

Ὁκτώηχος - Ἦχος δ'.

Τῇ Κυριακῇ Πρωῇ

Μηναιὸν - ΤΗΙ ΙΔ' ΣΕΠΤΕΜΒΡΙΟΥ

Κυριακὴ μετὰ τὴν Ἑορτήν

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'. Ψαλμὸς 21.

Στίχ. α'. Ὁ Θεός, ὁ Θεός μου, πρόσχες μοι· ἵνα τί ἐγκατέλιπές με;

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Στίχ. β'. Μακρὰν ἀπὸ τῆς σωτηρίας μου οἱ λόγοι τῶν παραπτωμάτων μου.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Στίχ. γ'. Ὁ Θεός μου, κεκράξομαι ἡμέρας, καὶ οὐκ εἰσακούση.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Στίχ. δ'. Σὺ δὲ ἐν ἀγίῳ κατοικεῖς, ὁ ἔπαινος τοῦ Ἰσραήλ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Δόξα· καὶ νῦν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

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]

Ἀντίφωνον Β'. Ἦχος β'. Ψαλμὸς 73.

Στίχ. α'. Ἵνα τί, ὁ Θεός, ἀπώσω εἰς τέλος;

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ σαρκὶ σταυρωθεὶς, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β'. Μνήσθητι τῆς συναγωγῆς σου, ἥς ἐκτίσω ἀπ' ἀρχῆς.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ σαρκὶ σταυρωθεὶς, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ'. Ὅρος Σιών τοῦτο, ὃ κατεσκήνωσας ἐν αὐτῷ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ σαρκὶ σταυρωθεὶς, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. δ'. Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ αἰώνων· εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ σαρκὶ σταυρωθεὶς, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ αἰεὶ, 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 ἁγίας 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 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]

Ἀντίφωνον Γ'. Ἦχος α'. Ψαλμὸς 98.

Στίχ. α'. Ὁ Κύριος ἐβασίλευσεν,
ὀργιζέσθωσαν λαοί.

Στίχ. β'. Κύριος ἐν Σιών μέγας καὶ
ὑψηλός ἐστιν.

Στίχ. γ'. Ἐξομολογησάσθωσαν τῷ
ὀνόματί σου τῷ μεγάλῳ.

Ἀπολυτίκιον. Τοῦ Σταυροῦ. Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου
πολίτευμα.

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]

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

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος δ'.

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.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ
παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ
κληρονομήσουσι τὴν γῆν.

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

Ἀναστάσιμα.

Τῆς Ὀκτωήχου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Διὰ ξύλου ὁ Ἀδάμ, Παραδείσου γέγονεν
ἄποικος, διὰ ξύλου δὲ Σταυροῦ, ὁ Ληστής
Παράδεισον ᾤκησεν· ὁ μὲν γὰρ γευσάμενος,
ἐντολὴν ἠθέτησε τοῦ ποιήσαντος, ὁ δὲ
συσταυρούμενος, Θεὸν ὠμολόγησε τὸν
κρυπτόμενον. Μνήσθητί μου βοῶν, ἐν τῇ
Βασιλείᾳ σου.

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

Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ, καὶ τοῦ
θανάτου λύσας τὴν δύναμιν, καὶ ἐξαλείψας
ὡς Θεός, τὸ καθ' ἡμῶν χειρόγραφον
Κύριε, Ληστοῦ τὴν μετάνοιαν, καὶ ἡμῖν
παράσχου μόνε φιλόνητο, τοῖς πίστει

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

λατρεύουσι, Χριστέ ὁ Θεὸς ἡμῶν, καὶ βοῶσί
σοι· Μνήσθητι καὶ ἡμῶν, ἐν τῇ Βασιλείᾳ
σου.

*Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ
Θεοῦ κληθήσονται.*

Τὸ χειρόγραφον ἡμῶν, ἐν τῷ Σταυρῷ
τῇ λόγχῃ διέρρηξας, καὶ λογισθεὶς ἐν τοῖς
νεκροῖς, τὸν ἐκείσε τύραννον ἔδησας,
ῥυσάμενος ἅπαντας, ἐκ δεσμῶν τοῦ ἄδου
τῇ Ἀναστάσει σου, δι' ἧς ἐφωτίσθημεν,
φιλάνθρωπε Κύριε, καὶ βοῶμέν σοι·
Μνήσθητι καὶ ἡμῶν, ἐν τῇ Βασιλείᾳ σου.

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

Θεοτοκίον.

Τὴν Μητέρα σου Χριστέ, τὴν ἐν σαρκὶ
ἀσπόρως τεκοῦσάν σε, καὶ Παρθένον
ἀληθῶς, καὶ μετὰ τόκον μείναςαν
ἄφθορον, αὐτὴν σοι προσάγομεν, εἰς
πρεσβειάν Δέσποτα πολυέλεε, πταισμάτων
συγχώρησιν, δώρησαι πάντοτε τοῖς βοῶσί
σοι· Μνήσθητι καὶ ἡμῶν, ἐν τῇ Βασιλείᾳ
σου.

Κανὼν τῆς Ἑορτῆς.

Τοῦ Μηναίου ---

Ὦδὴ Γ'. Ἦχος πλ. δ'. Νοτίου θηρός.

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

Ὁ γῆρας καμφοθεὶς, καὶ νόσῳ τρυχωθεὶς,
ἀνωρθοῦτο Ἰακώβ χειρὰς ἀμείψας, τὴν
ἐνέργειαν φαίνων τοῦ ζωφόρου Σταυροῦ·

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-

τὴν παλαιότητα καὶ γάρ, τοῦ νομικοῦ
σκιῶδους, γράμματος ἐκαινογράφησεν, ὁ
ἐν τούτῳ σαρκὶ προσπαγεὶς Θεός, καὶ τὴν
ψυχόλεθρον νόσον, τῆς πλάνης ἀπήλασε.

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

Ὁ γήρᾳ καμφθεὶς, καὶ νόσῳ τρυχωθεὶς,
ἀνωρθοῦτο Ἰακώβ χειρὰς ἀμείψας, τὴν
ἐνέργειαν φαίνων τοῦ ζωηφόρου Σταυροῦ·
τὴν παλαιότητα καὶ γάρ, τοῦ νομικοῦ
σκιῶδους, γράμματος ἐκαινογράφησεν, ὁ
ἐν τούτῳ σαρκὶ προσπαγεὶς Θεός, καὶ τὴν
ψυχόλεθρον νόσον, τῆς πλάνης ἀπήλασε.

Δόξα.

Νεαζούσαις θεὶς παλάμας, ὁ θεῖος
Ἰσραήλ, σταυροειδῶς κάραις ἐδήλου, ὡς
πρεσβύτερον κλέος ὁ νομολάτρης λαός·
ὑποπτειθεὶς ὅθεν οὕτως ἐξηπατῆσθαι, οὐκ
ἠλλοίωσε τὸν ζωηφόρον τύπον· ὑπερέξει
λαὸς γὰρ Χριστοῦ τοῦ Θεοῦ, νεοπαγῆς
ἀνεβόα, Σταυρῷ τειχιζόμενος.

Καὶ νῦν.

Νεαζούσαις θεὶς παλάμας, ὁ θεῖος
Ἰσραήλ, σταυροειδῶς κάραις ἐδήλου, ὡς
πρεσβύτερον κλέος ὁ νομολάτρης λαός·
ὑποπτειθεὶς ὅθεν οὕτως ἐξηπατῆσθαι, οὐκ
ἠλλοίωσε τὸν ζωηφόρον τύπον· ὑπερέξει
λαὸς γὰρ Χριστοῦ τοῦ Θεοῦ, νεοπαγῆς
ἀνεβόα, Σταυρῷ τειχιζόμενος.

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]

Εἰσοδικόν. Ἦχος β'.

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

Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος δ'.

