

Hymns and Readings for Sunday 15th September 2024

12th Sunday after Pentecost

Afterfeast of the Exaltation of the Cross

Sunday after the Exaltation of the Cross

The Holy Great-Martyr Nicetas the Goth

THE HOURS

TROPARIA AND KONTAKION AT THE THIRD HOUR

Troparia: Resurrection; Glory ... Saint Nicetas; Both now ... From the Horologion

Kontakion: The Cross

TROPARIA AND KONTAKION AT THE SIXTH HOUR

Troparia: Resurrection; Glory ... The Cross; Both now ... From the Horologion

Kontakion: Resurrection

THE VENERATION OF THE CROSS (*Transferred from Saturday 14th September*)

*After the Dismissal of the Hours the Priest sings: "Glory to Thee, Who hast shown us the Light" and the Choir sings the **Great Doxology**.*

*At the end of the Great Doxology, "**Holy God ...**" onwards is sung **very slowly**. Preceded by candles [the Exapteryga] and the censer, the Holy Cross is brought in procession through the North Door of the Altar and around the Church as at the (long) Entrance with the Gospel Book, while the choir sings "**Holy God ...**" etc. When the procession reaches the Ambon, the priest raises the Cross and sings "**Wisdom! Let us attend!**"*

*The Troparion "**O Lord save Thy people ...**" (Green Book page 30) is sung three times while the priest places the Cross on the analogion and censes it from the four sides.*

*The priest sings "**Before Thy Cross we bow down in worship ...**" (Sheet) and makes two prostrations before the Holy Cross, kisses it, then makes a third prostration.*

*The choir repeats "**Before Thy Cross we bow down in worship ...**" twice more, followed by the stichera "**Come, ye faithful ...**" etc. (Festal Menaion page 156ff) while all venerate the Holy Cross in the same way. When all have venerated the Cross, the Divine Liturgy begins as usual.*

THE DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM

FIRST ANTIPHON

[Music on website / White Book page 12]

God, my God, attend to me! Why hast Thou forsaken me?

Through the prayers of the Theotokos, O Saviour, save us!

Why art Thou so far from helping me, from the words of my groaning?

Through the prayers of the Theotokos, O Saviour, save us!

O my God, I cry by day, but Thou dost not answer; and by night, but find no rest.

Through the prayers of the Theotokos, O Saviour, save us!

Thou dwellest in the sanctuary, the praise of Israel.

Through the prayers of the Theotokos, O Saviour, save us!

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

Through the prayers of the Theotokos, O Saviour, save us!

SECOND ANTIPHON

[Music on website / White Book page 13]

O God, why dost Thou cast us off forever?

O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!

Remember Thy congregation, which Thou hast gotten of old!
O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!

Remember Mount Zion, where Thou hast dwelt!
O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!

God is our King before the ages; He has worked salvation in the midst of the earth.
O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!

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

O only-begotten Son and Word of God. O Thou Who art Immortal, yet for our salvation didst deign to be incarnate of the holy Mother of God and Ever-Virgin Mary; and without change wast made man; Who also wast crucified for us; and by death didst overcome death: save us, O Christ, our God; one Person of the Holy Trinity, glorified together with the Father and the Holy Spirit.

THIRD ANTIPHON

Reader: The Lord reigns, let the people tremble!

Troparion of the Cross in Tone 1

[Music on website / White Book page 13]

O Lord, save Thy people,
and bless Thine inheritance!

Grant victories to the Orthodox Christians over their adversaries;
and by the power of Thy Cross, //
preserve Thy habitation.

Reader: The Lord reigns, let the people tremble! He sits enthroned upon the cherubim; let the earth quake!

All: *O Lord, save Thy people ...*

Reader: The Lord is great in Zion; He is exalted over all the peoples.

All: *O Lord, save Thy people ...*

Reader: Bow down in worship to the Lord in His holy court!

All: *O Lord, save Thy people ...*

ENTRANCE HYMN

The Introit of the Little Entrance given on page 14 of the White Book is not used. Instead, as usual:
O come, let us worship and fall down before Christ. O Son of God, Who art risen from the dead, save us who sing to Thee: Alleluia, alleluia, alleluia!

TROPARIA & KONTAKIA

Troparion of the Resurrection in Tone 3

[Music on website / Green Book page 6]

Let the heavens rejoice!
Let the earth be glad!
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first born of the dead.
He has delivered us from the depths of hell,
and has granted to the world //
great mercy.

Troparion of the Cross in Tone 1

[Music on website / White Book page 13]

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

Troparion of Saint Chad in Tone 2[\[Music in Folder\]](#)

As a Bishop thou gavest thyself
to preaching the truth and the purity of the Church.
Thou didst shine forth as an example of humility and holiness;
studying the Scriptures, thou tookest care to follow the Word.
Pray for thy children, O Holy Father Chad,
that we too may follow Christ, //
and be found worthy to partake of the nature of God.

