your sight as incense,
and let the lifting up of my hands
be an evening sacrifice!//
Hear me, O Lord!

Reader reads the rest of Ps 140 and Ps 141 on pgs 31 & 32 in the pew book, then STICHERA:

v. (10) Bring my soul out of prison, that I may give thanks to Your Name! Tone 1

Accept our evening prayers, O holy Lord!
Grant us remission of sins,//
for You alone have manifested the Resurrection to the world.

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

Encircle Sion
and surround her, O people!
Give glory in her to the One Who rose from the dead!
For He is our God,//
Who has delivered us from our transgressions!

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

Come, O people,
let us hymn and fall down before Christ,
glorifying His Resurrection from the dead!
For He is our God,//
Who has delivered the world from the Enemy's deceit!

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

Be glad, O heavens!
Sound trumpets, O foundations of the earth!
Sing in gladness, O mountains!
Behold Emmanuel has nailed our sins to the Cross!
Granting life, He has slain death.//
He has resurrected Adam as the Lover of man.

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

Let us praise Him / Who voluntarily was crucified in the flesh for our sake. / He suffered, was
buried, but rose from the dead. / By Orthodoxy confirm Your Church, O Christ.//
Grant peace for our life as the gracious Lover of man.

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

We stand before Your life-bearing tomb unworthily, O Christ God, offering glory to Your ineffable compassion. You have accepted the Cross and death, O sinless One// to grant Resurrection to the world as the Lover of man.

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

Tone 6 You stood before the doors of the Church, / polluted with evil and unable to enter. / Accused by your own conscience, O wise one of God, / you converted to a better way of life. / Looking upon the icon of the blessed Mother of God, / you condemned all your past sins, O Mother Mary,// and went to bow before the precious Cross.

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

You stood before the doors of the Church, / polluted with evil and unable to enter. / Accused by your own conscience, O wise one of God, / you converted to a better way of life. / Looking upon the icon of the blessed Mother of God, / you condemned all your past sins, O Mother Mary,// and went to bow before the precious Cross.

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

Having worshipped at the holy places with great joy, / you received saving grace for your journey of virtue. / You set out in haste to follow the narrow path, / crossing the river Jordan, / and going to live where the Baptist had dwelt. / Through self-denial you tamed the savagery of the passions; / through violence you broke the rebellion of your flesh, // taking the Kingdom of God by force.

v. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.

You lived alone in the wilderness, / and as you erased the images of sin from your soul, / God marked it with the imprint of holiness. / Filled with the spirit, O Blessed Mother, / you walked on the surface of the waters; / by your prayers you ascended from earth to heaven. / Since you stand before Christ, O glorious Mary,// entreat Him with boldness to save our souls!

Glory to the Father, and to the Son, and to the Holy Spirit; Tone 4 (from the Lenten Triodion)

The power of Your Cross has worked a wonder, O Christ. / Through it a harlot became a champion of the ascetic life. / She cast aside her weakness and bravely fought the devil, / and having won the prize of victory,// she ceaselessly prays for our souls.

now and ever, and unto ages of ages. Amen. Tone 1 (Theotokion – Dogmatikon)

Let us praise the Virgin Mary! / The gate of heaven, the glory of the world! / The song of the angels, the beauty of the faithful! / She was born of man, yet gave birth to God! / She was revealed as the heaven, as the temple of the Godhead! / She destroyed the wall of enmity! / She commenced the peace; she opened the Kingdom! / Since she is our foundation of faith, / our defender is the Lord Whom she bore! / Courage! Courage! O People of God! / For Christ will destroy our enemies// since He is all powerful.

APOSTICHA

Tone 1 We have been freed from sufferings
by Your suffering, O Christ.
We have been delivered from corruption
by Your Resurrection.//
O Lord, glory to You!

V. The Lord is King; He is robed in majesty!

Let creation rejoice!
Let the heavens be glad!
Let the nations clap their hands with gladness,
for Christ our Savior has nailed our sins to the Cross.
Slaying death, He has given life.//
He has resurrected fallen Adam as the Lover of man.

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

As King of heaven and earth,
You were voluntarily crucified in Your love for man.
Hell was angered when it met You below.
Adam rose seeing You, the Creator, under the earth.
O wonder! How has the Life of all tasted death?
You enlightened the world which cries://
O Lord, Who rose from the dead, glory to You!

V. Holiness befits Your house, O Lord, forevermore!

The myrrhbearing women came with haste to Your tomb,
bearing myrrh and lamenting.
Not finding Your most pure body,
they learned from the angel of the new and glorious wonder.
They told the Apostles://
“The Lord is risen, granting the world great mercy.”

Glory to the Father, and to the Son, and to the Holy Spirit; Tone 2 (from the Lenten Triodion)

With the sword of abstinence,
you cut down the corrupt desires of your soul and the passions of your flesh.
With the silence of the wilderness you strangled your sinful words and thoughts.
You watered the desert with the streams of your tears,
and made the fruits of repentance to grow for us.//
We celebrate your memory, O holy one.

now and ever, and unto ages of ages. Amen. Tone 2 (Theotokion)

A new miracle surpasses all ancient miracles!
Who knows of a Mother who gave birth without a man,
who carried in her arms her Creator?
This birth is the will of God!
Since you carried Him as an infant in your arms, O most pure one,
and since you possess motherly boldness before Him,
do not cease praying for us who honor you, //
that He may be bountiful and save our souls!

TROPARIA

Tone 1 When the stone had been sealed by the Jews,
while the soldiers were guarding Your most pure body,
You rose on the third day, O Savior,
granting life to the world.
The powers of heaven therefore cried to You, O Giver of Life:
“Glory to Your Resurrection, O Christ!
Glory to Your Kingdom! //
Glory to Your dispensation, O Lover of mankind!”

Glory to the Father, and to the Son, and to the Holy Spirit, Tone 8 Troparion (St. Mary of Egypt)

The image of God was truly preserved in you, O Mother,
for you took up the Cross and followed Christ.
By so doing, you taught us to disregard the flesh for it passes away;
but to care instead for the soul, for it is immortal. //
Therefore your spirit, O holy Mother Mary, rejoices with the angels.

now and ever, and unto ages of ages. Amen. Tone 8 Resurrectional Dismissal Theotokion

For our sake You were born of the Virgin
and endured crucifixion, O Good One, destroying death by death.
Revealing the Resurrection as God, do not despise the work of Your hand!
Reveal Your love for man, O Merciful One, and accept the Theotokos praying for us, //
and save the despairing people, O our Savior!