

**ORTHROS ON SUNDAY, MAY 21, 2017; TONE 5 / EOTHINON 8**  
**SIXTH SUNDAY OF PASCHA: SUNDAY OF THE BLIND MAN**  
**~~EQUALS-TO-THE-APOSTLES~~ CONSTANTINE AND HELEN**

CONSTANTINE, PRINCE OF MUROM, AND HIS SONS MICHAEL AND THEODORE, THE WONDERWORKERS

VARIOUS ARRANGEMENTS OF "CHRIST IS RISEN"

Arabic ([slow, chant](#)) // English ([slow, chant](#)) // English-Arabic-Greek ([quick, chant](#))  
English-Greek ([slow, choral](#)) // Arabic ([slow, choral](#))

Priest: Blessed is our God always, now and ever, and unto ages of ages.

Choir: Amen.

Priest: Christ is risen from the dead, trampling down Death by death, and upon those in the tombs bestowing life!

Choir: Christ is risen from the dead, trampling down Death by death, and upon those in the tombs bestowing life! (TWICE)

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (THRICE)

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

Our Father, Who art in Heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Priest: For Thine is the kingdom and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. (Choir continues.)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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

Do Thou, Who of Thine own good will wast lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

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

O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.

LITANY

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for all pious and Orthodox Christians.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for our father and Metropolitan N., (for our Archbishop N. or Bishop N.), and for all our Brotherhood in Christ.

Choir: Lord, have mercy. (THRICE)

Priest: For Thou art a merciful God and lovest mankind, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. Bless, Father, in the Name of the Lord.

Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.

Choir: Amen.

Glory to God in the highest, and on earth peace, and good will toward men. (THRICE)

O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (TWICE)

### PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

### PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftiness all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for

scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

#### PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory. For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)  
Lord, have mercy. (THRICE)

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

#### PSALM 87

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

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy

terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

#### PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

#### PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

O Lord, give ear unto my supplication and enter not into judgment with Thy servant. (TWICE)  
Thy good Spirit shall lead me in the land of uprightness.

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

*Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)  
O our God and our Hope, glory to Thee!*

### THE GREAT LITANY

Deacon: In peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the peace from above, and for the salvation of our souls, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the peace of the whole world, for the good estate of the Holy Churches of God, and for the union of all men, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this Holy House, and for those who with faith, reverence, and fear of God, enter therein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For our father and Metropolitan N., (for our Archbishop N. or Bishop N.), for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.

Choir: Lord, have mercy.

**Deacon: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.**

**Choir: Lord, have mercy.**

Deacon: (In the United States) For the President of the United States, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.

(In Canada) For Her Majesty, the Queen, for the Prime Minister of Canada, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this city, and for every city and land, and for the faithful who dwell therein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.

Choir: Lord, have mercy.  
Deacon: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.  
Choir: Lord, have mercy.  
Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.  
Choir: Lord, have mercy.  
Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each other, and all our life unto Christ our God.  
Choir: To Thee, O Lord.  
Priest: For unto Thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit; now and ever and unto ages of ages.  
Choir: Amen.

#### **“GOD IS THE LORD” IN TONE FIVE**

Choir: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord.  
*Verse 1.* O give thanks unto the Lord and call upon His Holy Name. (*Refrain*)  
*Verse 2.* All nations compassed me about: but in the Name of the Lord will I destroy them. (*Refrain*)  
*Verse 3.* This is the Lord’s doing; it is marvelous in our eyes. (*Refrain*)

#### **RESURRECTIONAL APOLYTIKION IN TONE FIVE**

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

#### **APOLYTIKION OF SS. CONSTANTINE AND HELEN IN TONE EIGHT**

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

Having seen the image of Thy Cross in Heaven, and, like Paul, having received the call not from men, Thine apostle among kings, Constantine, entrusted the commonwealth to Thy hand, O Lord. Keep us always in peace, by the intercessions of the Theotokos, O only Lover of mankind.

