

SUNDAY, SEPTEMBER 19

TONE 4

13th Sunday after Pentecost

Sunday after the Exaltation of the Cross

Afterfeast of the Exaltation of the Cross

Martyrs Trophimus, Sabbatius, and Dorymedon of Synnada

"Lord I Call..." Tone 4

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 4 *(for the Resurrection)*

We glorify Your Resurrection on the third day, O Christ God,

by always honoring Your life-creating Cross;

by it, You have renewed the corrupted nature of man,

O almighty One.

By it, You have renewed our entrance to heaven,//

for You are good and the Lover of man.

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

You loosed the Tree's verdict of disobedience, O Savior,

by being voluntarily nailed to the tree of the Cross.

By descending to hell, O almighty God,

You broke the bonds of death.

Therefore, we adore Your Resurrection from the dead, singing in joy://

"Glory to You, O all powerful Lord!"

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

You smashed the gates of hell, O Lord,
and by Your death You demolished the kingdom of death.
You delivered the race of men from corruption,//
granting the world life, incorruption and great mercy.

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

(Resurrection stichera by Anatolius)

Come, O people,
let us sing of the Savior's Resurrection on the third day!
By it, we have been freed from the unbreakable bonds of hell.
By it, we have received life and incorruption.
Save us by Your Resurrection!//
O Life-creating and almighty Savior, glory to You!

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

Tone 4 *(for the Cross)* *(You have given a sign)*

The most holy Cross, the invincible trophy,
comes forth today like a hidden treasure revealed from the earth,
enriching the whole world with rays of universal goodness.
Therefore, we glorify the all-good dispensation of Christ our God,//
Who willed to be crucified on it.

V. (5) For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.

The Cross depicted of old by the Prophet Moses,
the faithful seer and beloved of God,
routed the hordes of the foreign oppressors.
Now, shown forth in divine elevation at the hands of sacred ministers,
it dispels the hordes of demons and assemblies of evil ones,//
reproving the boldness of the ungodly.

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

Your Cross, our Savior, is the invincible might of Christians.
By it multitudes of enemies are vanquished;
the peace of Your Church, O Christ, is given to those who offer fitting glory.
As we venerate it now, we entreat You, O Lover of man://
"Count us worthy of a portion with Your saints!"

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 8 *(for the Martyrs) (Your martyrs, O Lord)*

Desiring to take pleasure in inexhaustible food,
O martyr Trophimus,
you were nourished by the wounding of your body,
passing over from corruption to incorruption,
rejoicing and adorned with the witness of your martyrdom.//
Therefore by your prayers entreat great mercy for us all!

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

The glorious Sabbatius,
having endured many torments,
has now been blessed to celebrate with great joy in the courts of heaven.
Receiving honors for his struggles,
he is numbered among the assemblies of Angels.//
By his prayers, O Christ, grant Your people great mercy!

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

Destroying the counsel of the ungodly, O Dorymedon,
you steadied your mind with divine counsels.
You entered courageously upon the path of submitting to torture,
receiving trophies of honor.//
Now you ever reign with Christ, praying for us all.

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

Tone 4 *(for the Cross)*

Let us proclaim today a festival of song,
and with radiant faces and with our tongues let us cry aloud:
O Christ, You have accepted condemnation for us,
and, being spat upon, and scourged,
You were robed in purple and didst ascend the Cross.
Seeing You, the sun and the moon hid their light,
the earth quaked in fear,
and the veil of the Temple was torn in two.

Grant us Your precious Cross as our guardian and protector,
driving demons away,
that we may all embrace it and cry out:
“Save us, O Cross, by your might!
Sanctify us by your radiance, O precious Cross,
and strengthen us through your Exaltation; //
for you have been given to us as the light and salvation of our souls!”

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

Tone 4 *(Theotokion – Dogmatikon)*

The Prophet David was a father of the Lord
through you, O Virgin.
He foretold in songs the One Who worked wonder in you:
“At Your right hand stood the Queen,”
Your Mother, the mediatrix of life,
since God was freely born of her without a father.
He wanted to renew His fallen image, made corrupt in passion,
so He took the lost sheep upon His shoulder
and brought it to His Father,
joining it to the heavenly pow’rs. //
Christ, Who has great and rich mercy, has saved the world, O Theotokos.