Troparion of Saint Nicetas in Tone 3[\[Music on website / Sheet\]](#)

Thou didst defeat error and didst triumph in martyrdom,
Nicetas, namesake of victory;
for thou didst conquer the ranks of the enemy
and didst end thy contest by fire. //
Pray to Christ our God to grant us His great mercy!

Kontakion of the Resurrection in Tone 3[\[Music on website / Green Book page 6\]](#)

On this day Thou didst rise from the tomb,
O Merciful One,
leading us from the gates of death.
On this day Adam exults as Eve rejoices;
with the Prophets and Patriarchs they unceasingly praise //
the divine majesty of Thy power.

Kontakion of Saint Chad in Tone 2[\[Music in Folder\]](#)

When thou wast praying to Christ, O venerable Chad
the choir of the angels came to call thee to thy reward.
Then thou wast summoned to share
in the Thrice Holy song with the seraphim.
Pray thou that we may live
as icons of the cherubim //
rejoicing before the Trinity, the Giver of life.

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

Kontakion of Saint Nicetas in Tone 2[\[Music on website / Sheet\]](#)

Thou didst stand firm and didst defeat delusion
and hast received thy martyr's crown, Nicetas, namesake of victory;
thou art rejoicing with the Angels, //
together with them thou art praying unceasingly to Christ God for us all.

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

Kontakion of the Cross in Tone 4[\[Music on website / White Book page 17\]](#)

As Thou wast voluntarily crucified for our sake,
grant mercy to those who are called by Thy Name;
make all Orthodox Christians glad by Thy power,
granting them victories over their adversaries //
by bestowing on them the invincible trophy, Thy weapon of peace.

INSTEAD OF THE TRISAGION[\[Music on website / Sheet\]](#)

(Transferred from Saturday 14th September)

Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify. (x 3)

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

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

And Thy Holy Resurrection we glorify.

Priest: Dynamis!

Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify.

PROKEIMENON

Reader: The Prokeimenon in the Seventh Tone.

Reader: Exalt the Lord our God: worship at His footstool for He is holy!

Choir: Exalt the Lord our God: worship at His footstool for He is holy!

Reader: The Lord reigns, let the people tremble!

Choir: Exalt the Lord our God: worship at His footstool for He is holy!

Reader: Exalt the Lord our God:

Choir: worship at His footstool for He is holy!

EPISTLE

The Reading from the Epistle of the Holy Apostle Paul to the Galatians.

Ye Brethren: 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 endeavour 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. [Galatians 2:16-20]

Ye Brethren: I would remind you in what terms I preached to you the gospel, which you received, in which you stand, by which you are saved, if you hold it fast - unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins in accordance with the scriptures, that he was buried, that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brethren at one time, most of whom are still alive, though some have fallen asleep. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God, I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God which is with me. Whether then it was I or they, so we preach and so you believed. [1 Corinthians 15:1-11]

ALLELUIA

Priest: Peace be to thee that readest, and to all the people.

Reader: And to thy spirit. Alleluia, Alleluia, Alleluia.

Choir: Alleluia, alleluia, alleluia!

Reader: Remember Thy congregation, which Thou hast purchased of old!

Choir: Alleluia, alleluia, alleluia!

Reader: God is our King before the ages; He hath wrought salvation in the midst of the earth!

Choir: Alleluia, alleluia, alleluia!

GOSPEL

The Reading from the Holy Gospel according to Mark.

The Lord said: "If any man would 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 soul? For what can a man give in return for his soul? 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 Jesus 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." [Mark 8:34-9:1]

At that time: A young man came up to Jesus, kneeling and saying, "Good Teacher, what good deed must I do, to have eternal life?" And he said to him, "Why do you call me good? One there is who is good. If you would enter life, keep the commandments." He said to him, "Which?" And Jesus said, "You shall not kill, You shall not commit adultery, You shall not steal, You shall not bear false witness, Honour your father and mother, and You shall love your neighbour as yourself." The young

man said to him, "All these I have observed; what do I still lack?" Jesus said to him, "If you would be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven; and come, follow me." When the young man heard this, he went away sorrowful; for he had great possessions. And Jesus said to his disciples, "Truly, I say to you, it will be hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." When the disciples heard this, they were greatly astonished, saying, "Who then can be saved?" But Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible." [Matthew 19:16-26]

THE ZADOSTOYNIK

Magnify, O my soul,
the most precious Cross of the Lord!
Thou art the mystical Paradise, O Theotokos,
in which Christ has blossomed;
through Him the life-bearing wood of the Cross was planted on earth.
Now at its Elevation,
as we bow in worship before it,
we magnify thee.

[Music on website / White Book page 23]

COMMUNION HYMNS

Praise the Lord from the heavens, praise Him in the highest. The light of Thy countenance has shone on us, O Lord. Alleluia, Alleluia, Alleluia!

AFTER COMMUNION

"We have seen the True Light ..." etc., as usual.
