Saint Spyridon Orthodox Church

Journey to Pascha

A Guide to Holy Week & Pascha from Home

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Dear Brothers and Sisters of the Light,

One of the original titles for a Christian is light bearer. In days that are darkened by sickness and death, this title is more important than ever to recall. Each one of us bears a sacred responsibility to be stewards of the Light of Christ. This light illumines all people and shines without wavering in every age.

We set out together this Lenten season to keep our lamps lit with the oil of mercy in order that we might meet the Bridegroom. Having come to the conclusion of the Lenten journey, we now embark on the last days of our walk towards the light of the empty tomb, Pascha! We make this journey amidst the current fear, but we do not despair, knowing that while in the world we have tribulation. We take courage, for Jesus has overcome the world (John 16:33).

Holy Week is a special time to reflect on the light of Christ and to foster more deeply that light in each of us. In doing this we seek to cast out darkness by witnessing to the light. Our focus, like a honeybee, is on the sweet nectar found in every flower and thus in every situation. Without becoming simplistic or naive we attempt to live in God's blessings and through celebrating what is good we find a way to improve our lives and the lives of others.

Celebrating Holy Week this year in our homes is a special pilgrimage. It will be unlike years past when we gathered freely. Yet it will be no less important, sacred, or special. The choice to celebrate Holy Week is always freely made and made possible by God's grace and our participation. So I appeal to you to mark this sacred week in your homes with fervor, with joy, and with spiritual watchfulness. Recall that through the centuries this time has often been overshadowed by wars, famines, plagues, and the like. Yet it, like the Light of Christ, has never been extinguished. In fact, it is in times like this that the Good News of Christ's Victory over death is more joyously celebrated.

I look forward to sharing this journey with you and keeping my lamp lit to meet the Bridegroom. May the peace of God which surpasses all human experience and understanding penetrate into each of your hearts this Holy Week and with lamps burning brightly may each of us enter into the wedding feast with Christ!

With love and prayers,

Father Evan

Lazarus Saturday

Service & Description

9:30AM ~ Divine Liturgy
Livestream Service: **saintspyridon.church/live.php**
(click to visit link)

Lazarus Saturday signifies the end of Great Lent. It also marks the beginning of "real-time" in which we enter the daily life of Christ culminating with his betrayal, death on the Cross, and ultimate victory over death. This first moment after this 40 day journey we find ourselves at a tomb – not yet the tomb of Christ, but his friend Lazarus. Christ comes face to face with a reality that was never meant to be a reality, an aspect of the world that was not a part of creation – death. His only response is to weep. His sorrow is not limited to the death of his friend Lazarus (because he knows that Lazarus will soon live again). Instead, Christ's sorrow is a foreshadowing of His own encounter with death on the cross. But whereas Lazarus will die again, Christ's Resurrection will last forever.

Readings

Hebrews 12:28 – 13:8
John 11:1-45

I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die.

John 11:25 - 26

Hymns

Listen to recordings at
youtube.com/c/SaintSpyridonOrthodoxChurch
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Apolytikion

By raising Lazarus from the dead before Your Passion, You confirmed the universal resurrection, O Christ God! Like the children with palms of victory, we cry out to You, O Vanquisher of Death; Hosanna in the highest! Blessed is He that comes in the name of the Lord!

Kontakion

Christ - the Joy, the Truth, and the Light of All, the Life of the World and the Resurrection - has appeared in his goodness to those on earth. He has become the Image of our resurrection, granting divine forgiveness to all.

Lazarákia Cookies

Lazarákia ("Little Lazaruses") are small, sweet spice breads, made on Lazarus Saturday. They are eaten to celebrate the miracle of Jesus raising Lazarus from the dead. They are shaped like a man wrapped in a shroud, St. Lazarus of Bethany, and use cloves for eyes.

Ingredients

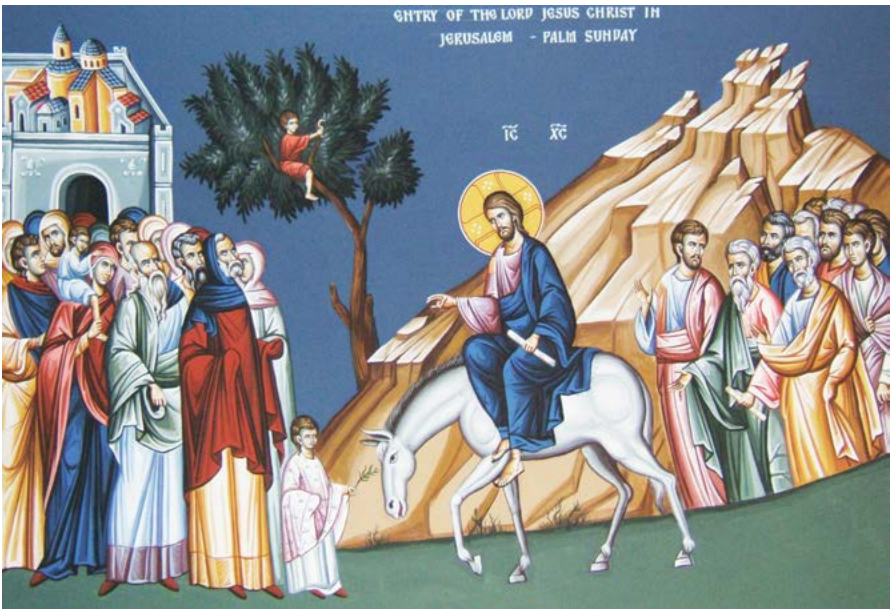
- 4 ½ tsp. yeast
- 12-14 cups all purpose flour
- 1 ½ cups sugar
- 3 tsp. salt
- 2 ½ to 3 cups lukewarm water
- 1/2 cup vegetable oil
- 1 tsp. cinnamon
- 1 tsp. mahlepi
- 1/2 tsp mastiha powder
- Sesame seeds
- Whole cloves for the eyes & mouth
- Olive oil for brushing

Directions

Preheat oven to 350 degrees. Dissolve yeast in ½ cup of the 2 ½ – 3 cups lukewarm water. Add sugar and salt and stir well. Add remaining water, oil, cinnamon, mahlepi, masticha, and 6 cups flour, and stir the mixture until creamy. Slowly add enough of remaining flour to make a medium, not sticky, dough.