Aposticha

Tone 4 *(for the Resurrection)*

By ascending the Cross, O Lord,
You have annulled our ancestral curse.
By descending to hell, You have freed the eternal prisoners,
granting incorruption to the human race. //
Therefore in songs we glorify Your life-creating and saving Resurrection.

v. The Lord is King; He is robed in majesty!

By hanging upon the tree, O only powerful Lord,
You shook all of creation.
By being laid in the tomb You have raised those who dwelt in the tombs,
granting life and incorruption to the human race. //
Therefore in songs we glorify Your rising on the third day.

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

The lawless people, O Christ,
handed You over to Pilate, condemned to be crucified,
thus proving themselves ungrateful before their Benefactor.
But voluntarily You endured burial,
rising by Your own power on the third day as God, //
granting us life everlasting and great mercy.

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

With tears the women reached Your tomb,
searching for You, but not finding You.
They wept with wailing and lamented:
“Woe to us! Our Savior, King of all,
how were You stolen?
What place can hold Your life-bearing body?”
An Angel replied to them:
“Do not weep but go and proclaim that the Lord is risen, //
granting us joy as the only compassionate One!”

*Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.*

Tone 5 *(for the Cross)*

The words of Your prophets Isaiah and David are fulfilled, O God.
They said: “All nations will come and bow down before You.”
Behold the people filled with grace in Your courts in Jerusalem, O good One!
You endured the Cross for us, granting us life through Your Resurrection. //
Preserve and save us!

(at Great Vespers)

Tone 4 **Troparion** *(Resurrection)*

When the women disciples of the Lord
learned from the angel the joyous message of Your Resurrection,
they cast away the ancestral curse
and elatedly told the apostles:
“Death is overthrown!
Christ God is risen, //
granting the world great mercy!”

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

Tone 8 Troparion (*Martyrs*)

God praised in Trinity has glorified a trinity of martyrs:
Trophímus, Sabbátius, and Dorýmedon.
By their faith, they overthrew the adversary.//
Through their prayers, O Christ our God, have mercy on us!

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

Tone 1 Troparion (*Cross*)

O Lord, save Your people,
and bless Your inheritance!
Grant victories to the Orthodox Christians
over their adversaries;
and by virtue of Your Cross//
preserve Your habitation!

(at the Divine Liturgy)

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Tone 4 Kontakion *(Resurrection)*

My Savior and Redeemer
as God rose from the tomb and delivered the earth-born from their chains.
He has shattered the gates of hell,
and as Master,//
He has risen on the third day!

Tone 8 Kontakion *(Martyrs)*

As the foundation of athletes and the confirmation of piety,
the Church honors and glorifies your brilliant suffering,
wise and glorious Trophímus, ever-praised and blessed athlete.//
Together with your fellow sufferers, ask cleansing for those who hymn you, for
you are invincible.

Tone 4 Kontakion (*Cross*)

As You were voluntarily raised upon the Cross for our sake,
grant mercy to those who are called by Your Name, O Christ God;
make all Orthodox Christians glad by Your power,
granting them victories over their adversaries//
by bestowing on them the invincible trophy, Your weapon of peace!

Tone 7 Prokeimenon (*Sunday After*)

Extol the Lord our God: / worship at His footstool for He is holy! (*Ps. 98:5*)

V. The Lord reigns, let the people tremble! (Ps. 98:1a)

Epistle

(203) Galatians 2:16-20 (*Sunday After*)

(166) 1 Corinthians 16:13-24

Tone 1

Alleluia, Alleluia, Alleluia!

V. Remember Your congregation, which You have gotten of old! (Ps. 73:2)

V. God is our King before the ages; He has worked salvation in the midst of the earth! (Ps. 73:13)

Gospel

(37) Mark 8:34-9:1 (*Sunday After*)

(87) Matthew 21:33-42

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

Tone 8

Magnify, O my soul, the most precious Cross of the Lord!

You are a mystical Paradise, O Theotokos,
who, though untilled, have brought forth Christ;
through Him the life-bearing wood of the Cross was planted on earth.
Now at its Exaltation,
as we bow in worship before it, we magnify you.

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! (*Ps. 148:1*)
The light of Your countenance has been signed upon us, O Lord. (*Ps. 4:7*)
Alleluia, Alleluia, Alleluia!