

Ὁκτώηχος - Ἦχος γ'.

Τῇ Κυριακῇ Πρωῖ

Μηναιον - ΤΗ Η' ΣΕΠΤΕΜΒΡΙΟΥ

Τὸ Γενέθλιον τῆς Ὑπεραγίας Θεοτόκου

ΛΕΙΤΟΥΡΓΙΑ

**Ἀντίφωνον Α'. Ἦχος
β'. Ψαλμοὶ 131, 86, 45.**

Στίχ. α'. Μνήσθητι, Κύριε, τοῦ Δαυΐδ καὶ
πάσης τῆς πραότητος αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. β'. Ἴδου ἠκούσαμεν αὐτὴν ἐν
Ἐφραθαῖ, εὗρομεν αὐτὴν ἐν τοῖς πεδίοις τοῦ
δρυμοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. γ'. Δεδοξασμένα ἐλαλήθη περὶ
σοῦ, ἡ πόλις τοῦ Θεοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. δ'. Ὁ Θεὸς ἐν μέσῳ αὐτῆς καὶ οὐ
σαλευθήσεται.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα· καὶ νῦν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Octoechos - Mode 3.

On Sunday Morning

Menaion - September 8

The Nativity of our Most Holy Lady
Theotokos

LITURGY

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Antiphon I. Mode 2. Psalms 131, 86, 45.

Verse 1: Remember David, O Lord, and all
his meekness. [SAAS]

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

Verse 2: Behold, we heard of it in Ephrathah;
we found it in the plains of the wood. [SAAS]

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

Verse 3: Glorious things were said
concerning you, O city of God. [SAAS]

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

Verse 4: God is in her midst; she shall not be
shaken. [SAAS]

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

Glory. Both now.

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

Ἀντίφωνον Β'. Ἦχος β'. Ψαλμὸς 131.

Στίχ. α'. Ὡμοσε Κύριος τῷ Δαυῖδ
ἀλήθειαν καὶ οὐ μὴ ἀθετήσῃ αὐτήν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β'. Ἐκ καρποῦ τῆς κοιλίας σου
θήσομαι ἐπὶ τοῦ θρόνου σου.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ'. Ἐκεῖ ἐξανατελῶ κέρας τῷ
Δαυῖδ, ἡτοίμασα λύχνον τῷ Χριστῷ μου.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. δ'. Ὅτι ἐξελέξατο Κύριος τὴν
Σιών, ἡρετίσατο αὐτήν εἰς κατοικίαν ἑαυτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ,
ἀθάνατος ὑπάρχων καὶ καταδεξάμενος διὰ
τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς
ἀγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας,
ἀτρέπτως ἐνανθρωπήσας, σταυρωθεὶς τε,
Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,
εἰς ὧν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον
ἡμᾶς.

Antiphon II. Mode 2. Psalm 131.

Verse 1: The Lord swore to David this truth,
and He shall not reject it. [SAAS]

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

Verse 2: I shall set upon your throne one
from the fruit of your loins. [SAAS]

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

Verse 3: There I shall cause to spring up a
horn for David; there I prepared a lamp for my
anointed. [SAAS]

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

Verse 4: The Lord has chosen Zion; He chose
her for His dwelling. [SAAS]

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

Glory to the Father and the Son and the Holy
Spirit. [HC]

Both now and ever and to the ages of ages.
Amen. [HC]

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]

Ἀντίφωνον Γ'. Ἦχος δ'. Ψαλμοὶ 131, 45, 64.

Στίχ. α'. Ὡδε κατοικήσω, ὅτι ἠρετισάμην αὐτήν.

Στίχ. β'. Ἁγίασε τὸ σκῆνωμα αὐτοῦ ὁ Ὑψιστος.

Στίχ. γ'. Ἅγιος ὁ ναός σου, θαυμαστός ἐν δικαιοσύνῃ.

Ἀπολυτίκιον τῆς Ἑορτῆς. Ἦχος δ'.