#### **RESURRECTIONAL THEOTOKION IN TONE EIGHT**

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

Thou Who for our sake wast born of a Virgin, and didst suffer crucifixion, O good One, and didst despoil death through death, and as God didst reveal resurrection. Despise not those Whom Thou hast created with Thine own hand, show forth Thy love for mankind, O merciful One. Accept the intercessions of Thy mother, the Theotokos for us, and save Thy despairing people, O our Savior.

#### **THE LITTLE LITANY**

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thine is the majesty, and Thine is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

### FIFTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

#### First Kathisma

Let us laud the honored Cross of the Lord; let us honor with song His holy Burial; let us glorify His divine Resurrection; for He hath raised the dead from the graves, since He is God, and hath led captive the might of death and the power of Diabolus, and hath shed light on those who are in Hades.

(For Ss. Constantine and Helen) *Glory to the Father, and to the Son, and to the Holy Spirit.*

In thy ways thou wast another David; so didst thou receive the gift from Heaven, in the oil of the Kingdom upon thy head. The Word transcendent in essence, the Lord of all, anointed thee with the Spirit, O glorious one, and the royal scepter thou didst receive, wise Constantine, who askest that great mercy may be granted us.

(Theotokion of the Resurrectional apolytikion) *Both now and ever, and unto ages of ages. Amen.* Rejoice, O uncrossed gate; rejoice, O wall and protection of those who hasten unto thee; rejoice, O quiet haven, who hast not known wedlock, O thou who hast given birth in the flesh to thy Creator and God. Thou shalt continue to intercede for the sake of those who praise and worship thy birth-giving.

#### Second Kathisma

(\*\*Please note the special order as set forth in *The Pentecostarion*.\*\*)

The transgressors of the law, O merciful Lord, nailed Thee between two thieves and stabbed Thy side with a spear. And Thou didst submit to burial, O Thou Who didst invade the gates of Hades, and didst rise in three days. Wherefore, the women hastened to behold Thee, and told the good tidings of Thy Resurrection to the Apostles, O Savior transcendent in height, and praised of angels. Wherefore, O blessed Lord, glory to Thee.

(For Ss. Constantine and Helen) *Glory to the Father, and to the Son, and to the Holy Spirit.*

He Who was drawn up upon the Cross, the Creator of the sun and creation, drew thee near with stars from Heaven, since thou wast thyself a shining star, and He entrusted the royal dominion to thee first of all. Wherefore, we acclaim thee, O most pious King Constantine, together with Helen, thy godly-minded mother.

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

O Theotokos, transcendent in praise, O bride who hast not tried marriage, O thou who hast changed Eve's sorrow to joy, we worshipping believers give praise; for that thou didst lift us up from the first curse. And now intercede ceaselessly, O all-holy one, for our salvation.

Third Kathisma for Ss. Constantine and Helen

Thy fair and auspicious memory hath shone brightly on us, enlightening the whole world with the light of knowledge of God, O God-inspired Constantine; for among all kings thou wast shown forth as most pious, honoring the statutes of the King of the Heavens. And now, from all temptation do thou rescue us by thy prayers.

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

Be quick to anticipate our foes ere we be enslaved by them that blaspheme Thee and that menace us with their threats, O merciful Christ our God; by Thy Cross defeat them that oppose us, that they may know how mighty is the Faith of Orthodox Christians, through Thy pure Mother's prayers for us all, O only Lover of mankind.

#### **EVLOGETARIA (BENEDICTIONS) IN TONE FIVE**

*Blessed art Thou, O Lord: teach me Thy statutes.*

The company of the Angels was amazed, when they beheld Thee numbered among the dead, yet Thyself, O Savior, destroyed the power of Death, and with Thee raising up Adam and releasing all men from Hell.

*Blessed art Thou, O Lord: teach me Thy statutes.*

Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand; for the Savior is risen from the tomb.

*Blessed art Thou, O Lord: teach me Thy statutes.*

Very early in the morning did the Myrrh-bearing Women run lamenting unto Thy tomb; but an Angel came toward them saying: The time for lamentation is passed; weep not; but announce unto the Apostles the Resurrection.