Divide dough into however many Lazarakia you'd like and roll into logs. Cut slits for arms and legs. Cross arms across chest. Place the cloves, making them look like eyes and mouth. Place on slightly greased cookie sheets, sprinkle with sesame seeds, cover with towel and let rise for about an hour or until almost doubled in size.

Bake Lazarakia for 20-30 minutes or until golden. When ready brush Lazarakia with some olive oil.


ENTRY OF THE LORD JESUS CHRIST IN
JERUSALEM - PALM SUNDAY
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Palm Sunday

Service & Description

9:30AM ~ Divine Liturgy
Livestream Service: **saintspyridon.church/live.php**
(click to visit link)

"Hosanna in the Highest! Blessed is he who comes in the name of the Lord." The people cry out this exaltation as Christ enters Jerusalem, laying palms and garments under the hooves of his colt. They go out to see the man that performed the great miracle of raising Lazarus from the dead. By laying the palms and garments at Christ's feet, they recognize Him as a returning king, high priest, and the coming Messiah. But those present at His triumphant entry would soon become the same people that would call for His crucifixion when they realize he doesn't come as an earthly king. As the week passes, those standing by Christ will dwindle, and even His closest friends will abandon Him. Today we are called to follow Christ and along with him, be crucified and resurrected.

Readings

VESPERS: Genesis 49:1,8-12; Zephaniah 3:14-19; Zechariah 9:9-15
ORTHROS: Matthew 21:1-17
DIVINE LITURGY: Philippians 4:4-9; John 12:1-18

Rejoice greatly, O daughter of Zion! Shout, O daughter of Jerusalem! Behold, your King is coming to you; He is just and having salvation, lowly and riding on a donkey, a colt, the foal of a donkey.

Zechariah 9:9

Hymns

Listen to recordings at
youtube.com/c/SaintSpyridonOrthodoxChurch
(click to visit link)

Apolytikion

As by baptism we were burried with Thee, O Christ our God, so by Thy Resurrection we were deemed worthy of immortal life; and praising Thee, we cry: Hosanna in the highest; blessed is He that cometh in the Name of the Lord.