Ἡ γέννησίς σου Θεοτόκε, χαρὰν ἐμήνυσε πάσῃ τῇ οἰκουμένῃ· ἐκ σοῦ γὰρ ἀνέτειλεν ὁ ἥλιος τῆς δικαιοσύνης, Χριστὸς ὁ Θεὸς ἡμῶν, καὶ λύσας τὴν κατάραν, ἔδωκε τὴν εὐλογίαν· καὶ καταργήσας τὸν θάνατον, ἔδωρήσατο ἡμῖν ζωὴν τὴν αἰώνιον.

Antiphon III. Mode 4. Psalms 131, 45, 64.

Verse 1: *Here I shall dwell, for I have chosen her.* [SAAS]

Verse 2: *The Most High sanctified His tabernacle.* [SAAS]

Verse 3: *Holy is Your temple, wondrous in righteousness.* [SAAS]

Apolytikion of the Feast. Mode 4.

Your Nativity, O Theotokos, imparted joy to the entire earth, for out of you has risen the Sun of Righteousness, Christ our God. He nullified the curse and instead gave His blessing; and causing death to be neutralized, He granted us eternal life. [SD]

Ἡ, ἀντί τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν, ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος γ'.

Ἀναστάσιμα.

Τῆς Ὀκτωήχου ---

Ἐν τῇ Βασιλείᾳ σου μνήσθητι ἡμῶν Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου. Μακάριοι οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Ἀθετήσαντα Χριστέ, τὴν ἐντολήν σου, τὸν προπάτορα Ἀδάμ, τοῦ Παραδείσου ἐξώρισας, τὸν δὲ Ληστήν Οἰκτίρμον, ὁμολογήσαντά σε ἐν Σταυρῷ, ἐν αὐτῷ εἰσώκισας κράζοντα· Μνήσθητί μου Σωτήρ, ἐν τῇ Βασιλείᾳ σου.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ παρακληθήσονται.

Ἀμαρτήσαντας ἡμᾶς, τῇ τοῦ θανάτου, κατεδίκασας ἀρχῇ, ὁ Ζωοδότης καὶ Κύριος, ἐν δὲ τῷ σώματί σου, ἀναμαρτήτως Δέσποτα παθῶν, τοὺς θνητοὺς ἐζώωσας κράζοντας· Μνήσθητι καὶ ἡμῶν, ἐν τῇ Βασιλείᾳ σου.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ κληρονομήσουσι τὴν γῆν.

Ἀναστὰς ἐκ τῶν νεκρῶν, συνεχξανέστησας, ἡμᾶς ἐκ τῶν παθῶν, τῇ Ἀναστάσει σου Κύριε, τοῦ δὲ θανάτου παῖσαν, τὴν δυναστείαν ὤλεσας Σωτήρ· διὰ τοῦτο πίστει σοι κράζομεν· Μνήσθητι καὶ ἡμῶν, ἐν τῇ Βασιλείᾳ σου.

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 3.

Resurrectional.

From Octoechos ---

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

[RSV]

When our primal father Adam disobeyed Your divine command, O Christ, You expelled him from Paradise. But when the faithful Robber while on the cross confessed You to be Lord, You restored him there, as he cried to You: "O Savior, when You come in Your kingdom, remember me." [SD]

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

When in Paradise we sinned, You condemned us and pronounced the curse of death, being the Lord and the Giver of life. But later, loving Master, You who are sinless suffered in the flesh, and You brought the dead back to life again, who shouted: "When You come in Your kingdom, remember us." [SD]

Blessed are the meek, for they shall inherit the earth. [RSV]

Having risen from the dead, You also raised us from the passions, by Your holy resurrection, O Christ our God. And roundly You defeated death's dominion over us, O Lord. Therefore we believers cry out to You:

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

Θεοτοκίον.

Χαῖρε ἡ πύλη τοῦ Θεοῦ, δι' ἧς διῆλθε, σαρκωθεὶς ὁ Πλαστουργός, ἐσφραγισμένην φυλάξας σε. Χαῖρε νεφέλη κούφη, τὸν θεῖον ὄμβρον φέρουσα Χριστόν. Χαῖρε κλίμαξ καὶ θρόνε οὐράνιε. Χαῖρε ὄρος σεπτόν, πῖον ἀλατόμητον.

