

**July 21**

**Octoechos - Mode 4.**

On Sunday Morning

**LITURGY**

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**Antiphon I. Mode 2.**

**Verse 1:** *Bless the Lord, O my soul, and everything within me, bless His holy name.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

**Verse 2:** *Bless the Lord, O my soul, and forget not all His rewards.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

**Verse 3:** *The Lord prepared His throne in heaven, and His Kingdom rules over all.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

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

*Both now and ever and to the ages of ages. Amen.*

Through the intercessions of the Theotokos, Savior, save us.

**Antiphon II. Mode 2.**

**Verse 1:** *Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 2:** *Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

**Verse 3:** *The Lord shall reign forever; your God, O Zion, to all generations.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

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

*Both now and ever and to the ages of ages. Amen.*

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

**Antiphon III.  
Mode 4.**

**Verse 1:** *This is the day the Lord made; let us greatly rejoice and be glad therein.* [SAAS]

**Resurrectional Apolytikion.  
Mode 4.**

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world. [SD]

**Verse 2:** *Let heaven and earth praise Him.*

[SAAS]

When the women Disciples of the Lord  
had learned from the Angel the joyful message  
of the Resurrection and rejected the ancestral  
decision, they cried aloud to the Apostles  
triumphantly: Death has been despoiled,  
Christ God has risen, granting His great mercy  
to the world. [SD]

*An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.*

**Psalm 102.**

**Psalm 145.**

**The Beatitudes.**

**Mode 4.**

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

**Resurrectional.**

From Octoechos - - -

*Blessed are the merciful, for they shall obtain mercy.* [RSV]

Adam fell by a tree, and he was evicted from Paradise. \* By the tree of the Cross the Robber gained entrance to Paradise. \* The former, by tasting fruit, disobeyed his Maker's commandment not to eat. \* The latter was crucified with Him, whom though hidden he confessed to be God. \* Remember us as well in Your kingdom, O Savior. [SD]

*Blessed are the pure in heart, for they shall see God.* [RSV]

You were lifted on the Cross and destroyed the power of death on us, \* and You set aside the bond which stood against us and, as God, cancelled it. \* Grant that we may also have the Robber's repentance, O only

Friend of man. \* We faithfully worship You, O Christ our God, and we cry aloud to You, \* "Remember us as well in Your kingdom, O Savior." [SD]

*Blessed are the peacemakers, for they shall be called sons of God.* [RSV]

You have set aside the bond which stood against us, shredding it by Your Cross. \* When You were numbered with the dead, You disarmed and bound the tyrant ruling there, \* delivering everyone from the bonds of death by Your resurrection; \* through which we were illumined. And we cry out to You, O Lord who love humanity, \* "Remember us as well in Your kingdom, O Savior." [SD]

*Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.* [RSV]

You were crucified and rose \* from the grave on the third day, O mighty One, \* and resurrected with yourself \* the first-formed man, Adam, O immortal One. \* Now I pray You earnestly, Grant me to return to You, Master, in sincere \* repentance wholeheartedly, \* and to ever cry out to You in ardent faith: \* Remember me as well in Your kingdom, O Savior. [SD]

*Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake].* [RSV]

For us impassible God \* became man and thus became passible. \* He was crucified for us \* of His own will, and He raised us with himself. \* And therefore we glorify His Passion, the Cross and His rising from the dead. \* Through these we were formed

again; \* through these we are saved, as we cry aloud to Him: \* "Remember us as well in Your kingdom, O Savior." [SD]

*Rejoice and be glad, for your reward is great in heaven.* [RSV]

To Him who rose from the dead, \*  
having despoiled Hades' dominion, \* and  
who appeared and said, "Rejoice," \* to the  
myrrh-bearing women; to Christ our God  
\* let us the believers pray, \* asking Him to  
rescue our souls from corruption. \* And let us  
unceasingly \* shout to Him the words that the  
grateful Robber said: \* "Remember us as well  
in Your kingdom, O Savior." [SD]

Glory.

