

SUNDAY, SEPTEMBER 11

TONE 4

Sunday before the Exaltation of the Cross

Afterfeast of the Nativity of the Most Holy Theotokos

Ven. Theodora of Alexandria

"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 6 *Idiomela* *(for the Feast, by Patriarch Sergius)*

Today God, Who rests upon the spiritual thrones,
has prepared for Himself a holy throne on earth.
He Who in wisdom established the heavens
has fashioned a living heaven in His love for mankind;
for, from a barren root He has made a life-bearing branch spring up for us,
even His Mother.
O God of wonders and Hope of the hopeless,//
O Lord, 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.

This is the day of the Lord!
Rejoice, O peoples,
for, behold, the bridal chamber of the Light, the book of the Word of Life,
has come forth from the womb!
The gate that faces the East is born
and awaits the entry of the Great Priest.
She alone admits Christ into the world//
for the salvation of our souls.

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

Although by God's will other barren women
have brought forth famous offspring,
yet, of all those children Mary shines most brightly, as is fitting to God.
For she herself was born wondrously of a barren mother,
and gave birth in the flesh to the God of all,
in a manner surpassing nature, from a womb without seed.
She is the only gateway of the only-begotten Son of God,
Who passed through this gate yet kept it closed,
and, having ordered all things in His own wisdom,//
has wrought salvation for all mankind.

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 4 *(for St. Theodora) (As one valiant among the martyrs)*

Feminine in body and masculine in bearing and attire, O Theodora,
you undertook manly struggles living among men,
and you diminished the passions and completely restrained the appetite for
pleasures,//
by fasting, intense supplications, and by unremitting contemplation of God.

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

The sun, setting beneath the horizon, never saw you sin;
but the unsetting Sun and Lord,
Who knows the hearts and sees the hidden things, did know you,
and He illumined the eyes of your heart with the light of repentance.//
Therefore you diligently served Him by unflagging abstinence and perfection of
virtues.

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

In no way did you remain ignorant of the enemy's wiles,
but you cherished the child who was not your own,
and nurtured him with a father's kindness, O glorious Theodora.
With piety of mind you bore the reproach of men,
and suffered unnumbered rebukes in your love for the child.//
Therefore we celebrate your honored festival.

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

Tone 4 *(for the Feast, by Patriarch Germanus)*

As foretold by the Angel's prophecy,
you have come forth today, O Virgin,
the most sacred fruit of righteous Joachim and Anna.
You are the heaven and throne of God, the vessel of purity,
heralding joy to all the world, you that bring us our life;
you destroy the curse and give blessing in its stead.
Wherefore on this feast of your birth, O Maiden called by God, //
entreat peace for the world and for our souls great mercy!

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 4 *(for the Feast, by Patriarch Germanus)*

Let the barren and childless Anna today clap her hands with gladness!
Let those on earth be decked in splendor;
let rulers leap for joy;
let priests be glad in blessing; let the whole world keep the feast!
For behold the Queen and immaculate bride of the Father
has sprung forth from the root of Jesse.
No longer will women bear children in sorrow,
for joy has blossomed forth,
and the Life of mankind now dwells in the world.
No longer are the offerings of Joachim be turned away,
for the lamentation of Anna has been changed to joy.
She cries: “Rejoice with me, all you chosen of Israel,
for behold, the Lord has given me the living palace of His divine glory
for our common gladness and joy //
and for the salvation of our souls!”

(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 *(St. Theodora)*

The image of God was truly preserved in you, O Mother,
for you took up the Cross and follow Christ.
By so doing, you taught us to disregard the flesh for it passes away;
but to care instead for the soul, for it is immortal.//
Therefore your spirit, venerable Theodora, rejoices with the angels.

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

Tone 4 Troparion *(Feast)*

Your nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from you, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal life.

(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 2 Kontakion *(St. Theodora)*

You depleted your bodily strength by fasting, vigil, and prayers,
entreating the Creator to grant forgiveness of your sin;
having received it, you showed us the way of repentance,//
venerable Mother Theodora.

Tone 4 Kontakion *(Feast)*

By your nativity, O most pure Virgin,
Joachim and Anna are freed from barrenness,
Adam and Eve – from the corruption of death.
And we, your people, freed from the guilt of sin, celebrate and sing to you: / /
“The barren woman gives birth to the Theotokos, the nourisher of our Life.”

Tone 6 Prokeimenon *(Sunday Before)*

O Lord, save Your people, / and bless Your inheritance! *(Ps. 27:9a)*

V. To You, O Lord, will I call. O my God, be not silent to me! (Ps. 27:1a)

Tone 3 Prokeimenon *(Song of the Theotokos)*

My soul magnifies the Lord, / and my spirit rejoices in God my Savior. *(Lk. 1:46-47)*

Epistle

(215) Galatians 6:11-18 *(Sunday Before)*

(166) 1 Corinthians 16:13-24

Tone 1

Alleluia, Alleluia, Alleluia!

V. I have exalted one chosen out of My people. (Ps. 88:18b)

V. For My hand shall defend him and My arm shall strengthen him. (Ps. 88:20)

Tone 8

V. Hearken, O daughter, and see, and incline your ear! (Ps. 44:9a)

Gospel

(9) John 3:13-17 *(Sunday Before)*

(87) Matthew 21:33-42

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

Tone 8

Magnify, O my soul, the most glorious birth of the Mother of God!

Virginity is foreign to mothers;
childbearing is strange for virgins.
But in you, O Theotokos, both were accomplished.//
Therefore all we nations of the earth unceasingly magnify you.

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*
I will receive the cup of salvation and call on the Name of the Lord. *(Ps. 115:4)*
Alleluia, Alleluia, Alleluia!

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.