Κανὼν Α' τῆς Ἑορτῆς.

Τοῦ Μηναίου ---

Ὠδὴ γ'. Ἦχος β'.

Στερέωσον ἡμᾶς ἐν σοὶ Κύριε.

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ ἐλεηθήσονται.

Ἀμέμπτως τῷ Θεῷ πολιτευσάμενοι, τὴν πάντων ἐκύησαν σωτηρίαν, οἱ θεόφρονες γεννήτορες, τῆς τὸν Κτίστην τεκούσης καὶ Θεὸν ἡμῶν.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ τὸν Θεὸν ὁψονται.

Ἀμέμπτως τῷ Θεῷ πολιτευσάμενοι, τὴν πάντων ἐκύησαν σωτηρίαν, οἱ θεόφρονες γεννήτορες, τῆς τὸν Κτίστην τεκούσης καὶ Θεὸν ἡμῶν.

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ Θεοῦ κληθήσονται.

Ὁ πᾶσι τὴν ζωὴν πηγάζων Κύριος, ἐκ στερείρας προήγαγε τὴν Παρθένον· ἦν εἰσδῦναι κατηξίωσε, μετὰ τόκον φυλάξας ἀδιάφθορον.

O Savior, when You come in Your kingdom, remember us. [SD]

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

Theotokion.

Rejoice, the gate of God, through whom went the incarnate Creator, when He was born from you, and He kept you sealed. Rejoice, O swift and light cloud who brings the divine showers, namely Christ. Rejoice, O ladder to heaven and celestial throne. O rejoice, holy mountain, uncut and rich. [SD]

Canon 1 of the Feast.

From Menaion ---

Ode iii. Mode 2. N/M (Establish us in You.)

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

The holy parents, who had lived before the Lord without reproach/brought forth the salvation of all,/giving birth to the one who bore our Creator and our God. [OCA]

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

The holy parents, who had lived before the Lord without reproach/brought forth the salvation of all,/giving birth to the one who bore our Creator and our God. [OCA]

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

The Lord, Who is a spring of life to all,/led forth the Virgin from a barren womb./He was well pleased to enter into her,/preserving her virginity inviolate after childbirth. [OCA]

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν δικαιοσύνης, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Τῆς Ἀννης τὸν καρπὸν Μαρίαν σήμερον, τὴν βότρυν κυήσασαν ζωφόρον, ὡς Θεοτόκον ἀνυμνήσωμεν, προστασίαν τε πάντων καὶ βοήθειαν.

Κανὼν Β' τῆς Ἑορτῆς.

Τοῦ Μηναίου ---

Ὦδὴ Ζ'. Ἦχος πλ. δ'. Ὡς ὕδατα θαλάσσης.

Μακάριοι ἐστὲ ὅταν ὀνειδίσωσιν ὑμᾶς, καὶ διώξωσι, καὶ εἰπωσι πᾶν πονηρὸν ῥῆμα καθ' ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Ὑμνοῦμεν τὴν ἁγίαν σου γέννησιν, τιμῶμεν καὶ τὴν ἄσπορον σύλληψιν, σοῦ νύμφη Θεόνυμφε καὶ Παρθένε· σκιρτῶσι δὲ σὺν ἡμῖν Ἀγγέλων τάξεις, καὶ τῶν Ἁγίων ψυχαί.

Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.

Ἁγίαν τῶν Ἁγίων ὑπάρχουσαν, οἱ σώφρονες πατέρες σου Ἀχραντε, ἀνέθεντό σε ἐν οἴκῳ Κυρίου, ἀνατραφεῖναι σεμνῶς, καὶ εἰς Μητέρα ἐτοιμασθῆναι αὐτῷ.

Δόξα. **Τριαδικόν.**

Ἐν σοὶ τὸ τῆς Τριάδος μυστήριον, ὑμνεῖται καὶ δοξάζεται ἄχραντε· Πατὴρ γὰρ ἠυδόκησε, καὶ ὁ Λόγος ἐσκήνωσεν ἐν ἡμῖν, καὶ θεῖον Πνεῦμα σοὶ ἐπεσκίασε.

