

SUNDAY, JANUARY 10  
31<sup>st</sup> Sunday after Pentecost  
Afterfeast of the Theophany  
Sunday after the Theophany  
St. Gregory, Bishop of Nyssa

TONE 6

"Lord I Call..." Tone 6

Lord, I call upon You, hear me!  
Hear me, O Lord!  
Lord, I call upon You, hear me!  
Receive the voice of my prayer,  
when I call upon You!//  
Hear me, O Lord!

Let my prayer arise  
in Your sight as incense,  
and let the lifting up of my hands  
be an evening sacrifice!//  
Hear me, O Lord!

*v. (10) Bring my soul out of prison, that I may give thanks to Your name!*

**Tone 6**      *(for the Resurrection)*

Possessing victory over hell, O Christ,  
since You are free among the dead,  
You ascended the Cross  
raising with Yourself those who sat in the shades of death.//  
Drawing life from Your light, O almighty Savior, have mercy on us!

*v. (9) The righteous will surround me; for You will deal bountifully with me.*

Today Christ tramples on death,  
for He is risen as He said!  
Let us all sing this song,  
for He has granted joy to the world:  
O Light unapproachable, O Fountain of life!//  
O Savior Almighty, have mercy on us!

*v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!*

Where shall we sinners flee from You, for You are in all creation?  
In heaven You dwell!  
In hell You trampled on death!  
In the depths of the sea?  
Even there is Your hand, O Master!  
To You we flee, and falling before You, we pray://  
“As You rose from the dead, have mercy on us!”

*v. (7) Let Your ears be attentive to the voice of my supplications!*

*(Resurrection stichera by Anatolius)*

In Your Cross, we glory, O Christ.  
We sing and glorify Your Resurrection.  
For You are our God, //  
and we know no other than You.

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*

**Tone 2**      *(for the Feast, by John the Monk)*

Our Light that enlightens all  
comes to be baptized.  
The Forerunner sees Him and rejoices in His soul.  
His hand trembles as he shows Him to the people:  
“Behold, the Redeemer of Israel,  
the One Who frees us from corruption.” //  
O sinless One, Christ our God, glory to You!

*v. (5) For Thy Name's sake I wait for Thee, O Lord. My soul has waited for Thy word; my soul has hoped on the Lord.*

A servant baptized our Redeemer  
and the coming of the Spirit bore witness to Him.  
The hosts of Angels saw this and shook with fear.  
And the voice of the Father was heard from heaven:  
“The One on Whom the Forerunner lays his hand,  
He is My beloved Son; I am well pleased in Him.” //  
O Christ our God, glory to You!

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

The streams of the Jordan received You, their Source,  
and the Comforter descended in the form of a dove.  
He Who bowed the heavens now bows His head.  
The Clay cries aloud to the Potter:  
“Why do You command me to do what is beyond me;  
for it is I that should be baptized by You?” //  
O sinless One, Christ our God, glory to You!

*V. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

**Tone 5**      *(for St. Gregory)*

O righteous father, holy Gregory:  
flute played by the breath of the Comforter,  
filled with the clear melody of godliness,  
candlestick enlightening many with divine light,  
herald of truth, foundation of theology,  
fountain of heavenly doctrine,  
torrent of teaching sweet as honey,  
lyre, playing songs written by God,  
gladdening the hearts of the faithful!  
Wise one, pray without ceasing to Christ,  
Who was baptized in the streams of Jordan for the renewal of the world, //  
that He may save our souls!

*V. (2) Praise the Lord, all nations! Praise Him, all peoples!*

O righteous Father, all-praised Gregory,  
battle axe hewing down the assaults of heresy,  
two-edged sword of the Comforter,  
dagger piercing the heart of false doctrine,  
fire consuming the brushwood of error,  
winnowing fan able to separate the chaff of vanities from the kernel of doctrine,  
ruler measuring the way to salvation with precision,  
pray without ceasing to Christ,  
Who was baptized in the streams of Jordan for the renewal of the world, //  
that He may save our souls!

*V. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.*

O righteous Father, all-blessed Gregory,  
mouth that pours out blessed words,  
drawing them from the inexhaustible and divine wells of salvation,  
expounding all words of prayer;  
rule that directs to virtue;  
you became radiant by contemplation of things divine,  
illumined by the brightness of the uncreated Trinity,  
Whose invincible champion you became.  
O venerable Father, pray without ceasing to Christ,  
Who refashioned the world in the streams of the Jordan, //  
that He may save our souls!

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 4**      *(for St. Gregory)*

O Gregory of Nyssa,  
you were adorned with wise words and valiant deeds.  
You gladdened the faithful with your God-proclaiming voice;  
and enlightened us with knowledge  
explaining the unity of the Trinity.  
You defeated alien teachings with true doctrine;  
establishing the faith with strength.  
And now you stand before Christ with His bodiless servants: //  
pray that He may grant peace and great mercy to our souls!  
*now and ever, and unto ages of ages. Amen.*

**Tone 6**      *(Theotokion – Dogmatikon)*

Who will not bless you, O most holy Virgin?  
Who will not sing of your most pure childbearing?  
The only-begotten Son shone timelessly from the Father,  
but from you He was ineffably incarnate.  
God by nature, yet Man for our sake,  
not two persons, but one known in two natures.  
Entreat Him, O pure and all-blessed Lady, //  
to have mercy on our souls!