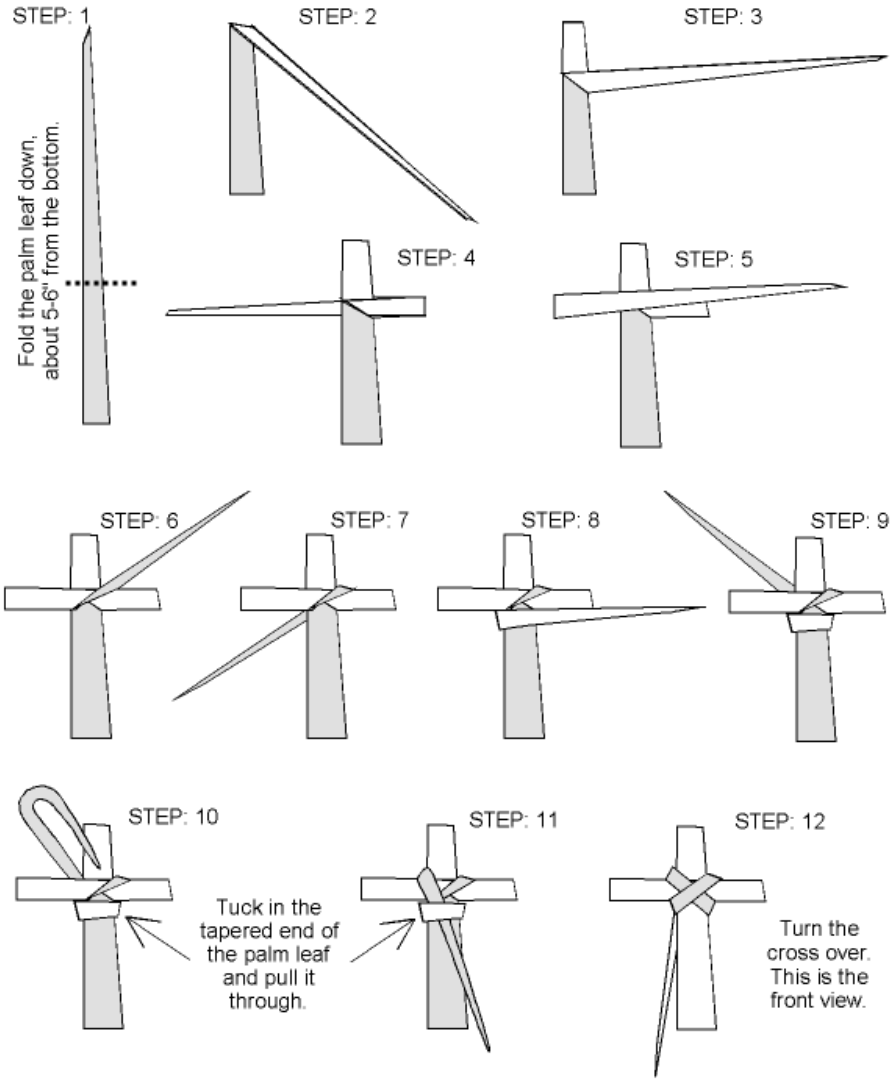
Kontakion

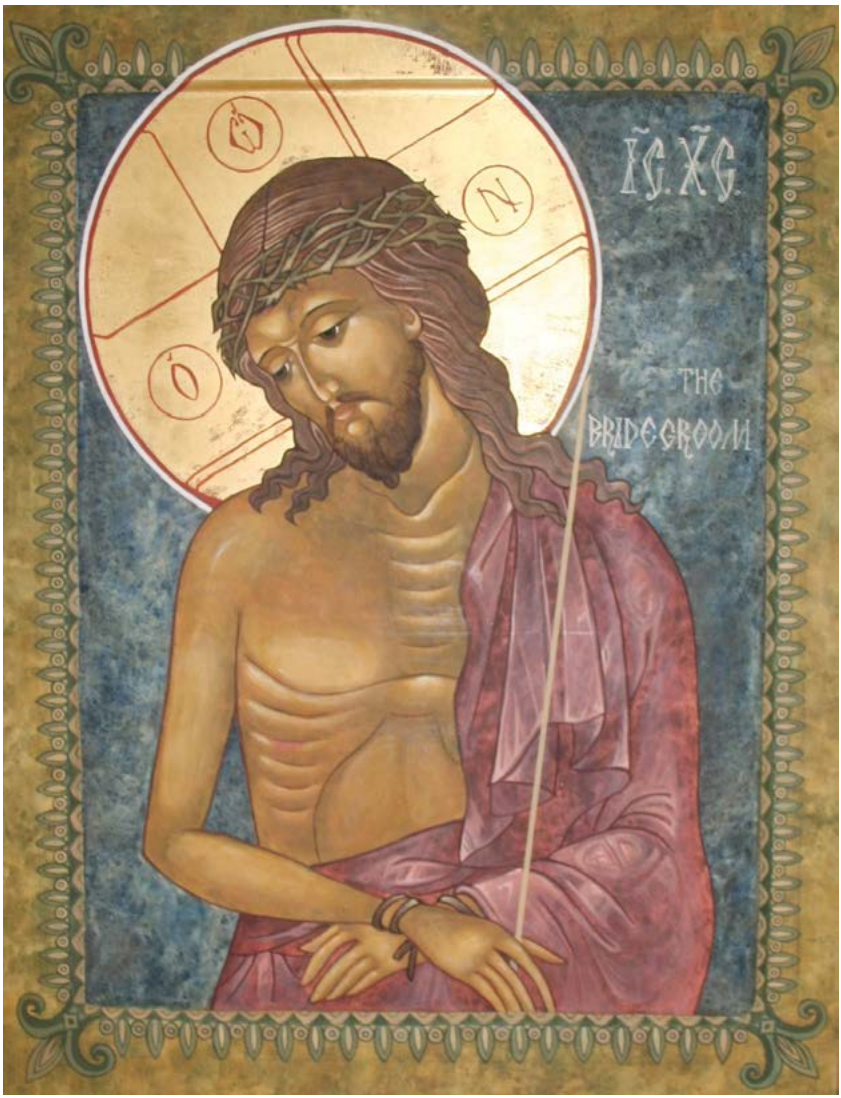
Sitting on Your throne in heaven, carried on a foal on earth, O Christ God. Accept the praise of angels and songs of children who sing: Blessed is He that comes to recall Adam.

Make your Own Palm Cross

Palm Leaf Cross Directions

Supplies: One palm leaf strip about 24-26" in length, 1/2" in width, tapering to the end.





Bridegroom Services

Service & Description

9:30AM ~ Divine Liturgy
Livestream Service: **saintspyridon.church/live.php**
(click to visit link)

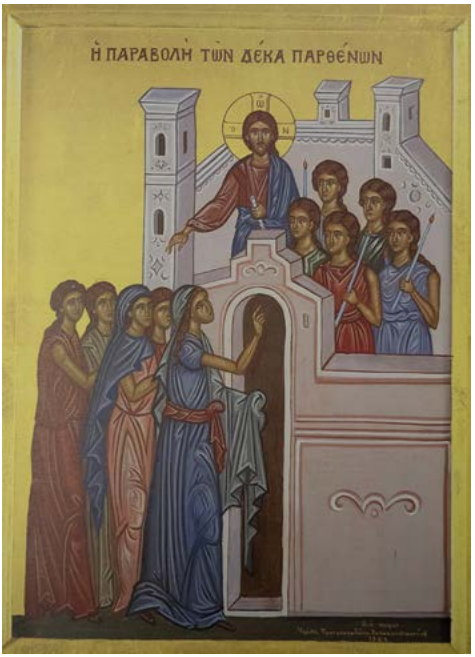
The Bridegroom Matins serves as the entry into Great and Holy Week. During the first service, the icon of the Bridegroom is processed around the church and placed at the center of the solea. Whereas we typically think of a bridegroom as adorned with rich clothing and full of joy, our Bridegroom, Jesus Christ, is adorned with a robe of mockery, is beaten, and wears a crown of thorns upon his head. Christ comes not to wed Himself to those who are perfect, but to heal those who are broken. And so he takes on our brokenness and sorrow. These first three days of Great and Holy Week create three contrasts: the first between Joseph the son of Jacob and the cursed fig tree; the second being the five wise and five foolish virgins; and the third is the difference between the woman who anoints Christ's feet and the betrayal of Judas.

Readings

SUNDAY: Matthew 21:18-43
MONDAY: Matthew 22:15-46, 23:1-39
TUESDAY: John 12:17-50

Themes of Bridegroom Services

iconreader.wordpress.com/2013/04/30/icons-for-holy-monday-christ-cursing-the-fig-tree/megalideytera04/



Fr. Ted, flickr.com/photos/frted/30917710458

skete.com/product/christ-at-bethany-f83/

Hymns

Listen to recordings at
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Troparion

Behold, the Bridegroom cometh in the middle of the night, and blessed is that servant whom He shall find watching; and again unworthy is he whom He shall find heedless. Beware, therefore, O my soul, lest thou be overcome with sleep, lest thou be given up to death, and be shut out from the Kingdom. But rouse thyself and cry: Holy, Holy, Holy art Thou, O God, through the Mother of God have mercy on us.

