

July 28

Octoechos - Mode pl. 1.

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 pl. 1.

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

#### Resurrectional Apolytikion.

##### Mode pl. 1. Automelon.

Let us worship the Word who is unoriginate \* with the Father and the Spirit, and from a Virgin was born \* for our salvation, O believers, and let us sing His praise. \* For in His goodness He was pleased \* to ascend the Cross in the flesh, and to undergo death, \* and to raise up those who had died, \* by His glorious Resurrection. [SD]

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

[SAAS]

Let us worship the Word who is  
unoriginate \* with the Father and the  
Spirit, and from a Virgin was born \* for our  
salvation, O believers, and let us sing His  
praise. \* For in His goodness He was pleased  
\* to ascend the Cross in the flesh, and to  
undergo death, \* and to raise up those who  
had died, \* by His glorious Resurrection. [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 pl. 1.**

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]

When the robber had believed \* that You the crucified were truly God, \* he wholeheartedly and sincerely confessed You, \* and he cried aloud to You, O Christ, "In Your kingdom, remember me." [SD]

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

Crucified upon the tree \* of the Cross, He blossomed life for our race, \* and He dried up the curse from the tree, as our Savior; \* whom, as our Creator, let us all in unison extol in song. [SD]

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

By Your death, O Christ our Lord, \* You released us from the power of death, \* and raised with yourself those who had died from the ages; \* for You are our Savior and true God, whom all now extol in song. [SD]

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

Pious women came at dawn \* to Your sepulcher, O Giver of life, \* for they wanted to anoint You with fragrant ointments. \* An Angel appeared to them and said, "The Lord has arisen indeed." [SD]

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

When You were crucified, O Lord, \* between two convicted robbers, O Christ, \* the one was justly condemned for he unjustly blasphemed You, \* but the other, for confessing You, is dwelling in Paradise. [SD]

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

The pious women ran and found \* the Apostles who were hiding in fear, \* and they announced to them that indeed Christ had risen. \* He is our Creator and our Lord. Therefore let us worship Him. [SD]

Glory.

Our Savior and our very God \* we extol You, Father and Son \* and the Holy Spirit, omnipotent, omnific, \* Trinity and Unity, at once distinct and indivisible. [SD]

Both now. **Theotokion.**

Rejoice, living temple of God, \* rejoice, O  
impassable gate, \* and throne that is fiery and  
yet not burning. \* Rejoice, holy Mother of the  
Lord Emmanuel Christ our God. [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 pl. 1. Automelon.**

Let us worship the Word who is unoriginate \* with the Father and the Spirit, and from a Virgin was born \* for our salvation, O believers, and let us sing His praise. \* For in His goodness He was pleased \* to ascend the Cross in the flesh, and to undergo death, \* and to raise up those who had died, \* by His glorious Resurrection. [SD]

**Apolytikion of the Parish Church**

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

From Menaion - - -

**Kontakion.**

**Grave Mode.**

Upon the mountain were You transfigured, and Your disciples beheld Your glory as far as they were able, O Christ our God; so that when they would see You crucified they might understand that Your Passion was deliberate, and declare to the world that in truth You are the Father's radiance. [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**

SIXTH SUNDAY

**Prokeimenon. Mode pl. 1. Psalm 11.**

You shall guard us, O Lord; You shall preserve us. [SAAS]

**Verse:** *Save me, O Lord, for the holy man has ceased.* [SAAS]

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

**Rom. 12:6-14**

Brethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them. [RSV]

**Alleluia. Mode pl. 1. Psalm 88.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *O Lord, I will sing of Your mercies forever.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *For You said, "Mercy shall be built up forever."* [SAAS]

Alleluia. Alleluia. Alleluia.

### **The Gospel**

*Sixth Sunday of Matthew*

The reading is from the Holy Gospel according to Matthew.

**Mt. 9:1-8**

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins," he then said to the paralytic—"Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men. [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.*