*Blessed art Thou, O Lord: teach me Thy statutes.*

The Myrrh-bearing Women mourned as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them saying: Why number ye the Living among the dead? In that He is God, He is risen from the grave.

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

We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in One Essence; crying with the Seraphim: Holy, Holy, Holy art Thou, O Lord.

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

In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He Who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)  
O our God and our Hope, glory to Thee!

### THE LITTLE LITANY

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

### FIFTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)

The minds of the ointment-bearing women were dazzled by the angelic scene, and their souls with the divine Resurrection. Wherefore, they spoke to the Apostles, saying, Declare in the nations the Resurrection of the Lord, Who worketh wonders with ye, who bestoweth on us the Great Mercy.

### FIFTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)

#### First Antiphony

- + O my Lord, I sing to Thee like David in my sorrow. Save my soul from the deceitful tongues.
- + Verily, the life of the dwellers in the wilderness is a very happy one; for by divine passion are they ever carried up.
- + *Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.*
- + By the Holy Spirit are all creations seen and unseen preserved, the control thereof being in Himself Who is without doubt one of the Trinity.

#### Second Antiphony

- + Come, my soul, let us ascend the mountain yonder, whence cometh thy help.
- + O Christ, let Thy raised right hand encompass me, preserving me from all evil deceits.
- + *Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.*
- + By the Holy Spirit do we speak divinely, saying, Thou art God, Life, Love, Light and Mind. Thou art goodness; Thou dost reign for ages.

#### Third Antiphony

- + I have been filled with great joy by those who say to me, Let us go into the courts of the Lord. Verily, I have offered a constant prayer.
- + In the house of David dread wonders take place; for there is a burning fire consuming every evil mind.

- + *Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.*
- + Verily, the Holy Spirit is the Element of life and its beginning; for through Him doth every living thing breathe; as is the Father and the Word.

**PROKEIMENON FOR THE RESURRECTION IN TONE FIVE**

Arise, O my Lord and my God, for Thou dost reign to the end of time. (TWICE)

*Stichos: To Thee do I confess, O Lord, from my whole heart.*

Arise, O my Lord and my God, for Thou dost reign to the end of time.

**LET EVERYTHING THAT HATH BREATH**

Deacon: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For Holy art Thou, O our God, Who restest in the Holy Place, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

Let everything that hath breath praise the Lord. (TWICE)

*Praise ye God in His saints; praise Him in the firm foundation of His power.*

Let everything that hath breath praise the Lord.

**THE EIGHTH EOTHINON GOSPEL**

Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us pray to the Lord God.

Choir: Lord, have mercy. (THRICE)

Deacon: Wisdom! Attend! Let us hear the Holy Gospel.

Priest: Peace be to all.

Choir: And to thy spirit.

Priest: The Reading from the Holy Gospel according to Saint John (20:11-18).

Choir: Glory to Thee, O Lord, glory to Thee.

Deacon: Let us attend!

Priest: At that time, Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid Him." Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing Him to be the gardener, she said to Him, "Sir, if Thou hast carried Him away, tell me where Thou hast laid Him, and I will take Him away." Jesus said to her, "Mary." She turned and said to Him in Hebrew, "Rabboni!" (which means "Teacher"). Jesus said to her, "Do not hold Me, for I have not yet ascended to the Father; but go to my brethren and say to them, I am ascending to My Father and your Father, to

My God and your God.” Mary Magdalene went and said to the Disciples, “I have seen the Lord”; and she told them that He had said these things to her.

Choir: Glory to Thee, O Lord, glory to Thee.

Reader: In that we have beheld the Resurrection of Christ, let us bow down before the Holy Lord Jesus, the only sinless One. Thy Cross do we adore, O Christ, and Thy Holy Resurrection we praise and glorify: for Thou art our God, and we know none other beside Thee; we call upon Thy Name. O come, all ye faithful, let us adore Christ’s Holy Resurrection. For lo, through the Cross is joy come into all the world. Ever blessing the Lord, let us sing His Resurrection: for in that He endured the Cross for us, He hath destroyed Death by death.