Exapostelarion

Thy bridal chamber, O my Saviour, do I behold all adorned, and a garment I have not that I may enter therein. Illumine the garment of my soul, O Giver of Light, and save me.

Icon Procession

On Sunday evening, take an icon of Christ and process as a family around your home. Use the music provided in this booklet to sing the troparion of the Bridegroom as you process or sing along with the chanter if you are watching the livestream.

Biblical Themes

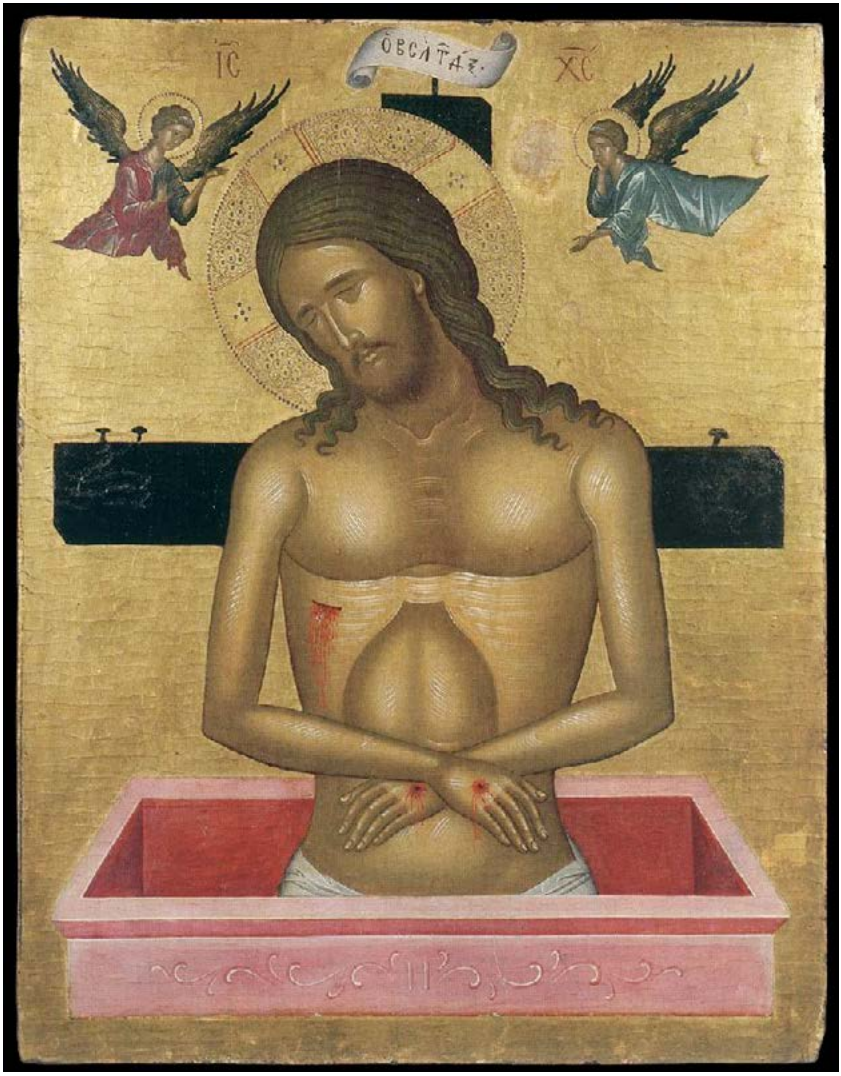
Use your Bible or children's Bible to read the stories referenced as themes in each of the Bridegroom services.

- Joseph the Patriarch: Genesis 37-50
  Fear not ... As for you, you meant evil against me; but God meant it for good, to bring about that many people should be kept alive, as they are today. So do not fear; I will provide for you and your little ones. Thus he reassured them and comforted them (Genesis 50:19-21).

- Parable of the Ten Virgins: Matthew 25:1-13

- Parable of the Talents: Matthew 25:14-30
  His lord said to him, *Well done, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord* (Matthew 25:23).

- The Women who Anointed Christ: Matthew 26:6-13
  Assuredly, I say to you, wherever this gospel is preached in the whole world, what this woman has done will also be told as a memorial to her (Matthew 26:13).



Holy Wednesday

Service & Description

7:00PM ~ Holy Unction
Livestream Service: **saintspyridon.church/live.php**
(click to visit link)

The service of Holy Unction was not originally part of Holy Week. It entered into the services of Holy Week as a means of reconciliation and healing. During this life-saving time of the year, we can easily be struck in our souls and bodies and yearn for a return to God. Unction provides us with this opportunity to enter into the final days of Holy Week, healed of both soul and body. There are seven epistles, gospels, and prayers that are said throughout the course of the service, each one calling to mind the healing work of God.

Readings

There are seven sets of Epistle and Gospel readings and prayers.

1.) James 5:10-16; Luke: 10:25-37
2.) Romans 15:1-7; Luke 19:1-10
3.) I Corinthians 12:27-31;13:1-8;
Matthew 10:1, 5-8
4.) II Corinthians 6:16-18, 7:1; Matthew 8:14-23
5.) II Corinthians 1:8-11; Matthew 25:1-13
6.) Galatians 5:22-6:2; Matthew 15:21-28
7.) I Thessalonians 5:14-23; Matthew 9:9-13

Each of the seven prayers asks for the remission of our sins, for the healing of our souls, and bodies and for life everlasting.

