

LITURGICAL VARIABLES – SUNDAY, MAY 19, 2024

*Sunday of the Myrrh-Bearing Women,
Pious Joseph of Arimathea, & Righteous Nicodemus*

FIRST ANTIPHON

Shout with joy to God, all the earth; sing to His Name, give glory to His praises.

Refrain: Through the intercessions of the Theotokos, O Savior, save us!

Say to God: How awesome are Thy works; let all the earth worship Thee, and sing to Thee. Let it sing a song to Thy Name, O Most High. *(Refrain)*

Glory...Both now...*(Refrain)*

SECOND ANTIPHON

May God have mercy upon us, and bless us, and may He cause His face to shine upon us, and have mercy upon us.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee: Alleluia!

That Thy way may be known upon earth, Thy salvation among all nations; let the peoples give thanks to Thee, O God, let all the peoples give thanks to Thee.

(Refrain)

May God bless us, and may all the ends of the earth fear Him. *(Refrain)*

Glory...Both now...O Only-begotten Son...

THIRD ANTIPHON

Let God arise, and let His enemies be scattered, and let those that hate Him flee from before His face.

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

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

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

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

ENTRANCE HYMN OF THE RESURRECTION

In the gathering places bless ye God the Lord, from the springs of Israel. Save us, O Son of God, **Who art risen from the dead**, who sing to Thee: Alleluia!

• *After the Entrance, sing the hymns in the following order below:*

APOLYTIKION OF THE RESURRECTION (TONE 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION OF JOSEPH OF ARIMATHAEA (TONE 2)

The noble Joseph, taking Thine immaculate Body down from the Tree, and having wrapped It in pure linen and spices, laid It for burial in a new tomb. But on the third day Thou didst arise, O Lord, granting to the world Great Mercy.

APOLYTIKION OF THE MYRRH-BEARING WOMEN (TONE 2)

Unto the myrrh-bearing women did the Angel cry out as he stood by the grave: Myrrh-oils are meet for the dead, but Christ hath proved to be a stranger to corruption. But cry out: The Lord is risen, granting to the world Great Mercy.

APOLYTIKION OF ST. NICHOLAS (TONE 4)

In truth you were revealed to your flock, as a rule of faith, a model of meekness and a teacher of self-control. Therefore, you have won the heights by humility, riches by poverty. Holy Father, Bishop Nicholas, intercede with Christ our God that our souls may be saved.

KONTAKION OF PASCHA (TONE 8)

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

THE EPISTLE

The Lord is my strength and my song.

With chastisement has the Lord chastened me.

Reading from the Acts of the Apostles (6:1-7)

In those days, when the number of the disciples was multiplying, the Hellenists murmured against the Hebrews because their widows were neglected in the daily ministry. And the twelve summoned the multitude of the disciples and said: "It is not right that we should forsake the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good report, full of the Spirit and of wisdom, whom we may appoint to this duty. And we will devote ourselves to prayer and to the ministry of the word." And the saying pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Próchoros, and Nikánor, and Tímon, and Parmenás, and Nikólaos 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 in Jerusalem exceedingly, and a great company of the priests were obedient to the faith.

Reading from the Holy Gospel according to St. Mark (15:43-16:8)

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the Kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if He were already dead; and summoning the centurion, he asked him whether Jesus was already dead. And when he learned from the centurion that He was dead, he granted the body to Joseph. And he bought a linen shroud, and taking Him down, wrapped Him in the linen shroud, and laid Him in a tomb, which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joseph saw where He was laid. And when the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint Jesus. And very early in the morning, on the first day of the week, they came to the tomb at the rising of the sun. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back – it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a long white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, Who was crucified. He is risen; He is not here; see the place where they laid Him. But go, tell His disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out quickly and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

Paschal Greetings & Troparion in Various Languages

It is customary to greet Orthodox Christians with the paschal greeting during the Paschal Season; we've included a few to know below:

Language	Greeting	Response
English	Christ is risen!	Truly, He is risen!
Arabic	Al Masseh qam!	Haqqan qam!
Greek	Christos anesti!	Alithos anesti!
Romanian	Kristos a Inviat!	Adeverat a Inviat!
Russian	Khristos voskrese!	Voistinu voskrese!
Spanish	Cristo ha resucitado!	En verdad ha resucitado!
Ukrainian	Khristos voskres!	Voistinu voskres!

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

Arabic: Al Masseh qam min bayna'lamwat wawati'a'lmawt bil mawt, wawa haba'lhayat liladhina filqubur!

Greek: Christos anesti ek nekron, thanato thanaton patisas, kai teis en tis mni ma si zpoihn charisamenos!



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Welcome to our church community! We are blessed to have you worshipping with us today. We are the jurisdiction of the Orthodox Christian Church whose roots trace directly back to first century Antioch, the city in which the disciples of Jesus Christ were first called "Christians" (Acts 11:26). The Orthodox Church is the oldest and second largest Christian group in the world. We are called by God our creator to worship and follow Him, and to proclaim to the world His message of love, peace and salvation.