#### PSALM 50

Reader: Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

#### TROPARIA AFTER PSALM 50 IN TONE TWO

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

Through the intercessions of the Apostles, O Thou Who art merciful, blot out all the multitudes of our transgressions.

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

Through the intercessions of the Theotokos, O Thou Who art merciful, blot out all the multitudes of our transgressions.

*Have mercy upon me, O God, according to Thy loving-kindness: according unto the multitude of Thy tender mercies blot out my transgressions.*

Jesus, having risen from the grave as He foretold, hath given unto us life eternal and Great Mercy.

### THE INTERCESSION<sup>1</sup>

Deacon: O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis, the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; *of Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim and Anna; of the holy, glorious, God-crowned and great Sovereigns Constantine and Helen, the Equals to the Apostles; and Constantine, Prince of Murom, and his sons Michael and Theodore, the Wonderworkers, whose memory we celebrate today, and of all the saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.

Choir: Lord, have mercy. (*twelve times*)

Priest: Through the mercies and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.

Choir: Amen.

### KONTAKION & OIKOS FOR BLIND MAN SUNDAY (Plain Reading)

Since my soul's noetic eyes are blind and sightless, I come unto Thee, O Christ, as did the man who was born blind. And in repentance I cry to Thee: of those in darkness Thou art the most radiant Light.

Grant me a stream of ineffable wisdom and knowledge from on high, O Christ, Thou Light of them that are in darkness and Guide of all them that are gone astray, that I may tell of those things that the divine book of the Gospel of peace hath taught, to wit, the miracle that was wrought upon the blind man; for though blind from birth, he receiveth the physical eyes as well as the eyes of the soul, as he crieth out in faith: of those in darkness Thou art the most radiant Light.

### THE SYNAXARION (Plain Reading)

On May 21 in the Holy Orthodox Church, we commemorate Constantine, Prince of Murom, and his sons Michael and Theodore, the Wonderworkers; and the holy, glorious, God-crowned and great Sovereigns Constantine and Helen, the Equals to the Apostles.

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<sup>1</sup> Saints of particular local veneration may be included among the Saints of their same classification at the discretion of the pastor.

*Verses*

As the Sovereigns had the earthly crown in common,  
So have they now in common the crown celestial.  
On the twenty-first died Constantine with his mother.

Before a great battle, a brilliant Cross appeared to Constantine in the sky during the day, completely adorned with stars and written on the Cross were these words: “By this Sign Conquer.” Astonished, the emperor ordered a large cross to be forged similar to the one that appeared to him; and that it be carried before the army. By the power of the Cross he achieved a glorious victory over the larger enemy. Immediately after that, Constantine issued the famous Edict of Milan in 313 to halt the persecution of Christians. When a discord began in the Church because of the heretic Arius, the emperor convened the First Ecumenical Council in Nicaea in 325, where the heresy was condemned and Orthodoxy confirmed. Helen, the pious mother of the emperor, visited Jerusalem, discovered the Honorable Cross of the Lord, built the Church of the Resurrection on Golgotha and other churches throughout the Holy Land. This holy woman presented herself to the Lord in her eightieth year in 327. Emperor Constantine died ten years later at age 65.

On this day, the sixth Sunday of Pascha, we celebrate the miracle wrought by our Lord and God and Savior Jesus Christ upon the man who was blind from his birth.

*Verses*

O Light of Light most perfect, and Light-provider,  
On the blind from birth, O Word, eyes Thou bestowest.

The Savior met this man, born blind and incurable after every human effort, while leaving the Temple on the Sabbath. Saints John Chrysostom, Basil the Great and Irenaeus teach that the man was born without eyes. Jesus spat into the dirt, made clay, rubbed it in his eye sockets and told him to wash in the pool of Siloam, a famous water spring in Jerusalem. The Savior did not send him there because his eye sockets were covered in clay, nor did the pool have healing power, but instead to test his faith and obedience. The blind man proclaimed that Jesus healed him, but this confession caused him to be cast out by the enemies of the truth. Even his own parents would not defend him. However, the blind man followed Jesus from that moment forward.