Hymns

Listen to recordings at
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Troparion

Thou who alone art a speedy succor, O Christ, manifest Thy speedy visitation from on high upon Thy sick servants; deliver them from their infirmities and cruel pain; and raise them up again to sing praises unto Thee, and without ceasing to glorify Thee; through the prayers of the Birth-Giver of God, O Thou who alone lovest mankind.

Since you have a fountain of healings, O holy Unmercenaries, you dispense cures to all in need, for you have been granted very great gifts from the ever-flowing wellspring of Christ our Savior. The Lord says to you who emulate the zeal of the Apostles, "Behold, I have given you authority over unclean spirits, so that you might drive them out and cure every disease and illness." Having truly lived according to His commandments, freely you received and therefore freely you give, healing the ailments of our souls and our bodies.

Look down, most pure Virgin, upon the supplications of your servants and crush the assaults of our enemies, delivering us from all affliction. You are the only sure and secure anchor that we have, and you are our protection. Never permit us who call upon you, Our Lady, to be put to shame. Hasten to fulfill the entreaties of those who in faith cry to you: Rejoice, O Lady, helper of all, the joy and protection, and the salvation of our souls.

Prosphora Recipe

Prosphora is traditionally made in the homes of the faithful on Holy Wednesday in preparation for Thursday's Liturgy of Saint Basil, at which the institution of the Holy Eucharist is commemorated.

Ingredients

- 4 cups all-purpose flour
- 1 tsp. salt
- 1 package dry yeast (2 ¼ tsp.)
- 1 ½ cups very warm water (more or less, as needed)

Directions

Mix dry ingredients together. Add water slowly, mixing well until a dough is formed. If using a Kitchen Aid, mix with a dough hook for about 8 minutes. If kneading by hand, knead for 20 minutes.

Add flour or water as needed to form a soft dough. The consistency should be such that the dough does not stick to the sides of the bowl.

Place the dough onto a floured surface, knead and form into a ball. Place in a bowl, cover with a clean cloth, and let rise until double in size about 30 minutes.

Once the dough has risen, punch down and let it rest for a few minutes. Pinch off about 1/3 of the dough. Knead, popping air bubbles with a toothpick, then form into a ball with a very smooth surface. Thoroughly flour a prosphora seal and press it firmly into the dough. Repeat this process for the remaining dough.

Allow each loaf to set for at least 10 minutes. Bake in a preheated oven at 350 degrees for about 1 hour. When done, immediately remove from the pan and let cool on a rack.

Holy Thursday

Service & Description

9:30AM ~ Divine Liturgy | 7:00PM ~ Twelve Gospels
Livestream Services: **saintspyridon.church/live.php**
(click to visit link)

Holy Thursday brings us into the most intimate times of Christ's life – the establishment of the Mystical Supper and His death on the cross. During the service of the Mystical Supper on Saturday morning the center piece of a prosphora, called a lamb, is consecrated and placed on the altar for the year. It will then be offered to those who are sick throughout the year. This service, which sees the institution of the Eucharist, beseeches us to receive, eat, and drink the Body and Blood of Christ. The exhortation is not once, but always – bringing to the present the saving action of God and His continuous presence. His presence and action in our lives comes into greatest focus in the service of the Passion Gospels. Christ offers Himself up for the life of the world, that we may be made perfect in Him and through Him. Christ's suffering is not redemptive by itself, but rather, by uniting Himself to our suffering, we are given the opportunity to unite ourselves to Him, which gives purpose to our suffering. The Twelve Gospels are read and followed by hymns, culminating in the 15th Antiphon: "Today is Suspended on the Cross." But where sorrow is present, the light of Christ comes to illumine all people. Even in this dark moment, the Twelfth Gospel begins to hint at Christ's Glorious Resurrection.

Readings

LITURGY: I Corinthians 11:23-32; Matthew 26:2-20; John 13:3-17; Matthew 26:21-39; Luke 22:43-45; Matthew 26:40-27:2.

TWELVE GOSPELS SERVICE: John 13:31-18:1, John 18:1-29, Matthew 26:57-75, John 18:28-19:16, Matthew 27:3-32, Mark 15:16-32, Matthew 27:33-54, Luke 23:32-49, John 19:38-42, Mark 15:43-47, John 19:38-42, Matthew 27:62-66

Hymns

Listen to recordings at
youtube.com/c/SaintSpyridonOrthodoxChurch
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Troparion

When the glorious disciples were enlightened at the washing of their feet before the supper, the impious Judas was darkened by the disease of avarice, and to the lawless judges he betrayed You, the Righteous Judge. Behold, this man because of avarice hanged himself. Flee from the insatiable desire which dared such things against the Master! O Lord Who deals righteously with all, glory to You!

Communion Hymn

Receive me today, Son of God, as a partaker of Your mystical Supper. I will not reveal Your mystery to Your adversaries. Nor will I give You a kiss as did Judas. But as the thief I confess to You: Lord, remember me in Your Kingdom.

15th Antiphon

Today is suspended on a tree He who suspended the earth upon the waters.
The King of the angels is decked with a crown of thorns.
He who wraps the heavens in clouds is wrapped in the purple of mockery.
He who freed Adam in the Jordan is slapped on the face.
The Bridegroom of the Church is affixed to the Cross with nails.
The Son of the Virgin is pierced by a spear.
We worship Thy passion, O Christ.
We worship Thy passion, O Christ.
We worship Thy passion, O Christ.
Show us also Thy glorious resurrection.

Lighting Your Candles

If watching the Twelve Passion Gospels service on the livestream, light a candle at the conclusion of each gospel reading. This activity can also be done earlier in the day (with younger children) by reading the gospels on your own and lighting a candle for each one.

