

**Octoechos - Mode 4.**

On Sunday Morning

**Menaion - September 14**

Sunday after the Feast

**LITURGY**

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**Antiphon I. Mode 2. Psalm 21.**

**Verse 1:** *O God, my God, hear me; why have You forsaken me?* [SAAS]

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

**Verse 2:** *The words of my transgressions are far from my salvation.* [SAAS]

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

**Verse 3:** *O my God, I will cry out by day, but You will not hear me.* [SAAS]

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

**Verse 4:** *But You dwell among the saints, O praise of Israel.* [SAAS]

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

Glory. Both now.

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

**Antiphon II. Mode 2. Psalm 73.**

**Verse 1:** *O God, why have You rejected us to the end?* [SAAS]

Save us, O Son of God, who were crucified in the flesh. We sing to You, Alleluia. [GOA]

**Verse 2:** *Remember Your congregation You acquired from the beginning.* [SAAS]

Save us, O Son of God, who were crucified in the flesh. We sing to You, Alleluia. [GOA]

**Verse 3:** *This Mount Zion, where You encamped.* [SAAS]

Save us, O Son of God, who were crucified in the flesh. We sing to You, Alleluia. [GOA]

**Verse 4:** *God is our King before the ages; He worked salvation in the midst of the earth.* [SAAS]

Save us, O Son of God, who were crucified in the flesh. 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]

**Antiphon III. Mode 1. Psalm 98.**

**Verse 1:** *The Lord reigns; let the peoples be angry.* [SAAS]

**Verse 2:** *The Lord is great in Zion, and He is exalted.* [SAAS]

**Verse 3:** *Let them give thanks to Your great name.* [SAAS]

**Apolytikion. For the Cross. Mode 1.**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

*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]

**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]

**Canon of the Feast.**

From Menaion - - -

**Ode vi. Mode pl. 4. N/M (When Jonah.)**

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

Bent with age and wasted by sickness, / Jacob was straightened when he crossed his hands, / thus showing the power of the life-

giving Cross./For God Who was crucified on  
it in the flesh/thus rewrote the letter of the old  
law that was in shadows,/and drove away the  
soul-destroying disease of error. [OCA]

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

Bent with age and wasted by sickness,/  
Jacob was straightened when he crossed his  
hands,/thus showing the power of the life-  
giving Cross./For God Who was crucified on  
it in the flesh/thus rewrote the letter of the old  
law that was in shadows,/and drove away the  
soul-destroying disease of error. [OCA]

Glory.

By laying his hands crosswise on the  
heads of the young/holy Israel signified that  
the people serving under the law/should for  
a time have the honor due to the first born./  
When suspected of error in this, he did not  
change the life-giving figure:/For, he cried,  
the newly-planted people of Christ our God/  
shall take the higher place, strengthened by  
the Cross! [OCA]

Both now.

By laying his hands crosswise on the  
heads of the young/holy Israel signified that  
the people serving under the law/should for  
a time have the honor due to the first born./  
When suspected of error in this, he did not  
change the life-giving figure:/For, he cried,  
the newly-planted people of Christ our God/  
shall take the higher place, strengthened by  
the Cross! [OCA]

### 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. For the Cross.

From Menaion - - -

##### Mode 1.

Save, O Lord, Your people and bless Your  
inheritance, granting victory to the faithful  
over the enemy, and by Your Cross protecting  
Your commonwealth. [GOA]

#### Apolytikion of the Parish Church

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

From Menaion - - -

#### Kontakion.

##### Mode 4. Automelon.

You who were lifted on the cross  
voluntarily, \* O Christ our God, bestow  
Your tender compassions \* upon Your new  
community to which You gave Your name. \*  
Cause our faithful emperors to be glad in Your  
power, \* granting them the victories against  
their adversaries. \* And for an ally, Lord, may  
they have You, \* peace as their armor, the  
trophy invincible. [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

Sunday After the Elevation of the Cross

#### 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]

Gal. 2:16-20

Brethren, you know that a man is not  
justified by works of the law but through  
faith in Jesus Christ, even we have believed in  
Christ Jesus, in order to be justified by faith in  
Christ, and not by works of the law, because  
by works of the law shall no one be justified.  
But if, in our endeavor to be justified in Christ,  
we ourselves were found to be sinners, is  
Christ then an agent of sin? Certainly not! But  
if I build up again those things which I tore  
down, then I prove myself a transgressor. For  
I through the law died to the law, that I might  
live to God. I have been crucified with Christ;  
it is no longer I who live, but Christ who lives  
in me; and the life I now live in the flesh I live  
by faith in the Son of God, who loved me and  
gave himself for me. [RSV]

### CHOIR

#### 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**

#### **Sunday After the Elevation of the Cross**

Mk. 8:34-38; 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power." [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.*