All believers, let us pray that we be of one  
mind and worthily \* sing praises glorifying  
God, Father, Son, and Spirit, the Trinity, \*  
united divinity, which exists forever in three  
hypostases, \* remaining unconfused, simple,  
indivisible, unapproachable, \* by whom we  
are delivered from the fire of perdition. [SD]

Both now. **Theotokion.**

O Christ our God, we present, as an  
intercessor to pray for us, \* Your Virgin  
Mother who conceived without seed and  
physically gave birth to You, \* and after  
the childbirth remained incorrupt, O most  
merciful Lord. \* She prays that You always  
grant forgiveness of offences to those who  
cry aloud, \* "Remember us as well in Your  
kingdom, O Savior." [SD]

**Entrance Hymn. Mode 2.**

Come, let us worship and bow down  
before Christ. Save us, O Son of God, risen  
from the dead. We sing to You, Alleluia. [GOA]

**Hymns After the Small Entrance.**

From Octoechos ---

**Resurrectional Apolytikion.**

**Mode 4.**

When the women Disciples of the Lord  
had learned from the Angel the joyful message  
of the Resurrection and rejected the ancestral  
decision, they cried aloud to the Apostles  
triumphantly: Death has been despoiled,  
Christ God has risen, granting His great mercy  
to the world. [SD]

**Apolytikion of the Parish Church**

(The text of the Apolytikion of the local  
church goes here.)

**Kontakion. Mode 2.**

O Protection of Christians that never fails,  
intercession with the Creator that never fails,  
we sinners beg you, do not ignore the voices  
of our prayers. O good Lady, we implore  
you, quickly come unto our aid, when we cry  
out to you with faith. Hurry to intercession,  
and hasten to supplication, O Theotokos who  
protect now and ever those who honor you. [SD]

**THE TRISAGION HYMN**

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us. (3) [GOA]

Glory to the Father and the Son and the  
Holy Spirit. Both now and ever and to the ages  
of ages. Amen.

Holy Immortal, have mercy on us.

**The Epistle**

FIFTH SUNDAY

**Prokeimenon. Mode 4. Psalm 103.**

O Lord, Your works shall be magnified  
greatly; You made all things in wisdom. [SAAS]

**Verse:** *Bless the Lord, O my soul. O Lord my  
God, You are magnified exceedingly.* [SAAS]

The reading is from Paul's Letter to the  
Romans.

**Rom. 10:1-10**

Brethren, my heart's desire and prayer  
to God for them is that they may be saved.  
I bear them witness that they have a zeal  
for God, but it is not enlightened. For, being  
ignorant of the righteousness that comes from  
God, and seeking to establish their own, they  
did not submit to God's righteousness. For  
Christ is the end of the law, that every one  
who has faith may be justified. Moses writes  
that the man who practices the righteousness  
which is based on the law shall live by it. But  
the righteousness based on faith says, Do  
not say in your heart, "Who will ascend into  
heaven?" (that is, to bring Christ down) or  
"Who will descend into the abyss?" (that is,  
to bring Christ up from the dead). But what  
does it say? The word is near you, on your lips  
and in your heart (that is, the word of faith  
which we preach); because, if you confess with  
your lips that Jesus is Lord and believe in your  
heart that God raised him from the dead, you  
will be saved. For man believes with his heart  
and so is justified, and he confesses with his  
lips and so is saved. [RSV]

**Alleluia. Mode 4. Psalm 44.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *Stretch Your bow, and grant prosperity, and reign, because of truth and goodness.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *You loved righteousness and hated lawlessness.* [SAAS]

Alleluia. Alleluia. Alleluia.

### **The Gospel**

Fifth Sunday of Matthew

The reading is from the Holy Gospel according to Matthew.

**Mt. 8:28-34, 9:1**

At that time, when Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city. [RSV]

### **Hymn to the Theotokos.**

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our

God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Logos. We magnify you, the true Theotokos. [GOA]

### **Communion Hymn. Psalm 148.**

Praise the Lord from the heavens, praise Him in the highest. Alleluia. [SAAS]

### **Hymn after Holy Communion. Mode 2.**

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us. [GOA]

### **THE DISMISSAL**

May He Who rose from the dead, Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, (*local patron saint*); of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

### **Fasting Rule**

*Fast Free: All foods allowed.*