## Aposticha

### Tone 6 (for the Resurrection)

Your Resurrection, O Christ our Savior,  
the Angels in heaven sing!  
Enable us on earth//  
to glorify You in purity of heart!

*V. The Lord is King; He is robed in majesty!*

Destroying the gates of hell,  
breaking the chains of death,  
You resurrected the fallen human race as almighty God!//  
O Lord, Who rose from the dead, glory to You!

*V. For He has established the world, so that it shall never be moved.*

Desiring to return us to Paradise,  
Christ was nailed to the Cross and placed in a tomb.  
The Myrrhbearing Women sought Him with tears, crying,  
“Woe to us, O Savior!  
How do You deign to descend to death?  
What place can hold Your life bearing body?  
Come to us as You promised!  
Take away our wailing and tears!”  
Then the Angel appeared to them:  
“Stop your lamentations!  
Go, proclaim to the Apostles:  
‘The Lord is risen,//  
granting us purification and great mercy!’”

*V. Holiness befits Your house, O Lord, forevermore!*

Having been crucified as You willed,  
by Your burial You captured death, O Christ,  
rising on the third day as God in glory,//  
granting the world unending life and great mercy!

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 4**     *(for St. Gregory)*

O God-revealing Gregory,  
you passed your life in godliness.  
You made your actions radiant through contemplation;  
desiring divine wisdom for your love;  
you were enriched with graces flowing from the Spirit.  
Your words drip with sweetness, like honey from the comb;  
and you gladden the Church of God with your divine thoughts.  
Now, as you gaze upon the Lord in heaven, //  
never cease to pray for us who honor your memory!

*now and ever, and unto ages of ages. Amen.*

**Tone 4**     *(for the Feast)*

By fire and the Spirit,  
You wash away the sin of the world.  
When the Baptist saw You coming, he was afraid.  
He trembled and cried out, saying:  
"I dare not hold Your spotless head.//  
Sanctify me with Your Epiphany, O Master Who loves mankind!"

*(at Great Vespers)*

**Tone 6      Troparion    *(Resurrection)***

The Angelic Powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You captured hell, not being tempted by it.  
You came to the Virgin, granting life.  
O Lord, Who rose from the dead, //  
glory to You.

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

**Tone 4      Troparion    *(St. Gregory)***

In truth you were revealed to your flock as a rule of faith,  
an image of humility and a teacher of abstinence;  
your humility exalted you;  
your poverty enriched you.  
O Hierarch Father Gregory,  
entreat Christ our God //  
that our souls may be saved!

*now and ever, and unto ages of ages. Amen.*

**Tone 1      Troparion    *(Feast)***

When You, O Lord, were baptized in the Jordan,  
the worship of the Trinity was made manifest.  
For the voice of the Father bore witness to You,  
and called You His beloved Son;  
and the Spirit in the form of a dove  
confirmed the truthfulness of His word.  
O Christ our God, You have revealed Yourself //  
and hast enlightened the world, glory to You.

*(at the Divine Liturgy)*

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**Tone 6      Kontakion    *(Resurrection)***

When Christ God, the Giver of Life,  
raised all of the dead from the valleys of misery with His mighty hand,  
He bestowed resurrection on the human race. //  
He is the Savior of all, the Resurrection, the Life, and the God of all.



**Tone 1      Kontakion** *(St. Gregory)*

You kept watch with the eyes of your soul, O holy bishop,  
revealing yourself as a watchful pastor for the world.  
With the staff of your wisdom and your fervent intercession,  
you drove away all heretics like wolves, //  
and preserved your flock free from harm, O most wise Gregory.

**Tone 4      Kontakion** *(Feast)*

Today You have shone forth to the world, O Lord,  
and the light of Your countenance has been marked on us.  
Knowing You, we sing Your praises:  
“You have come and revealed Yourself, //  
O unapproachable Light.”

**Tone 1      Prokeimenon** *(Sunday After)*

Let Your mercy, O Lord, be upon us / as we have set our hope on You! *(Ps. 32:22)*

*V. Rejoice in the Lord, O you righteous! Praise befits the just! (Ps. 32:1)*

**Epistle**

(224-ctr) Ephesians 4:7-13 *(Sunday After)*

**Tone 5**

Alleluia, Alleluia, Alleluia!

*V. I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim  
Your truth from generation to generation. (Ps. 88:1-2)*

*V. For You have said: Mercy will be established forever; Your truth will be  
prepared in the heavens. (Ps. 88:3)*

**Gospel**

(8) Matthew 4:12-17 *(Sunday After)*

*(Instead of "It is truly meet...", we sing:)*

Magnify, O my soul, the most pure Virgin Theotokos,  
more honorable than the heavenly hosts!

No tongue knows how to praise you worthily, O Theotokos;  
even angels are overcome with awe praising you.

But since you are good, accept our faith;

for you know our love inspired by God!

You are the defender of Christians, and we magnify you.

### **Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*

The grace of God has appeared for the salvation of all men. *(Titus 2:11)*

Alleluia, Alleluia, Alleluia!

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In addition to translations from the Department of Liturgical Music and Translations, liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon's Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon's Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Father Benedict Churchill, Isaac Lambertson, St. Vladimir's Seminary, and Holy Transfiguration Monastery, among others.