Καὶ νῦν. **Θεοτοκίον.**

Χρυσοῦν θυμιατήριον γέγονας· τὸ πῦρ γὰρ ἐν γαστρί σου ἐσκήνωσεν, ὁ Λόγος ἐκ Πνεύματος τοῦ Ἁγίου, καὶ ἐν ἀνθρώπῳ μορφῇ καθωράθη, Θεογεννῆτορ ἀγνή.

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

Let us exalt Mary today:/the fruit of Anna who brought forth the Life-giving cluster./Let us sing her praises as the Theotokos,/protector and helper of us all. [OCA]

Canon 2 of the Feast.

From Menaion ---

Ode vi. Mode pl. 4. N/M (The waves of life.)

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

We sing the praises of your holy birth, Virgin and Bride of God,/and venerate your conceiving without seed, Maiden;/and with us the ranks of angels and the souls of the saints dance for joy! [OCA]

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

Your wise parents, undefiled One,/brought you, the Holy of Holies,/as an offering to the House of the Lord,/there to be reared in holiness/and made ready to become His Mother. [OCA]

Glory. **For the Trinity.**

In you, undefiled One,/the mystery of the Trinity is praised and glorified:/for the Father was well-pleased with you,/and in you the Word made His dwelling among us,/and the Holy Spirit overshadowed you. [OCA]

Both now. **Theotokion.**

You became a golden censer,/for the Fire made His tabernacle in your womb:/the Word from the Holy Spirit,/and He was seen in the form of a man, pure Theotokos. [OCA]

Εἰσοδικόν. Ἦχος β'.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱέ
Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι,
Ἀλληλούϊα.

Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος γ'.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιášθω
τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι
αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ
τὸν θάνατον, πρωτότοκος τῶν νεκρῶν
ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς,
καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Τῆς Ἑορτῆς.

Τοῦ Μηναίου ---

Ἦχος δ'.

Ἡ γέννησίς σου Θεοτόκε, χαρὰν
ἐμήνυσε πάσῃ τῇ οἰκουμένῃ· ἐκ σοῦ γὰρ
ἀνέτειλεν ὁ ἥλιος τῆς δικαιοσύνης, Χριστὸς
ὁ Θεὸς ἡμῶν, καὶ λύσας τὴν κατάραν,
ἔδωκε τὴν εὐλογίαν· καὶ καταργήσας
τὸν θάνατον, ἔδωρήσατο ἡμῖν ζωὴν τὴν
αἰώνιον.

Τοῦ Μηναίου ---

Κοντάκιον.

Ἦχος δ'.

Ἰωακεῖμ καὶ Ἄννα ὀνειδισμοῦ ἀτεκνίας,
καὶ Ἀδὰμ καὶ Εὕα, ἐκ τῆς φθορᾶς τοῦ
θανάτου, ἠλευθερώθησαν, Ἀχραντε, ἐν
τῇ ἀγία γεννήσει σου· αὐτὴν ἐορτάζει
καὶ ὁ λαός σου, ἐνοχῆς τῶν πταισμάτων,
λυτρωθεὶς ἐν τῷ κράζειν σοι· Ἡ στείρα
τίκτει τὴν Θεοτόκον, καὶ τροφὸν τῆς ζωῆς
ἡμῶν.

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 3.

Let the heavens sing for joy, and let
everything on earth be glad. For with
His Arm the Lord has worked power. He
trampled death under foot by means of death;
and He became the firstborn from the dead.
From the maw of Hades He delivered us; and
He granted the world His great mercy. [SD]

For the Feast.

From Menaion ---

Mode 4.

Your Nativity, O Theotokos, imparted
joy to the entire earth, for out of you has risen
the Sun of Righteousness, Christ our God.
He nullified the curse and instead gave His
blessing; and causing death to be neutralized,
He granted us eternal life. [SD]

From Menaion ---

Kontakion.

Mode 4.

Both Joachim and Anna from their
sterility's stigma, and Adam and Eve from
their mortality's ruin have been set free, O
immaculate Maid, by your holy nativity.
For this do your people hold celebration,
redeemed from the guilt of transgression as
they cry to you, "The barren one bears the
Theotokos, the nourisher of our Life." [GKD]

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ὁ Ἀπόστολος

Κυριακὴ πρὸ τῆς Ὑψώσεως.