Dying Red Eggs

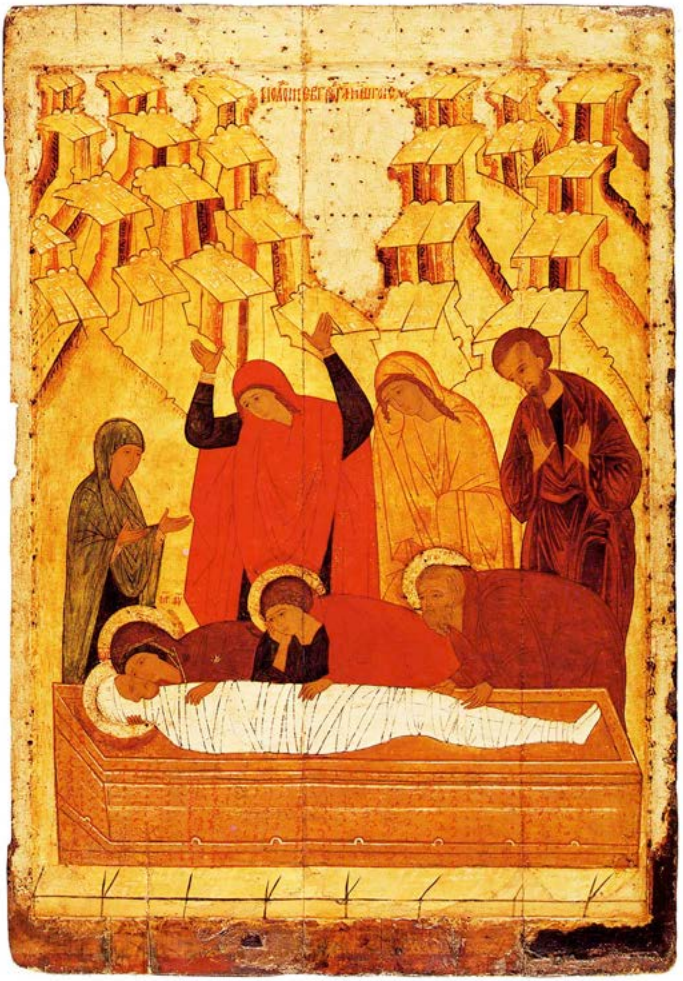
Today we begin making preparations for Pascha. The tradition of the red eggs comes the story of Mary Magdalene and her visit to the Emperor of Rome following the Resurrection. To announce her visit, Mary greeted the Emperor with "Christ has risen," whereupon he pointed to an egg on his table and stated, "Christ has no more risen than that egg is red." After making this statement it is said the egg immediately turned blood red.

Ingredients

- 12 hard-boiled eggs
- 1 tsp vinegar
- ½ cup boiling water
- 25 drops red food coloring
- Cooling rack

Directions

Hard boil the eggs and allow them to cool completely. In a glass bowl mix hot water, vinegar, and food coloring. Place 2-3 eggs in the glass bowl and use a metal spoon to scoop the red liquid onto the eggs, turning to make sure color evenly coats the eggs. This may take 2-5 minutes to fully dye the eggs. Place the dyed eggs on a cooling rack to drain. Repeat with the remaining hard-boiled eggs. Place in the refrigerator and save for Sunday!



Holy Friday

Service & Description

9:30AM ~ Royal Hours | 3:00PM ~ Taking Down from the Cross Vespers | 7:00PM ~ Lamentations of Christ
Livestream Services: **saintspyridon.church/live.php**
(click to visit link)

On Holy Friday Christ is found dead, hung upon the tree of old. The three services of Friday follow the events proceeding the crucifixion. The Royal Hours of Friday morning remind us of the events of the crucifixion. The service of the Taking Down from the Cross depicts Joseph of Arimathea going to Pilate to ask for the body of Jesus. In the evening we participate in the funeral and entombment of Christ. During this last service we sing the hymns of the Lamentations. We richly adorn the tomb (Kouvouklion) with flowers, sprinkle it with rose water, and place the body of Christ (Epitaphios) inside. We then process around the church with the Kouvouklion chanting: "Holy God, Holy Mighty, Holy Immortal One, have mercy on us."

Readings

Royal Hours

- First Hour: Zechariah 11:10-13, Galatians 6:14-18, Matthew 27:1-56
- Third Hour: Isaiah 50:4-11, Romans 5:6-10, Mark 15:6-41
- Sixth Hour: Isaiah 52:13-54:1, Hebrews 2:11-18; Luke 23:32-49
- Ninth Hour: Jeremiah 11:18-23,12:1-5,9-11,14-15, Hebrews 10:19-31, John 18:28-19:37

Vespers

Exodus 33:11-23; Job 42:12-17; Isaiah 52:13-54:1; I Corinthians 1:18-2:2; Matthew 27:1-38; Luke 23:39-43; Matthew 27:39-54; John 19:31-37; Matthew 27:55-61

The Lamentations

Ezekiel 37:1-14; I Corinthians 5:6-8; Galatians 3:13-14; and Matthew 27:62-66

Hymns

Listen to recordings at
youtube.com/c/SaintSpyridonOrthodoxChurch
(click to visit link)

The Lamentations

In the grave they laid Thee,
O My Life and My Christ
And the armies of the Angels was so amazed,
As they sang the praise of Thy submissive love!

O my sweet Lord Jesus
My salvation, my light
How art Thou now by a grave and its darkness hid?
How unspeakable the mystery of Thy Love!

Gone the Light the world knew.
Gone the Light that was mine.
O my Jesus, Thou art all of my heart' desire;
So the Virgin spake lamenting at Thy grave.

Who will give me water,
For the tears I must weep?
So the maiden wed to God cried with loud lament;
That for my sweet Jesus I may rightly mourn.

All we call Thee blessed,
Theotokos, most pure.
And with faithful hearts we honour the burial
Suffered three days by Thy Son who is our God.

How O life canst Thou die?
In a grave how canst dwell?
For the proud domain of death Thou destroyest now
And the dead of hades makest Thou to rise.