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα,
ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου
Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν
ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι
ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἡγέρθη
Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ
μέγα ἔλεος.

Ἀπολυτίκιον. Τοῦ Σταυροῦ.

Τοῦ Μηναίου ---

Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου
πολίτευμα.

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Τοῦ Μηναίου ---

Κοντάκιον.

Ἦχος δ'. Ἀυτόμελον.

Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ ἐκουσίως,
τῇ ἐπωνύμῳ σου καινῇ πολιτεία τοὺς
οἰκτιρομὸς σου δώρησαι, Χριστέ ὁ Θεός·
εὐφρανὸν ἐν τῇ δυνάμει σου τοὺς πιστοὺς
βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ
τῶν πολεμίων· τὴν συμμαχίαν ἔχοιεν τὴν
σὴν, ὅπλον εἰρήνης, ἀήττητον τρόπαιον.

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,

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἄγιος 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.

Ἄγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ὁ Ἀπόστολος

Κυριακὴ μετὰ τὴν Ὑψωσιν.

Προκείμενον. Ἦχος δ'. Ψαλμὸς 103.

Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε·
πάντα ἐν σοφίᾳ ἐποίησας.

Στίχ. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.
Κύριε ὁ Θεός μου, ἐμεγαλύνθης σφόδρα.

Γα 2:16-20

Ἀδελφοί, εἰδότες ὅτι οὐ δικαιоῦνται
ἄνθρωπος ἐξ ἔργων νόμου, ἐὰν μὴ
διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς
εἰς Χριστὸν Ἰησοῦν ἐπιστεύσαμεν, ἵνα
δικαιωθῶμεν ἐκ πίστεως Χριστοῦ καὶ οὐκ
ἐξ ἔργων νόμου· διότι ἐξ ἔργων νόμου οὐ
δικαιωθήσεται πᾶσα σὰρξ. Εἰ δὲ ζητοῦντες
δικαιωθῆναι ἐν Χριστῷ εὐρέθημεν καὶ
αὐτοὶ ἁμαρτωλοί, ἄρα Χριστὸς ἁμαρτίας
διάκονος; μὴ γένοιτο! Εἰ γάρ, ἃ κατέλυσα,
ταῦτα πάλιν οἰκοδομῶ, παραβάτην
ἐμαυτὸν συνίστημι. Ἐγὼ γὰρ διὰ νόμου
νόμῳ ἀπέθανον ἵνα Θεῷ ζήσω. Χριστῷ
συνεσταύρωμαι· ζῶ δὲ οὐκέτι ἐγώ, ζῇ δὲ ἐν
ἐμοὶ Χριστός· ὁ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει
ζῶ τῇ τοῦ Υἱοῦ τοῦ Θεοῦ τοῦ ἀγαπήσαντός
με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.

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]

ΧΟΡΟΣ

Ἀλληλούϊα. Ἦχος δ'. Ψαλμὸς 44.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α'. Ἐντεινον καὶ κατενοδοῦ καὶ βασίλευε, ἕνεκεν ἀληθείας καὶ πραότητος καὶ δικαιοσύνης.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β'. Ἠγάπησας δικαιοσύνην καὶ ἐμίσησας ἀνομίαν.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

Κυριακὴ μετὰ τὴν Ὑψωσιν.

Ματθ 8:34-38; 9:1

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἔλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνηθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἀμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνηθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

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]

Ὑμνος εἰς τὴν Θεοτόκον.

Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν
σε τὴν Θεοτόκον, τὴν ἀειμακάριστον
καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ
ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ καὶ
ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ,
τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν
ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Κοινωνικόν. Ψαλμὸς 148.

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

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, δυνάμει τοῦ τιμίου καὶ
ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων
ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἱκεσίαις
τοῦ τιμίου, ἐνδόξου, προφήτου, Προδρόμου
καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφύμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· **(τοῦ**
Ἀγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ
πάντων τῶν Ἀγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις εἰς πάντα.

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.