Προκείμενον. Ἦχος πλ. β'. Ψαλμὸς 27.

Σῶσον, Κύριε, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι, ὁ
Θεός μου.

Γα 6:11-18

Ἀδελφοί, ἴδετε πηλίκους ὑμῖν
γράμμασιν ἔγραψα τῇ ἐμῇ χειρὶ. Ὅσοι
θέλουσιν εὐπροσωπῆσαι ἐν σαρκί, οὗτοι
ἀναγκάζουσιν ὑμᾶς περιτέμεσθαι,
μόνον ἵνα μὴ τῷ σταυρῷ τοῦ Χριστοῦ
διώκωνται· οὐδὲ γὰρ οἱ περιτεμνόμενοι
αὐτοὶ νόμον φυλάσσουσιν, ἀλλὰ θέλουσιν
ὑμᾶς περιτέμεσθαι ἵνα ἐν τῇ ὑμετέρᾳ
σαρκὶ καυχῶνται. Ἐμοὶ δὲ μὴ γένοιτο
καυχᾶσθαι εἰ μὴ ἐν τῷ σταυρῷ τοῦ Κυρίου
ἡμῶν Ἰησοῦ Χριστοῦ, δι' οὗ ἔμοι κόσμος
ἐσταύρωται καὶ ἐγὼ τῷ κόσμῳ. Ἐν γὰρ
Χριστῷ Ἰησοῦ οὔτε περιτομὴ τι ἰσχύει οὔτε
ἀκροβυστία, ἀλλὰ καινὴ κτίσις. Καὶ ὅσοι
τῷ κανόνι τούτῳ στοιχήσουσιν, εἰρήνη
ἐπ' αὐτοὺς καὶ ἔλεος, καὶ ἐπὶ τὸν Ἰσραὴλ
τοῦ Θεοῦ. Τοῦ λοιποῦ κόπους μοι μηδεὶς
παρεχέτω· ἐγὼ γὰρ τὰ στίγματα τοῦ Κυρίου
Ἰησοῦ ἐν τῷ σώματί μου βαστάζω. Ἡ χάρις
τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ μετὰ τοῦ
πνεύματος ὑμῶν, ἀδελφοί· ἀμήν.

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

Sunday Before the Elevation of the Cross

Prokeimenon. Mode pl. 2. Psalm 27.

O Lord, save Your people, and bless Your
inheritance. [SAAS]

Verse: To You, O Lord, I cry; O my God.

[SAAS]

Gal. 6:11-18

Brethren, see with what large letters I
am writing to you with my own hand. It is
those who want to make a good showing
in the flesh that would compel you to be
circumcised, and only in order that they may
not be persecuted for the cross of Christ. For
even those who receive circumcision do not
themselves keep the law, but they desire to
have you circumcised that they may glory
in your flesh. But far be it from me to glory
except in the cross of our Lord Jesus Christ,
by which the world has been crucified to me,
and I to the world. For neither circumcision
counts for anything, nor uncircumcision, but
a new creation. Peace and mercy be upon all
who walk by this rule, upon the Israel of God.
Henceforth let no man trouble me; for I bear
on my body the marks of Jesus. The grace
of our Lord Jesus Christ be with your spirit,
brethren. Amen. [RSV]

Ἀλληλούϊα. Ἦχος α΄. Ψαλμὸς 88.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α΄. Ὑψωσα ἐκλεκτὸν ἐκ τοῦ λαοῦ μου.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β΄. Ἡ γὰρ χεὶρ μου συναντιλήψεται αὐτῷ.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

Κυριακὴ πρὸ τῆς Ὑψώσεως.