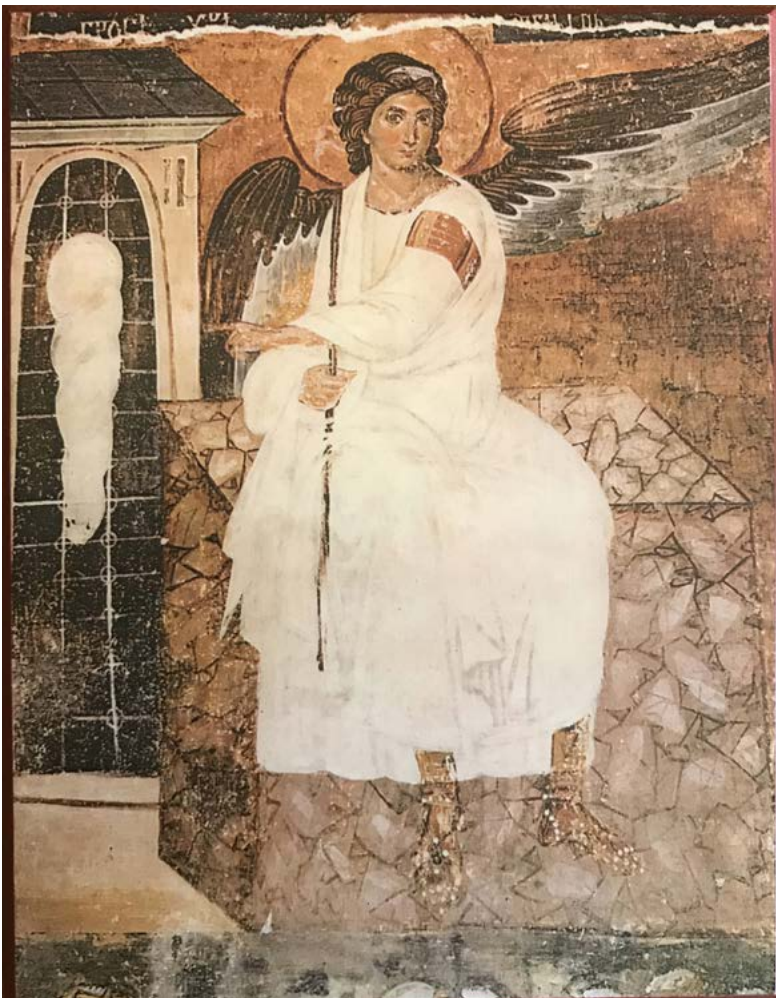
Now we magnify Thee,
O Lord Jesus our King.
And we venerate Thy passion and burial,
For therewith hast Thou delivered us from death.

Wear White

In the middle of the service of the Lamentations of Christ, the priest changes his vestments, puts on white and we catch the first glimpse of the Resurrection. Many of our young girls wear white at this service and process as myrrh-bearers around the tomb of Christ. Additionally at this service, we recommit ourselves to our baptism as we enter into the death and resurrection of our Lord by going under the Kouvouklion. Wear the white garments you already have and remind yourself of the white garment worn at your baptism.

Decorate the Kouvouklion

In your homes, do what you can to decorate the tomb of Christ. One idea is to cut large windows in the sides of a cardboard box (leaving the corners as pillars to hold its shape), creating a cardboard tomb. You can then decorate it with flowers from your yard, or with flowers that we've made from tissue paper or construction paper. Then you can use the tomb to process throughout the weekend, just as you do in church. Another idea is to print an icon of the Epitaphios, place it on the altar in your home, and decorate the edges of the icon with flowers.



Holy Saturday

Service & Description

9:30AM ~ Divine Liturgy
Livestream Service: **saintspyridon.church/live.php**
(click to visit link)

Holy Saturday morning is called the First Resurrection. Christ, dying on the cross, descends into Hades. The door open to a man and Hades finds himself face to face with God. Hades is ravaged and death, the last weapon of the devil, is destroyed. Those in Hades are freed, and Christ pulls Adam and Eve out of their ancient tomb. And just like God did after creating the heavens and the earth, Jesus rests on the Sabbath.

Readings

Exodus 13:20-15:19; Daniel 3:1-88; Romans 6:3-11;
Matthew 28:1-20

Do not be afraid, for I know that you seek Jesus who was crucified. He is not here; for He is risen.

Matthew 28:5-6

Hymns

Listen to recordings at
youtube.com/c/SaintSpyridonOrthodoxChurch
(click to visit link)

Prokimeinon

Arise, O God, and judge Thou the earth: for to Thee belong all the nations.

The Cherubic hymn

Let all mortal flesh keep silence and with fear and trembling stand. Ponder nothing earthly minded, for the King of Kings and the Lord of Lords cometh forth to be slain as food for the faithful. Before Him go the ranks of angels and all the principalities and powers. The Cherubim many-eyed, and the six-winged Seraphim covering their faces and chanting their hymn: Alleluia.

Make a Pascha Basket

Beautify the Resurrection Icon

Using purchased flowers or blooms from your own yard, make a floral garland and decorate an icon of the Resurrection in your home.

Process in your Neighborhood

Before bed or during the Pascha vigil, process around your neighborhood with Pascha candles. Read the Resurrection gospel – Mark 16:1-8 – and sing Christ is Risen!

Great and Holy Pascha

Service & Description

9:30AM ~ Paschal Vigil
Livestream Service: **saintspyridon.church/live.php**
(click to visit link)

Traditionally, the Acts of the Apostles was read preceding the Paschal Vigil. This was to signify the work of the Church, rooted in Christ's saving Passion and Resurrection. Today as we anticipate the Vigil, the Canon of the Resurrection is chanted. This set of hymns describes the Old Testament prophets' foreshadowing the coming of Christ and the Harrowing of Hades. As we approach midnight, the lights in the church are extinguished and a single flame is lit from the altar table. This shows that Christ, Who is the Light, will come and enlighten the whole world. The small flame soon fills the entire church with light. This service is rooted in the hymn, "Christ is risen from the dead, trampling down death by death; and to those in the tomb He has granted life." The doors of the altar are flung open and the barrier between earth and heaven fades away. We also read the the Paschal Sermon of St John Chrysostom, which beckons those of us who have labored from the beginning as well as those who have just arrived to partake equally in the Feast.