By Thine infinite mercy, O Christ our God, Giver of light, have mercy on us. Amen.

THE KATAVASIAS OF BLIND MAN SUNDAY CANON IN TONE FIVE

**Ode 1.** Let us praise our God and only Savior, Who led His people in the sea with feet unmoistened, and drowned Pharaoh and all his soldiers; for He is glorified.

**Ode 3.** Strengthen my mind by the power of Thy Cross, O Christ, so that I may praise and glorify Thy saving Ascension.

**Ode 4.** Hearing have I heard, O Lord, of the might of Thy Cross, through which paradise was thrown open. Wherefore, I cried: Glory to Thy might, O Lord.

**Ode 5.** Early in the morning we come unto Thee, O Lord, crying: Save us; for Thou art our God, and beside Thee we know no other.

**Ode 6.** The depth hath encompassed me, O Lord, and the whale hath become my tomb. But I cried unto Thee and Thou didst save me by Thy right hand, O Lover of mankind.

**Ode 7.** O Thou Who didst save the youths praising Thee from the midst of the consuming fire: Blessed art Thou, O God of our Fathers.

*We praise, we bless, and we worship the Lord.*

**Ode 8.** Praise, O Priests, God the Son, begotten of the Father before the ages; Who, in these last days, was incarnate from a virgin Mother. Exalt Him more and more, O nations, unto the end of time.

Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.

#### THE NINTH ODE OF THE PASCHAL CANON IN TONE ONE

*Magnify, O my soul, Him Who died of His own free will, and was buried, and did rise from the tomb on the third day.*

Shine, shine, O new Jerusalem; for the glory of the Lord hath risen upon thee. Rejoice and exult now, O Zion, and thou, O pure one, Theotokos, rejoice at the Resurrection of thy Son.

*Magnify, O my soul, the life-giving Christ, Who is risen from the tomb on the third day.*

Shine, shine, O new Jerusalem; for the glory of the Lord hath risen upon thee. Rejoice and exult now, O Zion, and thou, O pure one, Theotokos, rejoice at the Resurrection of thy Son.

*Christ is the new Pascha, a living Sacrifice, the Lamb of God Who beareth the sin of the world.*

And how noble! O how dear! O how sweet is Thy voice, O Christ; for Thou hast verily made us a true promise, that Thou shalt be with us to the end of time; a promise to which we believers hold, an anchor for our hopes, as we sing rejoicing.

*Today doth all creation rejoice and is glad; for Christ is risen, and Hades He hath despoiled.*

And how noble! O how dear! O how sweet is Thy voice, O Christ; for Thou hast verily made us a true promise, that Thou shalt be with us to the end of time; a promise to which we believers hold, an anchor for our hopes, as we sing rejoicing.

*Glory to the Father, and to the Son, and to the Holy Spirit: Magnify, O my soul, the might of the indivisible and three-personed Godhead.*

O Christ, the perfect, most exalted Pascha, O Wisdom of God, His Word and His Power, grant us that we may partake of Thee more perfectly in Thy kingdom's day, which setteth not.

*Both now, and ever, and unto ages of ages. Amen: Rejoice, O Virgin rejoice; rejoice, O blessed one; rejoice, O glorified one; for thy Son is risen from the tomb on the third day.*

O Christ, the perfect, most exalted Pascha, O Wisdom of God, His Word and His Power, grant us that we may partake of Thee more perfectly in Thy kingdom's day, which setteth not.

#### NINTH KATAVASIA OF BLIND MAN SUNDAY CANON IN TONE FIVE

In unison we believers do magnify thee, because thou didst give birth in time to the Word not bound by time; and in manner transcending every mind and utterance, thou became the Theotokos.

#### THE LITTLE LITANY

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.  
Holy is the Lord our God. (THRICE)

### THE EXAPOSTEILARION OF PASCHA IN TONE TWO

When Thou didst fall asleep in the body as mortal, O Thou Who art Lord and King, Thou didst abolish death. And on the third day Thou didst surely rise, verily raising Adam from corruption, O Thou incorruptible Pascha, O Salvation of the world.

