

**December 21 / January 3: 30th Sunday after Pentecost; Tone 5**  
**Sunday of the Holy Fathers / Forefeast of Nativity**

**Great Vespers**

*Blessed is the man*

*At Lord I have Cried: Octoechos 4; Forefeast 3; Fathers 3; Glory: Fathers, Both now:*

*Forefeast*

3 Old Testament Readings

Aposticha: Octoechos, *Glory: Fathers; Both now: Forefeast*

Troparia: *O Theotokos Virgin, twice; Fathers once*

**Matins**

*After God is the Lord: Resurrection twice; Glory: Fathers; Both now: Forefeast*

Kathisma: Sessional hymns from the Ochoechos

Evlogitaria

Hypakoë in the tone of the week, Sessional hymns of Fathers

Hymns of Ascent and Prokeimenon in tone of the week

8th 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**

Irmoi

Resurrection            2            *Glory to Thy Holy Resurrection, O Lord*

Forefeast                2            *Glory to Thee, O God, glory to Thee*

Fathers                    4            *O Holy Fathers, pray to God for us*

Katavasia                *Christ is born!*

*After Ode 3 Hypakoë of the Fathers*

*After Ode 6, Kontakion and Ikos of the Fathers*

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

*Holy is the Lord, our God*

Exapostilaria: 8th Gospel ; *Glory: Fathers; Both now: Theotokion of the Fathers*

Praises: Octoechos 4, Fathers 4 (with verses in the Menaion); *Glory: Fathers; Both now:*

*Most blessed art thou...*

*After the Great Doxology, Troparion: Today is Salvation*

*After the dismissal: Glory, Both now: 8th Gospel Sticheron*

**At the Hours**

Troparia: Resurrection, *Glory: Forefeast / Fathers, alternating*

Kontakion: Fathers / Forefeast, alternating