Ἰωα 3:13-17

Εἶπεν ὁ Κύριος· καὶ οὐδεὶς ἀναβέβηκεν εἰς τὸν οὐρανὸν εἰ μὴ ὁ ἐκ τοῦ οὐρανοῦ καταβάς, ὁ υἱὸς τοῦ ἀνθρώπου ὁ ὢν ἐν τῷ οὐρανῷ. καὶ καθὼς Μωϋσῆς ὕψωσε τὸν ὄφιν ἐν τῇ ἐρήμῳ, οὕτως ὕψωθῆναι δεῖ τὸν υἱὸν τοῦ ἀνθρώπου, ἵνα πᾶς ὁ πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ' ἔχῃ ζωὴν αἰώνιον. Οὕτω γὰρ ἠγάπησεν ὁ Θεὸς τὸν κόσμον, ὥστε τὸν υἱὸν αὐτοῦ τὸν μονογενῆ ἔδωκεν, ἵνα πᾶς ὁ πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ' ἔχῃ ζωὴν αἰώνιον. οὐ γὰρ ἀπέστειλεν ὁ Θεὸς τὸν υἱὸν αὐτοῦ εἰς τὸν κόσμον ἵνα κρίνῃ τὸν κόσμον, ἀλλ' ἵνα σωθῇ ὁ κόσμος δι' αὐτοῦ.

Ὑμνος εἰς τὴν Θεοτόκον.

Ὠδὴ θ΄. Ὁ Εἰρμός.

Ἦχος πλ. δ΄.

Ἀλλότριον τῶν μητέρων ἡ παρθενία, καὶ ξένον ταῖς παρθένοις ἡ παιδοποιΐα, ἐπὶ σοὶ Θεοτόκε ἀμφοτέρω ὠκονομήθη. Διό σε πᾶσαι αἱ φυλαὶ τῆς γῆς, ἀπαύστως μακαρίζομεν.

Alleluia. Mode 1. Psalm 88.

Alleluia. Alleluia. Alleluia.

Verse 1: *I raised up a chosen one from My people.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *For My hand shall support him.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Sunday Before the Elevation of the Cross

Jn. 3:13-17

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him." [RSV]

Hymn to the Theotokos.

Ode ix. Heirmos.

Mode pl. 4.

Virginité is a state alien to mothers, * and childbirth is foreign to those who are virgins. * But in you, Theotokos, have both of these been accomplished. * And therefore we of every race on earth * unceasingly pronounce you blest. [SD]

Κοινωνικόν. Ψαλμός 148.

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Ἀλληλούϊα.

καὶ τὸ ἕξῃς·

Κοινωνικόν. Ψαλμός 115.

Ποτήριον σωτηρίου λήψομαι καὶ τὸ
ὄνομα Κυρίου ἐπικαλέσομαι. Ἀλληλούϊα.

Ἐκλογή εἰς τὸ Γενέσιον τῆς Θεοτόκου

1. Μνήσθητι, Κύριε, τοῦ Δαυῖδ, καὶ
πάσης τῆς πραότητος αὐτοῦ. (131:1)
2. Ὡς ὥμοσε τῷ Κυρίῳ, ἠΐξατο τῷ Θεῷ
Ἰακώβ. (131:2)
3. Εἰ εἰσελεύσομαι εἰς σκὴνωμα οἴκου
μου, εἰ ἀναβήσομαι ἐπὶ κλίνης στρωμνῆς
μου. (131:3)
4. Εἰ δώσω ὕπνον τοῖς ὀφθαλμοῖς μου,
καὶ τοῖς βλεφάροις μου νυσταγμὸν καὶ
ἀνάπαυσιν. (131:4)
5. Ἔως οὗ εὗρω τόπον τῷ Κυρίῳ,
σκὴνωμα τῷ Θεῷ Ἰακώβ. (131:5)
6. Ἴδου ἠκούσαμεν αὐτὴν ἐν Ἐφραθᾶ.
(131:6)
7. Εὗρομεν αὐτὴν ἐν τοῖς πεδίοις τοῦ
δρυμοῦ. (131:6)
8. Αὕτη ἡ πύλη τοῦ Κυρίου, δίκαιοι
εἰσελεύσονται ἐν αὐτῇ. (117:20)
9. Δεδοξασμένα ἐλάληθη περὶ σοῦ, ἡ
πόλις τοῦ Θεοῦ. (86:3)
10. Ὁ Θεὸς ἐν μέσῳ αὐτῆς καὶ οὐ
σαλευθήσεται. (45:6)
11. Ὡμοσε Κύριος τῷ Δαυῖδ ἀλήθειαν,
καὶ οὐ μὴ ἀθετήσῃ αὐτήν. (131:11)

Communion Hymn. Psalm 148.