### THE EXAPOSTEILARION OF SS. CONSTANTINE AND HELEN IN TONE TWO

*(\*\*Upon that mount in Galilee\*\*)*

Not from man did great Constantine \* with his blest mother Helen \* receive the royal sovereignty, \* but by God's grace from Heaven. \* For he beheld the divine Cross \* as a bright flashing trophy. \* With it was he victorious \* over all who opposed him, \* and he destroyed \* the deceit and error of all the idols, \* while making strong throughout the world \* Orthodox faith and practice.

### THE EXAPOSTEILARION OF BLIND MAN SUNDAY IN TONE TWO

*(\*\*Hearken, ye women\*\*)*

While passing by, our Savior found \* a blind man lacking eyes from his birth. \* And making clay with His spittle, \* the Lord anointed him with it. \* He sent the man to Siloam, \* that he might go and wash therein. \* And having washed as he was told, \* O Christ, he came away seeing, \* and he beheld Thy divine light.

### AINOI (PRAISES) IN TONE FIVE

Choir: Let everything that hath breath, praise the Lord. Praise ye the Lord from the heavens: praise Him in the heights. To Thee, O God, is due our song.

Choir: Praise ye Him, all His angels: praise ye Him, all His hosts. To Thee, O God, is due our song.

For the Resurrection in Tone Five

*Verse 1. This glory shall be to all His saints.*

The grave, O Lord, having been sealed by the transgressors of the law, Thou didst emerge from within like as Thou wast born of the Theotokos; for the incorporeal angels did not know how Thou wert incarnate. Likewise, the guardian soldiers were not aware when Thou didst rise; for these two matters were concealed from all seekers. But the wonders appeared to those who worshipped the mystery in faith. Therefore, grant us, who offer praise, joy and Great Mercy.

*Verse 2. Praise God in His sanctuary: praise Him in the firmament of His power.*

O Lord, Thou hast demolished the everlasting gates and broken asunder the chains. Thou didst rise from the tomb, leaving behind Thy wrappings and ointments in the grave, in testimony of Thy true three-day Burial, and didst go before into Galilee, O Thou Who wert kept in a cave. Great, therefore, are Thy mercies, O ineffable Savior; have mercy upon us.

*Verse 3. Praise Him for His mighty acts: praise Him according to His excellent greatness.*

The women did hasten to Thy tomb to behold Thee, O Lord, Who didst suffer for us. And when they arrived, advancing, they saw an angel sitting on the stone rolled back from fear. And he shouted to them, saying, The Lord hath risen. Go and tell the Disciples that the Savior of our souls is risen from the dead.

**For Ss. Constantine and Helen in Tone Eight (\*\*O strange wonder\*\*)**

*Verse 4. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.*

Rejoice, O great and all-wise Constantine, \* thou fount of Orthodox Faith, \* that dost water continually \* all the lands beneath the sun \* with thy sweet and delightful streams. \* Rejoice, O root from the which there sprouted forth \* the fruit that nourisheth Christ's most holy Church. \* Rejoice, thou most glorious \* boast and fame of all the farthest ends of earth, \* first of Christian kings. Rejoice, thou joy of faithful men.

*Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.*

Since the King of all created things \* foresaw thy goodness of heart \* and thy ready obedience, \* He through reason captured thee \* when unreason ruled over thee; \* and having made thee to shine in heart and mind \* with certain knowledge of godly piety, \* He showed thee to the world \* as a shining sun that sendeth forth the beams \* of all godly deeds, O wise and glorious Constantine.

*Verse 6. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.*

When like choicest earth thou hadst received \* the doctrines taught of the Lord, \* O all-wise Helen praised of all, \* thou didst sprout abundant fruit \* of right virtuous life and works, \* thereby providing our minds with nourishment \* through the example of thy good way of life. \* Wherefore, we celebrate \* thy memorial today with great delight, \* keeping solemn festival with exultation and joy.

