

**7 December / 20 December: Saint Ambrose, Bishop of Milan**  
**28th Sunday after Pentecost; Tone 3**

### Great Vespers

*Blessed is the man*

At Lord I have Cried: Octoechos 7; Saint 3; *Glory, Both now*: Sunday Dogmatic Theotokion  
in the tone of the week

Aposticha: Octoechos; *Glory, Both now*: Theotokion in the tone of the week

Troparia: O *Theotokos Virgin...*, thrice

### Matins

Troparia after *God is the Lord*: Octoechos, twice; *Glory*: Saint *Both now*: Resurrectional  
Theotokion, Tone 4

After each Kathisma: Sessional hymns from the Ochoechos

Polyeleos

Evlogitaria

Hypakoï, Hymns of Ascent and Prokimenon in the tone of the week

6th Matins Gospel

*Having beheld the Resurrection*

Psalm 50

*Glory*: Through the prayers of the Apostles..., *Both now*: Through the prayers of the Theotokos...,  
*Have mercy on me, O God..., Jesus having risen...*

### Canon

Resurrection	2	<i>Glory to Thy Holy Resurrection, O Lord</i>
Cross and Resurrection	1	<i>Glory to Thy precious Cross and Resurrection, O Lord</i>
Theotokos	1	<i>O most holy Theotokos, save us</i>
Saint	4	<i>O Holy Hierarch Ambrose, pray to God for us</i>
Katavasia		<i>Christ is born...</i>

After Ode 3, Kontakion (VI) and Sessional hymns (III) of the Saint

After Ode 6, Kontakion and Ikos from the Octoechos

After Ode 8, *My soul doth magnify...*

*Holy is the Lord, our God*

Exapostilaria: 6th Gospel; *Glory, Both now*: Resurrectional Theotokion

Praises: Octoechos 8; *Glory*: 6th Gospel Sticheron; *Both Now*: *Most blessed art thou...*

### At the Hours

Troparia: Resurrection; *Glory*: Saint

Kontakion: Resurrection