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

and the following:

Communion Hymn. Psalm 115.

I will take up the cup of salvation, and call
upon the name of the Lord. Alleluia. [SAAS]

**Selected Psalm Verses for the
Birth of our Lady Theotokos**

1. Remember David, O Lord, and all his
meekness. (131:1) [SAAS]
2. How he swore to the Lord, how he
vowed to the God of Jacob. (131:2) [SAAS]
3. I shall not enter my dwelling, I shall not
recline on my bed. (131:3) [SAAS]
4. I shall not close my eyes in sleep nor
my eyelids for dozing, nor give any rest to my
temples. (131:4) [SAAS]
5. Until I find a place for the Lord, a
tabernacle for the God of Jacob. (131:5) [SAAS]
6. Behold, we heard of it in Ephrathah.
(131:6) [SAAS]
7. We found it in the plains of the wood.
(131:6) [SAAS]
8. This is the gate of the Lord; the
righteous shall go in through it. (117:20) [SAAS]
9. Glorious things were said concerning
you, O city of God. (86:3) [SAAS]
10. God is in her midst; she shall not be
shaken. (45:6) [SAAS]
11. The Lord swore to David this truth,
and He shall not reject it. (131:11) [SAAS]

12. Ἐκ καρποῦ τῆς κοιλίας σου θήσομαι ἐπὶ τοῦ θρόνου σου. (131:11)

13. Ὅτι ἐξελέξατο Κύριος τὴν Σιών, ἡρετίσατο αὐτὴν εἰς κατοικίαν ἑαυτοῦ. (131:13)

14. Ὡς καταικήσω, ὅτι ἡρετισάμην αὐτὴν. (131:14)

15. Ἠγίασε τὸ σκηνώμα αὐτοῦ ὁ Ὑψιστος. (45:5)

16. Ἀγιωσύνη καὶ μεγαλοπρέπεια ἐν τῷ ἁγιάσματι αὐτοῦ. (95:6)

17. Ἅγιος ὁ ναός σου, θαυμαστός ἐν δικαιοσύνῃ. (64:5)

18. Τῷ οἴκῳ σου πρέπει ἁγίασμα, Κύριε, εἰς μακρότητα ἡμερῶν. (92:5)

19. Μνησθήσομαι τοῦ ὀνόματός σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ. (44:18)

20. Διὰ τοῦτο λαοὶ ἐξομολογήσονται σοὶ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. (44:18)

**Ὑμνος μετὰ τὴν Θ. Κοινωνίαν.
Ἦχος β'.**

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθῆ, ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη γὰρ ἡμᾶς ἔσωσεν.

ΑΠΟΛΥΣΙΣ

Ὁ ἀναστὰς ἐκ νεκρῶν, Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις τῆς παναχράντου καὶ παναμώμου ἁγίας αὐτοῦ Μητρός, ἧς καὶ τὸ Γενέθλιον ἐορτάζομεν· δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,

12. I shall set upon your throne one from the fruit of your loins. (131:11) [SAAS]

13. For the Lord has chosen Zion; He chose her for His dwelling. (131:13) [SAAS]

14. Here I shall dwell, for I have chosen her. (131:14) [SAAS]

15. The Most High sanctified His tabernacle. (45:5) [SAAS]

16. Holiness and majesty are in His holy place. (95:6) [SAAS]

17. Holy is Your temple, wondrous in righteousness. (64:5) [SAAS]

18. Holiness is proper to Your house, O Lord, unto length of days. (92:5) [SAAS]

19. I will remember your name from generation to generation. (44:18) [SAAS]

20. Therefore, peoples shall give thanks to you forever and unto ages of ages. (44:18) [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, whose nativity we celebrate; the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious

ἐνδόξου, προφήτου, Προδρομού και
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις εἰς πάντα.

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.