**THE PASCHAL STICHERA IN TONE FIVE**

*Verse 1. Let God arise, and let His enemies be scattered, and let those who hate Him flee from before His face.*

Today Christ, our saving Pascha, hath been revealed unto us a noble Pascha; the Pascha new and holy; the mystical Pascha; the Pascha all august; the blameless Pascha; the great Pascha; the Pascha of the faithful; the Pascha which openeth unto us the gates of paradise; the Pascha which sanctifieth all the faithful.

*Verse 2. As smoke vanisheth, so let them vanish; as wax melteth before the fire.*

O come from the vision, ye women, heralds of good tidings, and say ye unto Zion: Receive from us the glad tidings of the joy of the Resurrection of Christ. Rejoice, O Jerusalem, and leap for joy, in that thou beholdest Christ the King like a bridegroom come forth from the grave.

*Verse 3. So let sinners perish at the presence of God, and let the righteous be glad.*

When the ointment-bearing women stood, very early in the morning, before the tomb of the Life-giver, they found an angel sitting upon the stone. And he cried out unto them, saying: Why seek ye the Living among the dead? Why mourn ye the Incorruptible amidst corruption? Go, proclaim the glad tidings to His Disciples.

*Verse 4. This is the day which the Lord hath made; let us rejoice and be glad therein.*

The joyful Pascha, the Pascha of the Lord, the Pascha all majestic hath shone upon us! The Pascha in which we embrace one another with joy! O what a Pascha, delivering from sorrow! For today from the tomb, as from a chamber Christ shone, and hath filled the women with joy, saying: Proclaim the glad tidings to the Apostles.

### **THE DOXASTICON FOR SS. CONSTANTINE AND HELEN IN TONE EIGHT**

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

The King of kings and God, Who adorneth the worthy with rich gifts, hath caught thee, O Constantine, with the sign of the Cross, as He did the ever-memorable Paul, saying: By this thou shalt conquer. And having sought the Cross with thy godly-minded mother, finding it according to thy desire, thou didst put thine enemies to flight. Wherefore, with her, beseech thou Him Who is alone the Lover of mankind, in behalf of the Orthodox kings and Christ-loving soldiers and all those who celebrate thy memorial in faith, to deliver them from every opposition.

### **THE DOXASTICON OF THE BLIND MAN IN TONE EIGHT**

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

Who shall declare Thy might, O Christ? And who shall number the multitude of Thy wonders? For as Thou wast doubly seen in Thy goodness on earth, so didst Thou doubly grant healing to the sick; for not only didst Thou heal the bodily eyes of the man born blind from the womb, but the eyes of his soul also. Wherefore, he confessed that Thou art a hidden God, granting all the Great Mercy.

### **THE GREAT DOXOLOGY IN TONE EIGHT**

- + Glory to Thee, Who hast shown us the Light; Glory to God in the highest, and on earth peace, good will among men.
- + We praise Thee, we bless Thee, we worship Thee, we glorify Thee; we give thanks unto Thee for Thy great glory.
- + O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.
- + O Lord God, Lamb of God, Son of the Father, Who takest away the sin of the world, have mercy on us; O Thou Who takest away the sins of the world.
- + Receive our prayer, O Thou Who sittest at the right hand of the Father, and have mercy on us.
- + For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.
- + Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.
- + Vouchsafe, O Lord, to keep us this day without sin.
- + Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.
- + Let Thy mercy, O Lord, be upon us, as we do put our hope in Thee.
- + Blessed art Thou, O Lord: teach me Thy statutes. (THRICE)
- + Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.
- + Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.
- + For with Thee is the fountain of life: in Thy light shall we see light.
- + O continue Thy loving-kindness unto them that know Thee.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)
- + Glory to the Father, and to the Son, and to the Holy Spirit:

- + Both now and ever, and unto ages of ages. Amen.
- + Holy Immortal: have mercy on us.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us.

### TROPARION IN TONE EIGHT

Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of Death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.

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