Readings

Mark 16:1-8; Acts 1:1-8; John 1:1-17; John 20:19-25

He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, "He is going ahead of you into Galilee. There you will see him, just as he told you."
Mark 16:6-7

Hymns

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Apolytikion

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life.

First Ode of the Canon of Pascha

It is the day of Resurrection, let us be radiant, O ye peoples: Pascha, the Lord's Pascha; for Christ God hath brought us from death to life, and from earth unto heaven as we sing the triumphal hymn.

Doxastikon of the Praises

It is the day of Resurrection; let us be radiant for the festival, and let us embrace one another. Let us say, O brethren, even to those that hate us: Let us forgive all things on the Resurrection; and thus let us cry: Christ is risen from the dead, by death He has trampled down death, and on those in the tombs He has bestowed life.

Learning the Paschal Greeting

Albanian: Krishti Ungjall! – Vertete Ungjall!
Arabic: Al Maseeh Qam! – Haqqan Qam!
Armenian: Christos harjav i merelotz! – Orhniale harutjun Christosi!
Chinese: Helisituosi fuhuole! – Queshi fuhuole!
Coptic: Pikhirstof aftonf! – Khen o methni aftonf!
Czech: Kristus vstal zmrtvy'ch! – Skutec ne vstal!
Danish: Kristus er opstanden! – Ja, sandelig opstanden!
Dutch: Christus is opgestaan! – Hij is waarlijk opgestaan!
English: Christ is Risen! – Indeed, He is Risen!
Estonian: Kristus on surnuist ülestõusnud! – Tõesti ülestõusnud!
Finnish: Kristus nousi Kuolleista! – Totisesti Nousi!
French: Christ est Ressuscité! – En Vérité, Il est Ressuscité!
Gaelic: Erid Krist! – G'deya! n erid she!
Georgian: Kriste aghsdga! – Cheshmaritad aghsdga!
Greek: Christos Anesti! – Alithos Anesti!
Hebrew: Ha Mashiyach qam! – Ken hoo qam!
Hungarian: Krisztus feltámadt! – Valóban feltámadt!
Italian: Cristo è risorto! – È veramente risorto!
Japanese: Harisutosu Fukkatsu! – Jitsu Ni Fukkatsu!
Latin: Christus resurrexit! – Vere resurrexit!
Norwegian: Kristus er oppstanden!– Han er sannelig opstanden!
Polish: Khristus Zmartvikstau! – Zaiste Zmartvikstau!
Portugese: Christo Ressuscitou! – Em Verdade Ressuscitou!
Romanian: Hristos a Inviat! – Adevarat a Inviat!
Russian: Khristos voskres! – Voistinu voskres!
Serbian: Hristos Vaskrese! – Vaistinu Vaskrese!
Slavonic: Christos Voskrese! – Voistinu Voskrese!
Spanish: Cristo ha resucitado! – Verdaderamente ha resucitado!
Sweedish: Kristus är upstånden! – Ja, Han är sannerligen uppstånden!
Syriac: Meshiha qam! – Bashrira qam!
Ukranian: Kristos Voskres! – Voistinu voskres!
Welsh: Atgyfododd Crist! – Atgyfododd in wir!

The Paschal Sermon of St. John Chrysostom

If any be a devout lover of God,
let him partake with gladness from this fair and radiant feast.
If any be a faithful servant,
let him enter rejoicing into the joy of his Lord.
If any have wearied himself with fasting,
let him now enjoy his reward.
If any have labored from the first hour,
let him receive today his rightful due.
If any have come after the third,
let him celebrate the feast with thankfulness.
If any have come after the sixth,
let him not be in doubt, for he will suffer no loss.
If any have delayed until the ninth,
let him not hesitate but draw near.
If any have arrived only at the eleventh,
let him not be afraid because he comes so late.

For the Master is generous and accepts the last even as the first.
He gives rest to him who comes at the eleventh hour
in the same was as him who has laboured from the first.
He accepts the deed, and commends the intention.

Enter then, all of you, into the joy of our Lord.
First and last, receive alike your reward.
Rich and poor, dance together.
You who fasted and you who have not fasted, rejoice together.
The table is fully laden: let all enjoy it.
The calf is fatted: let none go away hungry.

Let none lament his poverty;
for the universal Kingdom is revealed.
Let none bewail his transgressions;
for the light of forgiveness has risen from the tomb.

Let none fear death;
for death of the Saviour has set us free.

He has destroyed death by undergoing death.
He has despoiled hell by descending into hell.
He vexed it even as it tasted of His flesh.
Isaiah foretold this when he cried:
Hell was filled with bitterness when it met Thee face to face below;
filled with bitterness, for it was brought to nothing;
filled with bitterness, for it was mocked;
filled with bitterness, for it was overthrown;
filled with bitterness, for it was put in chains.
Hell received a body, and encountered God. It received earth, and confronted heaven.
O death, where is your sting?
O hell, where is your victory?

Christ is risen! And you, o death, are annihilated!
Christ is risen! And the evil ones are cast down!
Christ is risen! And the angels rejoice!
Christ is risen! And life is liberated!
Christ is risen! And the tomb is emptied of its dead;
for Christ having risen from the dead,
is become the first-fruits of those who have fallen asleep.

To Him be Glory and Power, now and forever, and from all ages to all ages.

Amen!

METROPOLIS
OF DENVER

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